



What's on *your* iPod?

This Month's Music Loving Runner is...

Caroline Pearce

Caroline from Cambridgeshire is a sprinter, a sports model and appeared in Sky One's Gladiators as 'Ice'. Caroline has represented Great Britain in both Athletics (European Cup heptathlon '04) and the Bobsleigh (World Championships '05). She puts her wide-ranging sporting success down to her varied training regime. Caroline says, "I love to run through the local park, sprinting from one landmark to another, with gentle jogging for recovery. I also love sand dune running and have done some fantastic sessions on the dunes in Gran Canaria."

FAVE FIVE

- Christina Aguilera** – Come On Over
Great track that I happened to be listening to on the way to the first Gladiator audition. It has a great beat and positive vibe. I got through to the next round and then onto the show so kept playing this track during training.
- Tony Christie feat. Peter Kay** – Is this the way to Amarillo?
What can I say? This track just makes me laugh so much. I'll listen to it during a cardio session to detract from the pain.
- Beyonce Knowles** – Crazy in Love
Just upbeat and one to sing along to on the run.
- Head Kandi**
Any tunes from these albums are perfect for my workouts, especially long runs. They're cool, chilled out tunes that keep me going.
- Janet Jackson** – Come on Get Up
I'm a Janet Jackson fan and this is one of my favourites. Again, a good beat that helps keep the tempo high. For my high-intensity training runs I need tunes that have a similar beat to what I'm working at, and this has it.

BEST OF THE REST

- Dada feat. Lady Rivera and Trix** – Lollipop
- Girls Aloud** – Biology
- Janet Jackson** – Rhythm Nation
- Madonna** – Holiday
- Rhianna** – Umbrella
- Katie Perry** – Hot and Cold
- Lady Gaga** – Poker Face
- Strike** – Suede
- Notorious BIG** – Notorious
- Justin Timberlake** – Leaving with You
- Pussycat Dolls** – When I Grow Up
- Take That** – Shine
- Free Masons feat. Hazel Fernandez** – If
- Kelly Roland/Free Masons Remix** – Work
- Britney Spears** – Womanizer



Caroline Pearce... on her marks

For more on Caroline Pearce and her training methods visit www.lamuscle.tv and www.lamuscle.com.

! Fancy seeing your iPod selection featured in a future issue of Running Free? Send us your track list, along with the reasons why you like them, and a photo of yourself to letters@runningfreemag.co.uk

SMIRK AT A JERK
WITH SHOTZ AND
RUNNING FREE



You might've noticed the tickling series of Shotz advertisements in the last few issues of Running Free. If you've been into running for a while you'll know the type of people they're taking a swipe at, like Carl who yells "track" a lot and uses up all the hot water in the showers, and Todd, who buffs his legs with baby oil and sits out then blasts the last rep on interval sessions...

Know someone like that? Chances are you've encountered a runner whose habits make you thoroughly determined to cross the line before them at some point.

Prize worth £250!

In a competition exclusively for readers of Running Free, Shotz Nutrition are offering you the chance to slam the blood-boiling behaviour of other runners you've come across. From constant nose-clearing to pre-race preening, whatever your pet hates, pillorying the perpetrators in print is guaranteed to give you a grin.

We're not talking about slating particular people here, however much you'd like to we can't let you use real names or say anything that would identify your annoying adversary.

Stick to clean, comical and toe-curling criticisms that'll get fellow runners smiling in agreement and you'll be in with a chance of getting your name and the habits you'd like shamed on a Shotz ad which will appear across several running and fitness magazines, including Running Free.

Get a £5 voucher just for entering!

The winner will receive a fantastic goody bag stuffed with Shotz Nutrition worth £250. Plus, everyone who enters will receive a voucher entitling them to £5 off any Shotz product!

Simply send us a short description of the four or five most irritating idiosyncrasies of the worst characters you've encountered in running at competitions@runningfreemag.co.uk with 'Shotz Ad Comp' as the subject.

Shotz UK Consumer Helpline:
0845 838 5302

Find your nearest stockist:
0845 838 5301

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