

Does Running Hurt Your Knees? (PAGE 55)

# RUNNERS' WORLD

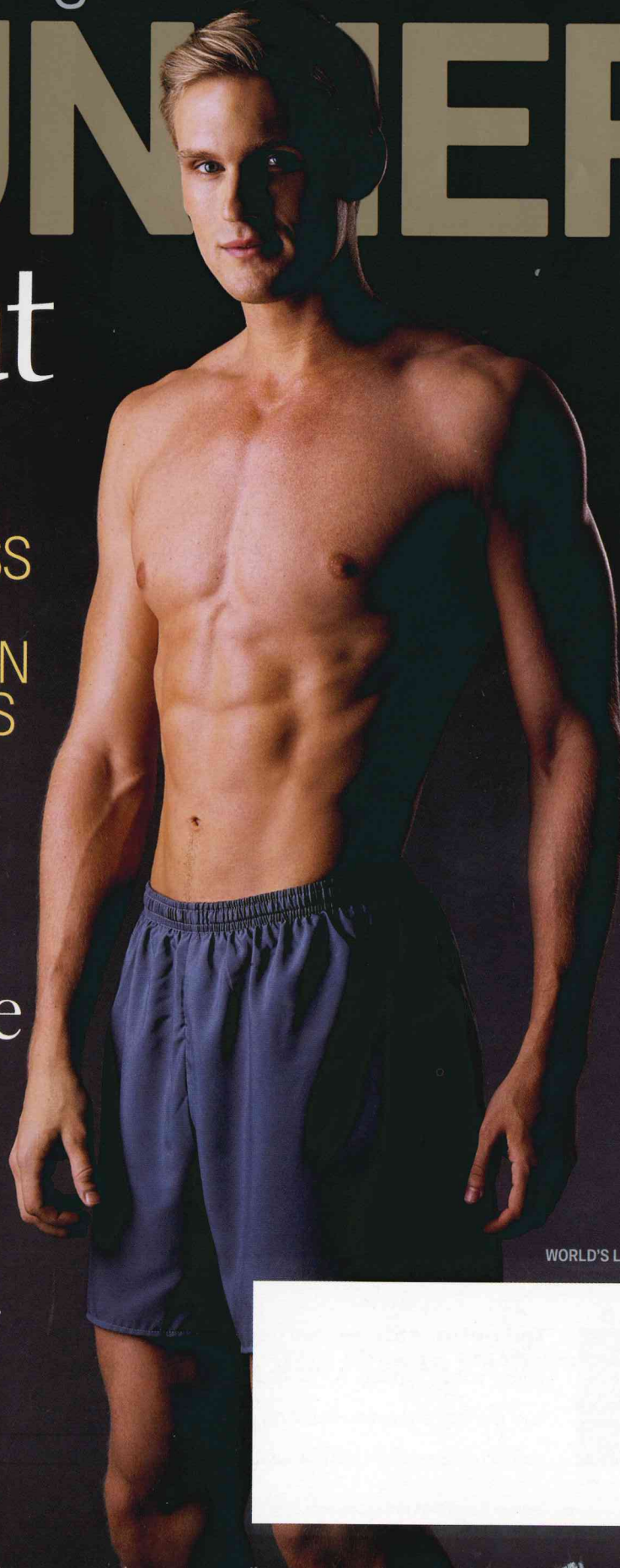
February 2006

## Great Abs

A WEIGHT-LOSS AND TRAINING PLAN FOR RUNNERS

## 2X Double Your Endurance

Tips From The World's Best Distance Runners  
Plus A Quest For True Mileage  
by Benjamin H. Cheever



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# RUNNING IN PLACE

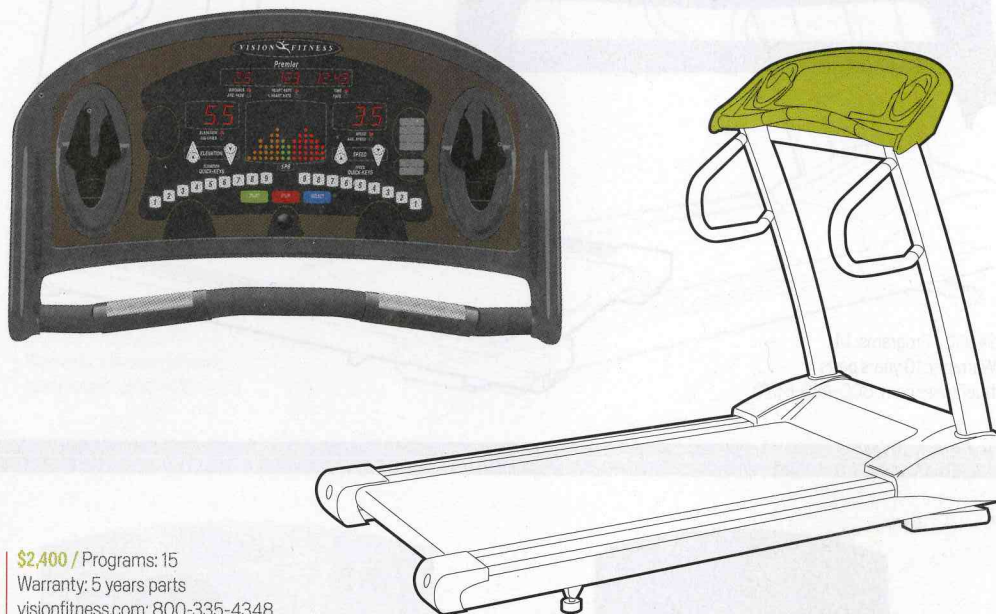
Eight top treadmills to keep you going year-round BY MEGAN MCMORRIS

LOOKING FOR A HOME TREADMILL? Great. Just remember, as with running shoes, one size doesn't fit all. Recent design advances mean treadmills now come with a lot more training programs and features (like softer surfaces to prevent injury). But more options can cause greater confusion. So, be sure to consider three things in any treadmill: the number and variety of programs, the build of its running deck, and its warranty. We asked a panel of treadmill experts to tell us their favorites. Then we had more than 150 runners put those picks through their paces at the Michigan Athletic Center in East Lansing. Here's how the treadmills fared.

## 3

### VISION T9600 PREMIER

For runners coming back from, say, a stress fracture, the T9600 is one treadmill not to miss. Its orthopedic belt is softer than most and its textured surface provides excellent traction. Also, testers unanimously agreed that the T9600 felt smooth underfoot, a feature usually associated with much pricier models. One more thing: It's exceptionally quiet. Testers did complain that the the console was hard to figure out on the first go-round.



\$2,400 / Programs: 15  
Warranty: 5 years parts  
visionfitness.com; 800-335-4348

## 4

### PRECOR M9.35I

Say you like to vary pace and incline frequently during workouts. With the M9.35i you're not forced to press the same button again and again. Its touch-sensitive buttons respond immediately—a nice feature when running fast. We also liked the lap-track visual on the console for speedwork and 5-K and 10-K distance-based programs. Since the belt is shorter than others (57 inches versus 60), the M9.35i is better suited for shorter runners.



\$4,000 / Programs: 22  
Warranty: 10 years parts  
precor.com; 800-477-3267