

**PRODUCT GUIDE**

# HOT PRODUCTS

NOW THAT WINTER IS ON IT'S WAY AND IT'S GETTING DARK, IT'S TIME TO THINK ABOUT YOUR SAFETY AND VISIBILITY WHEN RUNNING AT NIGHT. A COUPLE OF NEW PRODUCTS HAVE ALREADY CAUGHT OUR EYE...

▶▶ **MONTANE featherlight Marathon Jacket**

£40

MONTANE is renowned for its super lightweight waterproof kit and this new 'marathon' running jacket is no exception. Weighing in at a miniscule 120g, it comes with its own tiny stuff bag which you can attach to a belt or strap to your hand. Perfect for long winter runs when the weather might turn nasty.

The Featherlite Marathon has been designed for runners by runners, to be the lightest and most packable running jacket available in the world today. Whether running on city streets or mountainous fells, the Featherlite Marathon delivers high breathability and weather protection in a pack size which is smaller and lighter than the average banana. It comes in various colours, but we love the 'fluoro yellow' for night-time safety. A women's specific cut is also available, and is close fitting, snug and supremely comfortable.

www.montane.co.uk



▶▶ **Petzl Tikka Plus 2 Headtorch**  
£37.50 (3 year guarantee)

Dark country lanes and poor street lighting can be hazardous for nighttime running. A head torch is the perfect solution to help see where you're going and for other road users to see you too. This new offering from Petzl is so lightweight you'll forget you're wearing it and the beam it gives out is incredible for such a small bit of kit. The *Tikka Plus 2* is set to remain the best selling head torch in the range and it's a massive improvement to its predecessor. It has a strobe setting when running near traffic. It has a 35-metre beam and 140 hours of battery life.

www.tikka2.com Available through - Cotswold, Ellis Brigham, Blacks and other outdoor stores



▶▶ **SHOTZ Wild Bean Energy Gel**

£1.35 rrp

Everyone who has run a competitive event in search of that elusive personal best can testify to the pain that they go through. Wild Bean CarboShotz Energy Gel is designed to alleviate that pain - and provide a caffeine kick to power you through the run.

Containing 80mg of caffeine in each 45g sachet, not only does Wild Bean CarboShotz Energy Gel provide the body with the carbohydrate reserves it needs in endurance activity, it also provides a 'caffeine kick' when you need it most.

Studies on the effect of caffeine on athletic performance have shown that ingesting caffeine approximately 60 minutes prior to the start of exercise will improve endurance by a whopping 12.3 per cent. This equates to taking a massive 22 minutes of a 3-hour marathon personal best!

Palatable, portable and with real efficacy, this is definitely one product we'll be taking on our long runs this winter.

www.assist.co.uk

