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GEAR

Keep up to speed with practical gadgets

Roy Wallack
Gear

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To improve your running, you don't necessarily have to work harder — just more efficiently.

These innovative products can help you do just that, getting you up to speed with better form, more thorough muscle preparation and recovery, even easier refueling.

See photos for more.

Irvine-based Roy M. Wallack writes about health and fitness. An endurance cyclist and runner, he's the author of "Bike for Life: How to Ride to 100." He can be reached at roywallack@aol.com.

- Roy M. Wallack

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**An efficient system, with strings attached**

EZ-Run Belt: Elastic-cord device that helps you pick up your feet.

Likes: Trains you for a more rapid turnover (the most efficient way to run faster) by helping keep your feet off the ground and by limiting overstriding. Rubber stretch cords, which connect the belt and ankle straps, lift your heels toward your butt and make it harder to fully extend the leg forward. The elastic cords come in three strengths, allowing a progression from the green tubing to the stronger yellow and red tubing. Inventor Joe Sparks, an Ohio triathlon coach, recommends that the device initially be used for 10 minutes at a time, then removed for the rest of the workout.

Dislikes: Must wear long socks to prevent slight rubbing on the Achilles tendon area.

Price: \$89.95.

<http://www.fitnesswithjoe.com> .