

Here's what to get the runner in your life

By Bill Shaw

The Facts

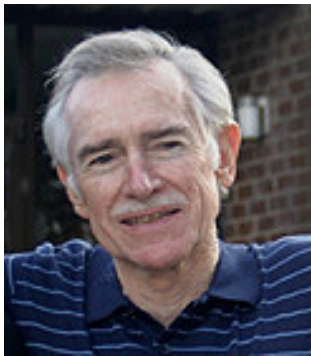
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My Friday 6-miler around the Old River levee was a tough run against an 18 mph wind and a wind-chill factor of 37 degrees. After my prayers and meditations at about the third mile, I began writing this column. I didn't have any problem choosing a topic: It's time for my annual Christmas gifts for runners column. With the economy in a downward spiral, we all might have to cut our Christmas budgets a bit, so I shall limit my gift suggestions this year to gifts under \$25.

A personal ID is an essential for runners who run solitary or who travel and run on the road. I never run without my ID. If I fall or have an accident, I can be identified. I have heard stories of unidentified runners whose families could not be contacted and who died in emergency rooms because the staff did not have medical alerts, such as diabetes or heart conditions.

The site www.RoadID.com offers three styles of reflective Velcro straps in up to six colors with six lines of personal information on a stainless steel band for \$19.95 plus shipping. Wrist, ankle and shoe IDs are available.

Another essential for the runner is a personal log for re-



cording mileage, times, races and other information. My favorite is *The Complete Runner's Day-by-Day Log and Calendar* by Marty Jerome (Random House, \$14.95), in its 31st year in 2009. Jerome includes monthly essays, photographs, quotations, running tips, a cumulative bar graph to log weekly mileage, a record of races page, and a quick reference to marathon times. Check out the local bookstores or www.amazon.com for a list of other logs, including one specifically for women, most under \$25.

All runners should have a copy of *Galloway's Book on Running*, second edition, by Jeff Galloway (Shelter Publications, \$15.95). Galloway's book is the most comprehensive and readable book I have seen on running in my 30 active years in the sport.

Running magazine subscriptions always are a good idea. The premiere national magazine *Runner's World* offers a one-year gift subscription for \$20, which includes a free training log, two gifts in one. See the latest issue of *Runner's World* or www.runnersworld.com for subscription information.

Inside Texas Running covers all of Texas and includes race calendars by region. *ITR* offers a special rate of 70 percent off, 10 issues for \$15 and a subscription bonus of a \$10 gift certificate to a favorite athletic shop. See the latest issue of *ITR* or subscribe online at [\[www.RunnerTriathleteNews.com/magazine\]\(http://www.RunnerTriathleteNews.com/magazine\).](http://www.INSIDETexasRun-</p></div><div data-bbox=)

Runner Triathlete News, *ITR's* sister magazine, covers running, cycling, swimming and triathloning for the Southwest Region of USA Triathlon — Arkansas, Louisiana, Oklahoma, New Mexico and Texas, with schedules on individual and multiple sports events. The special holiday subscription for 12 issues is 70 percent off at \$18 and, like the *IRT* subscription, offers a \$10 gift certificate to a favorite athletic shop. See the latest issue of *RTN* or subscribe online at www.RunnerTriathleteNews.com/magazine.

If the runner in your life is not a member of the Brazosport Area Road Runners Association, he or she should be. Our club encourages camaraderie and competition and schedules social events and runs throughout the year. We have Runners of the Year male and female competition in three categories: runners younger than 39, masters runners ages 40 to 49, and veteran runners age 50 and older. Club membership is \$10 for individuals and \$12 for families. A membership form is available on the Web at www.barrahome.net.

My last suggestion, for I am running out of column inches, is a Christmas card with a special promise for a 2009 race registration of the runner's choice, which will cost you \$20 to \$25.

Only 17 shopping days until Christmas. Hit the ground running in your shopping shoes.

Bill Shaw's running column appears in *The Facts* every other Monday.

