

# Back-to-Basics Time Pieces

Full-featured watches with heart rate monitors, GPS units and foot pods are great for runners who enjoy collecting training data, streaming it to a computer and spending the time analyzing their performance.

While this data-intense approach to training has its benefits, many runners just want a simple and accurate way of measuring the time they spend running and occasionally gauging their heart rate. In this case, one of these simpler but still accurate watches is likely a best way of fulfilling their timing needs.



**FR60**  
Garmin \$120

Garmin's FR60 combines all the basic timing features expected in a sports chronograph, with a comfortable and accurate heart rate monitor. The straightforward user interface simplifies operation during workouts and the large screen ensures easy viewing of critical data. A virtual training partner provides valuable motivation during hard workouts, allowing runners to stay in their training HR zone. Available in a basic setup that includes a watch and heart rate monitor or a limited-edition bundle (\$240) with a foot pod and wireless USB ANT data transmitter. This is a solid training tool and a good choice for any runner.

**FT4**  
Polar \$140

Most serious runners know Polar for its line of full-featured and highly accurate heart rate monitors. But Polar offers similar accuracy and performance in a simpler and more affordable heart rate monitor. The FT4 is great example of such a watch. A comfortable heart rate monitor provides useful training feedback, while the large display simplifies reading the data. Polar includes calorie expenditure setting, a stopwatch and the option of tacking training data for long-term analysis.

**Ironman Sleek 150-Lap**  
Timex \$125

With its large and easy-to-read display, the new Timex Ironman Sleek 150-Lap looks like many other sport chronographs. What sets it apart from other more conventional sports watches is its innovative TapScreen technology. This feature allows runners to control the watch's timing features with a simple firm tap on the screen – no more fumbling for the start/stop button during those taxing interval workouts. Other innovative features include a 150-lap memory, customizable workouts and dated training log.

**t1c**  
Suunto \$150

With its metal case and intricately ribbed wrist band, the t1c is one of the more elegant sports watches available to runners. The t1c's accurate heart rate monitor complements the watch's good looks, and sophisticated training features include a calorie consumption feature, a stopwatch and a real-time average heart rate monitor. Unlike other sports watches, the t1c nicely merges style and function and won't look out of place when worn outside the running world. —GA