

# OUTDOORS



## KIT OF THE WEEK

### BERGANS OF NORWAY

Bergans have launched a super-lightweight ski wear collection for high-energy skiers.

The technical range has been designed in partnership with professional mountain guides and is ideal for cross and back country skiers.

The jackets, trousers and beanies come in lots of bright and fun colours and boast smart tailoring.

Key products include a three-layer wind and waterproof shell jacket and pants called Storen.

The Slingsbyind down jacket is light and very compressible while the Visbretind combines windproof fabrics with stretchy fleece. The Uranostind insulate jacket is made with super-light Primaloft Gold Insulation.

■ See [catalog.bergans.com](http://catalog.bergans.com) and [www.nordiclife.co.uk](http://www.nordiclife.co.uk)

## HIT THE TRAIL

A new Borders event will offer three racing distances for trail runners.

Taking place at Glentress, near Peebles, there will be a 10km, 21km and race on existing walking trails.

All routes will be fully marked so no navigation experience is necessary.

The entry cost of between £25 and £35 includes medical support, a race T-shirt, feed stations and refreshments after the races.

■ See [https://www.sientries.co.uk/event.php?event\\_id=2449#sthash.ykZn8QEM.dpuf](https://www.sientries.co.uk/event.php?event_id=2449#sthash.ykZn8QEM.dpuf)



## I'M OUT TO WIN

Ordnance Survey has chosen me to be one of 12 #GetOutside champions in the UK.

The champions needed to show a huge enthusiasm for the great outdoors and to have a proven record of motivating others to get outside more.

In 2016, I will be supporting OS in their campaign to encourage more people to pledge to Get Outside.

I also won an OS prize pack including maps, clothing and cash.

■ For more details see [www.ordnancesurvey.co.uk/getoutside/](http://www.ordnancesurvey.co.uk/getoutside/)



# In running for rewards

Have you tried?



**FIONA RUSSELL**

## RUNNING HEROES

### What is it?

An online community that rewards members for their sporting achievements.

### Tell me more:

Founded in France in 2014, Running Heroes is taking its first steps into the UK. The free online concept was created by sports enthusiasts Boris Pourreau and Jean-Charles Touzalin. Running Heroes has partnered with sports and holiday brands to offer members exclusive rewards.

The more that people run, the more rewards they can win.

### Why run?

It is free, people who run frequently feel happier and less stressed, have increased lung capacity, lower blood pressure and boast stronger immune systems and improved bone density. Plus it helps health issues such as being overweight, diabetes and depression.

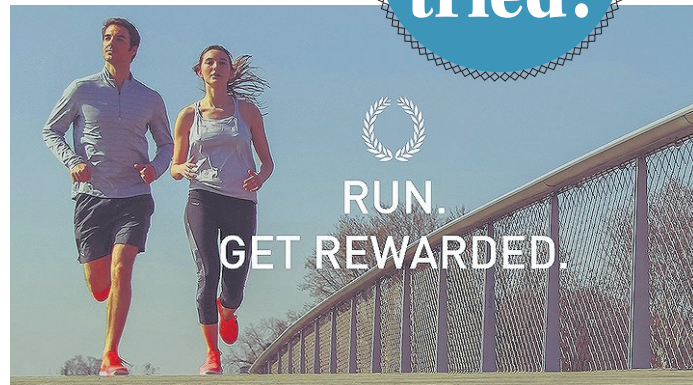
### How does Running Heroes work?

People register on [www.runningheroes.com](http://www.runningheroes.com) and link their preferred running app or GPS watch to the website.

Each running session earns points calculated according to an "advanced algorithm", which takes into account three primary criteria: distance, length of time and elevation.

A spokesman said: "Whether you run short distances or far, on a track or trail, you will be properly rewarded."

Points can then be redeemed



**MESSAGE** Advert for Running Heroes – get fit and earn freebies

by choosing exclusive offers from partners, such as Adidas, Reebok, Uber, Nike and Holiday Inn. For example, 222 points would earn a 20 per cent discount with Hickies lacing system or for 220 points you get £10 off a JogBox. Last month, runners had the chance to win Mizuno trainers by running four miles on five different days in one week.

Co-founder Pourreau believes Running Heroes offers several extra incentives to run.

He said: "People who struggle with weight issues find Running Heroes particularly helpful. As well as losing weight and improving their health, they also gain big brand rewards."

The number of Scottish Running Heroes is rising daily.

Mary-Louise Howat, of Helensburgh, signed up because she wanted extra motivation for a marathon event in May. She said: "There are days when I need an extra push. Also, as a mum of two and working full time, running can get squashed out so every little incentive helps."

"I like the rewards system. You collect points for every run. I like

looking through the offers that I can use with my points.

"It was so easy to join." Kris Schimmel, of Glasgow, a member for six months, said: "I liked the idea of getting freebies for the running I was already doing. I have already received a case of coconut water and am currently trying to complete a challenge to win a pair of trainers. It's a great idea for extra motivation."

### Anything else to know?

Since its launch in 2014, the community has grown to 230,000 in France and now the UK and Australia.

Within recent months, 20,000 people have signed up in the UK, including 1000 in Scotland.

The average member is 35 years old and 43 per cent of the community is female.

Each running session lasts on average 5.66 miles, with runners completing two hours and 12 minutes of exercise every week.

### How much the cost?

It's free to join.

**Contact:** For more info see [uk.runningheroes.com](http://uk.runningheroes.com)

Everyone knows runners reap a host of health and wellbeing benefits. Now online scheme Running Heroes is giving you even more incentive to get out there. It's free to join and members earn points for each run to redeem against a host of top brands, free gifts and more. On your marks..

Advice and ideas

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at [www.fionaoutdoors.co.uk](http://www.fionaoutdoors.co.uk) – you'll find lots of great information about walking, cycling, running, other outdoor activities and kit reviews.