

The Minimalist vs. The Materialist

WHY BOTHER? SAYS HE. THERE IS A REASON FOR EVERYTHING! SAYS SHE.

BY RANDALL BEACH **R** AND ALYSON BOWMAN **A**

Randall Beach is a *Connecticut Magazine* columnist. Alyson Bowman is *Connecticut Magazine's* senior designer. While both are avid runners, they have very different ideas on proper running gear.

RANDALL AND ALYSON'S FAVORITE RACES IN CONNECTICUT

Race locator: hitekracing.com/calendar

- R** Chilly Chili Run, 5k, Orange, New Year's Day
- R** IRIS Run for the Refugees, 5k, New Haven, February
- A** Greater Hartford Quarter Marathon, 10k, West Hartford, April
- R** Julia's Run for Children, 4 miles, New Haven, April
- A** Ion Bank Cheshire Half Marathon, Relay & 5k, April
- A** Litchfield Hills Road Race, 7.1 miles, Litchfield, June
- R** Branford Road Race 5 miles, Branford, Father's Day
- R** Doc's Race, 5k, Orange, June
- R** Chester Road Race, 4 miles, Chester, July 4
- A** Trumbull Sunset Run 5k, July
- A** MADD Dash 5k, Stratford, August
- RA** Faxon Law Group New Haven Road Race 5k + 20k, Labor Day
- R** East Rock Challenge, 4.7 miles, New Haven, September
- A** Murray Lender 5k Bagel Run, New Haven
- A** Hogsback Half Marathon, Colebrook, September
- R** Madison Turkey Trot, 5 miles, Thanksgiving Day
- A** Manchester Road Race, 4.748 miles, Thanksgiving Day
- A** Highland Lake 10k, Winsted, October
- R** Christmas Run for Children, 5k, New Haven, early December

THE RUNNER'S BOOKSHELF: Buy, borrow or download

Believe Training Journal (Classic Red Edition), by Lauren Fleshman and Roisin McGettigan-Dumas; VeloPress

The Born Again Runner: A Guide to Overcoming Excuses, Injuries, and Other Obstacles — for New and Returning Runners, by Pete Magill; The Experiment

The Boy Who Runs: The Odyssey of Julius Achon, by John Brant; Ballantine Books

Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners — Run Farther, Faster, and Injury-Free, by Armando Siqueiros, Melissa Breyer, Pete Magill, Tom Schwartz; The Experiment

The Champion's Comeback: How Great Athletes Recover, Reflect and Reignite The Champion's Mind: How Great Athletes Think, Train, and Thrive, by Jim Afremow, Ph.D.; Rodale Books

First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever, by Amby Burfoot; Rodale Books

Hansons Half-Marathon Method: Run Your Best Half-Marathon the Hansons Way (2nd Ed.), by Luke Humphrey with Keith and Kevin Hanson; VeloPress

Marathon Woman: Running the Race to Revolutionize Women's Sports, by Katherine Switzer; Da Capo Press

Meb For Mortals: How to Run, Think, and Eat like a Champion Marathoner, by Meb Keflezighi with Scott Douglas; Rodale Books

The Runner's World Cookbook: 150 Ultimate Recipes for Fueling Up and Slimming Down — While Enjoying Every Bite, by Joanna Sayago Golub, The Editors of Runner's World; Rodale Books

Running With the Kenyans: Discovering the Secrets of the Fastest People on Earth, by Adharanand Finn; Ballantine Books

See Mom Run: Every Mother's Guide to Getting Fit and Running Her First 5K, by Megan Searfoss; Adams Media

Why We Run: A Natural History, by Bernd Heinrich; HarperCollins

A I love to run. But the exciting part is seeing all the new styles and gadgets out there. **Garmin** has its new **Forerunner 735XT**, I found these great **foam rollers** from **TriggerPoint**, the **Flipbets** can hold everything plus more, the **Bobbi Shorts** are something to check out and so much more.

R This is all so unnecessary. What I love about running is I can just slip on my T-shirt, shorts, socks, shoes and hat and I'm out the door. I don't need to be weighed down by any products. I don't even need to wear a watch.

A But the watch is perfect for those who do triathalons and it counts your steps. It even monitors your heart rate. Check out those timing bracelets. If you cannot afford the expensive watch, the **Pacebands** are your next best option. Try them out. The **Bobbi Shorts** are a great find for those running their first marathon. **Thirty48** makes these great compression socks and **Zensah** makes compression sleeves for your legs. And the gel in those **Asics** running shoes makes the bounce even better. You can even track your shoe mileage with **Mino**. The headband from **Gone For A Run** keeps my hair in place, like your hat, and it is so stylish.

R I have run a half-dozen marathons and hundreds of other races and I have never felt the need for a watch. Race organizers are great about calling out split times. Good old basic white socks are fine by me. I don't need a gel. I wear a hat rather than a headband because it's important to minimize exposure to the sun.

A But, did you see the **Coola** sunscreen products we got? Who needs a hat when you have **Coola**?

R My dermatologist would tell you a hat provides more protection than any skin product. I do slather on lots of sunscreen on any exposed part of my body.

A Check that **Flipbelt** out. You can hold everything for the day in there. And if it starts to get dark, the **Million Mile Light** on my arm sleeve will shine me on.

R I don't need to be saddled with any kind of belt. If I'm going out at a time when it might be getting dark, I will simply put on a reflective vest.

A You are very old school! What do you do about hydration? I have this great insulated bottle by **Nathan** which straps on my hand and I fill it with this great product called **Generation UCAN** which helps my performance without any sugar.

R When I'm in a race I simply rely on the volunteers handing out water. On longer runs when I'm on my own, I run through areas where I know there are water fountains.

A Let's talk about the unspeakable. Chafing. I found this great product a few years ago called **Glide** by **BodyGlide**. What a miracle worker. I run with confidence.

R Whenever I'm going for a long run, **Vaseline** is all I need.

A I am such a slow runner that the massage tents are all packed up by the time I finish. **TriggerPoint** has these great at-home foam rolling products you can use any time.

R After my races, I head for the beer tent, not the massage tent.

A Check this out: instead of photos I found a race **BibFOLIO**.

R I don't keep my bibs anymore. Alright, enough talk. I want to go look at your running books now.

"UCAN has been a huge part of my success since 2009. I rely on it for energy and recovery to train hard consistently."

— Meb Keflezighi, 4x Olympian

