

GEAR

TRAIL
Running
Jun/July 2014

**EXCLUSIVE FIRST LOOKS
& INDEPENDENT TESTS**

**WE TEST
THE MOST!**

Trail Running tests more gear than any other running magazine so we bring you trusted reviews of all the latest new kit including exclusive first looks. Use our independent, expert reviews to select the best gear for your adventures

TRAIL
Running

OUR EXPERTS
We use independent experts with sports and exercise science backgrounds and many years of testing and trail running experience so you can trust our tests.



NIK COOK
Nik runs on demanding Peak District trails every day and is an age-group duathlon world champion.



JULIA TREGASKIS-ALLEN
International Mountain Leader and trail run guide Julia leads training camps in the Alps. trails-and-trails.com



PAUL LARKINS
Our former elite athlete Paul has been testing running kit for over two decades. That's a lot of miles in new shoes.

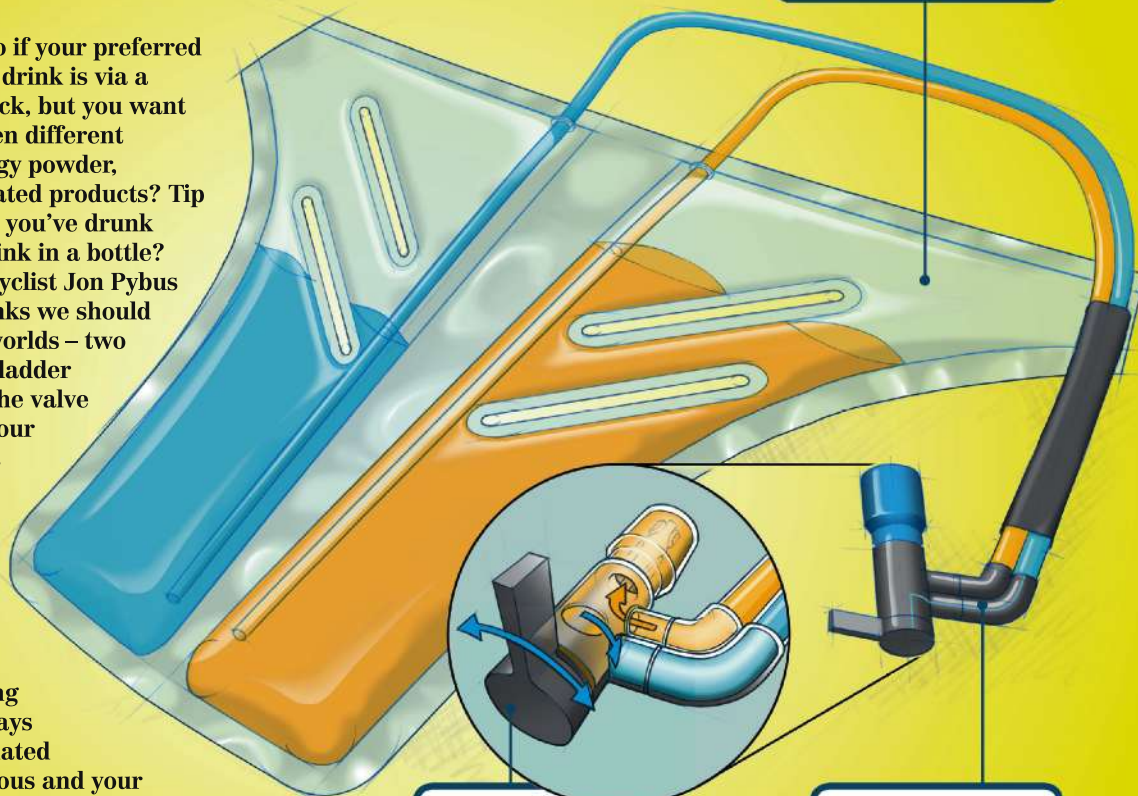


PENNY COMINS
Accomplished Ironman athlete and ultra marathon runner who chooses trails over roads for her training.

IS THIS THE FUTURE OF HYDRATION PACKS?

JP Oceanus £tbc

What do you do if your preferred way to carry drink is via a hydration pack, but you want to swap quickly between different drinks like water, energy powder, electrolyte and caffeinated products? Tip in powdered fuel when you've drunk half? Carry another drink in a bottle? Designer, runner and cyclist Jon Pybus from Southampton thinks we should have the best of both worlds – two drinks from a double bladder with two tubes. Twist the valve one way and suck up your go-faster potions, twist it the other way to access good old thirst-quenching water. "I used to get fed up drinking the same flavour energy drink all the time during endurance training," says Jon. "Too much caffeinated product can be dangerous and your body can only absorb a certain amount of carbs per hour, so I wanted the ability to switch drinks easily. I'm hoping a manufacturer like Camelbak could help me turn this design into reality." Want one of these? Email tr@bauermedia.co.uk titled 'Invent this!' and we'll ask a hydration brand to try it.



**DOUBLE
BLADDER**

Fill both sides with different drinks to alleviate flavour boredom and unwanted caffeine or energy spikes.

DUAL VALVE

Turn the dual valve one way for one drink, and the other way for a totally different flavour or product.

DOUBLE TUBE

The two tubes feed the different liquids into an easy-to-operate dual valve.