



RUNNING THIS LINE WILL SAVE LIVES

Your “Run the Line” Gear 101

In my opinion, running on the trails is 90% about skill, experience and training and less than 10% about the equipment you use. We all want to be 100% prepared, however, so let’s talk about how you get these 10% right:

Shoes

A trail running shoe needs to provide control and stability, this means a shoe that keeps you as low to the ground as you can technically run in, does not have a slippery outsole and that provides you real feedback about the surface you are running on so you can adjust to soft, hard and uneven terrain quickly. The perfect trail running shoe is entirely flat with a minimal to no cushioning, some protection around the sides against rocks and enough grip to deal with wet conditions. If you’re used to cushioned road runners, don’t move into such shoes without proper instruction but instead find a shoe that comes as close as possible without being uncomfortable for you to run in initially. Specialist manufacturers to look out for are Salomon, Inov-8, VivoBarefoot and Merrell. On a dry day, your normal racing shoe can be perfectly suited for the “Run the Line” race presuming it is not too unstable – meaning any shoe with a very high heel, tons of cushioning and a slippery sole should be immediately discarded as a potential race shoe for this event.

Cover

Weather conditions on the route can become wet and windy making a light weather-proof jackets an essential piece of back-up kit even for fast competitors. Jackets can be bought today that weigh virtually nothing. If you prefer the extra comfort and the day looks ominous, light running gloves and a hat can provide for that.

Bags

Should you plan on bringing energy gels and hydration and small items of clothing such as gloves and a hat, you’ll need a small backpack or bum bag to carry them in (unless you tie your jacket around your waist and choose to rely on the water station for your hydration needs). Bum bags are better because they cause less havoc with your running form. Backpacks will be necessary for those carrying more especially on the 28km event but bear in mind that it is an expensive trade-off as the weight on your back plays causes you to be imbalanced when running. If a running vest with equal pockets on front and back was invented, that would be your perfect choice.

The experienced “old schoolers” among you may get away with a drinking at the water stations, carrying some jelly babies in your pockets and jacket around the waist. For the rest, bring what you know you’ll need to get through the course safely and make sure you test it on a long run in training first.