The End of Pain?
Cutting-Edge Cures for Chronic Injuries

Run Strong, Stay Healthy, and...

Eat Green for Energy
The Plants That Power Scott Jurek’s Ultra Endurance

Beginners
It’s Time to Run Your First Race!

Traci Copeland is a runner, yogi, and personal trainer.
IT'S IN THE BAG
The best stuff to take to the gym, and how to carry it all
By Jeff Dengate

1 / TRACKSMITH MISSION TOP LOADER BAG
With a rugged canvas body, metal hardware, and leather reinforcements, this top-loading sack will endure years of abuse. The canvas is wax-coated to keep water out and won't rip should you overstuff the bag. It also has an undeniably cool retro vibe, complete with a zippered compartment to separate stinky shoes from clean clothes. $168

2 / BROOKS GHOST SHORT SLEEVE
Heavy sweaters, do you fear leaving a puddle on a piece of equipment? Not with this nearly see-through T that has an abundance of ventilation where you need it—chest and back. The trim cut stops it from

3 / WILLYB SHORTS FROM RUNBK APPAREL
The guys from the Scranton Running Co. recently set up shop in New York City's most populous borough and teamed with Villency Design Group on a line of apparel. Their camo-print shorts hit at mid-thigh and have a stretchy boxer-brief liner suitable for tempo runs and lunges. Three water-resistant pockets (two drop-ins and a zippered pocket) secure electronics. $65

4 / OARS + ALPS FACE WASH
In a twist-up container like deodorant, this solid stick of men's face cleanser won't leak in your bag. Just rub the stick over your face and massage in with your fingers; activated charcoal exfoliates as the natural ingredients clean. $14