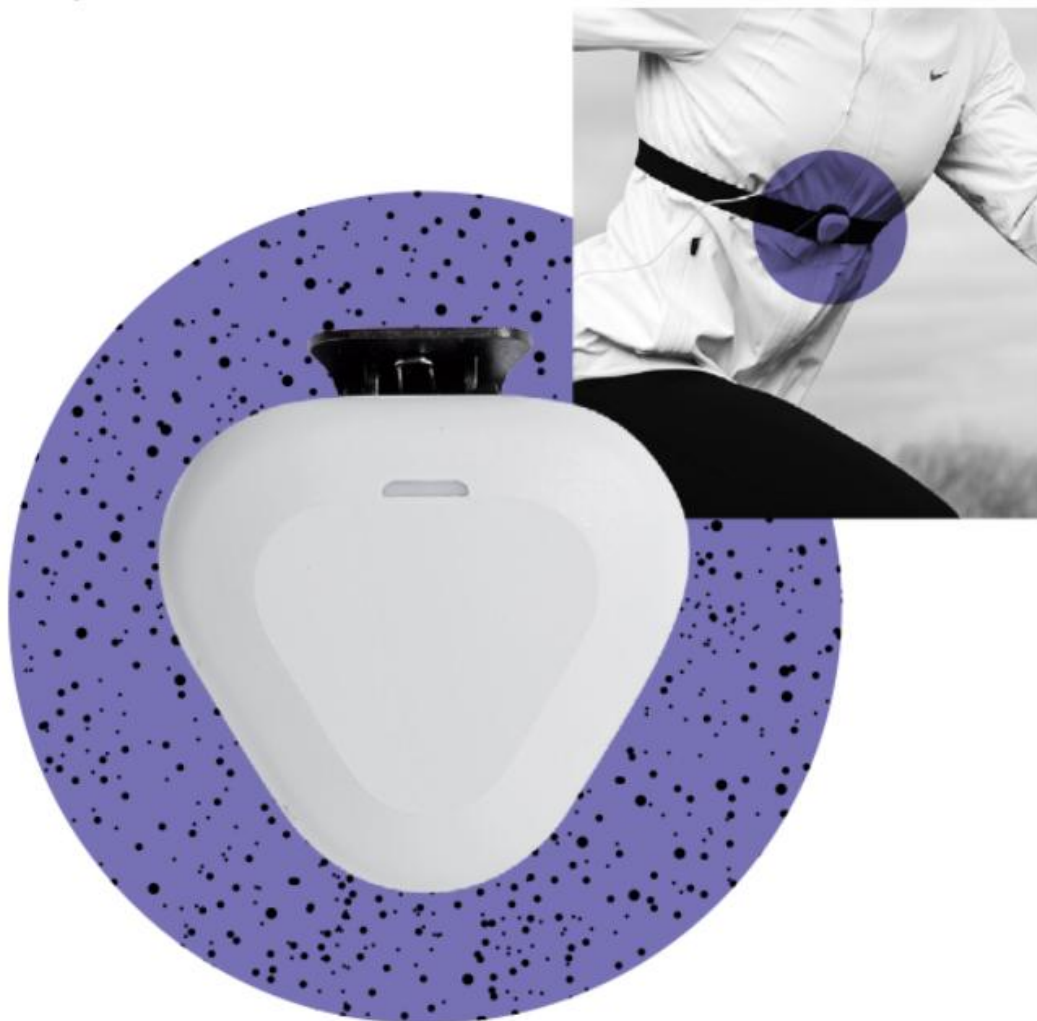


PERSONAL METRICS

New high-tech wearables collect data with the promise of fixing flaws in your running form. We tested the best to see where each excels.

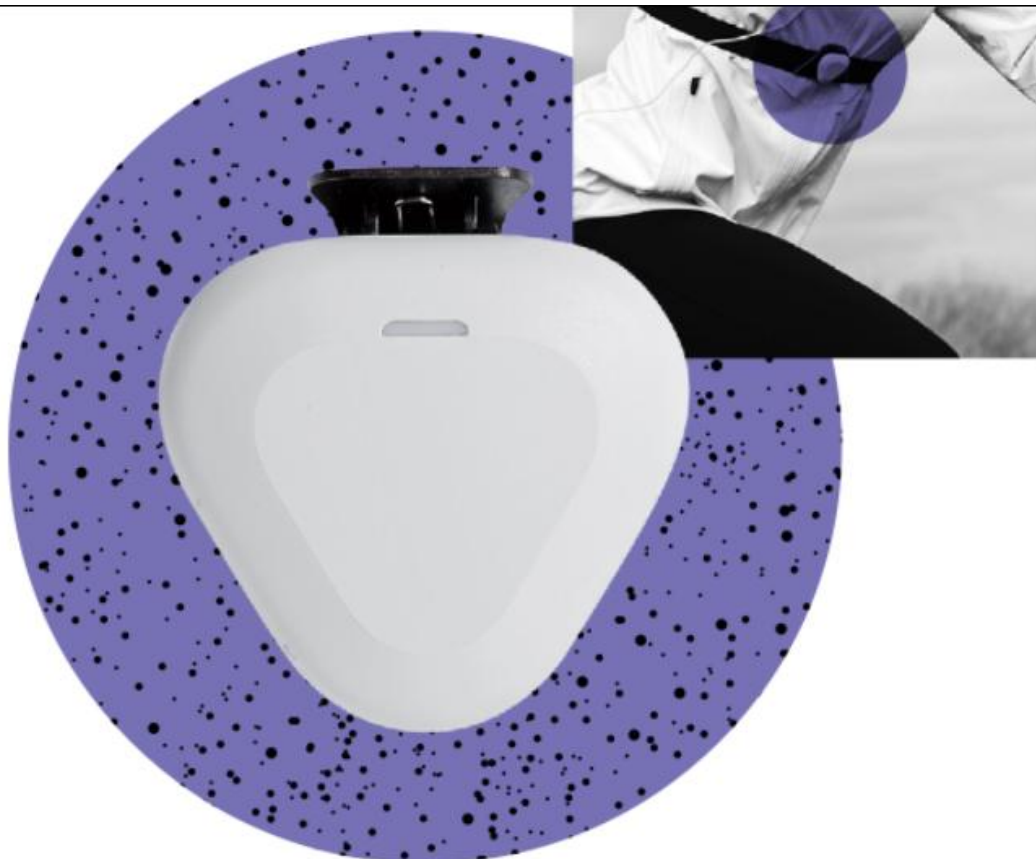
By Jonathan Beverly

**TRETTED
RW GEAR LAB
LOTTED**



PHOTOGRAPHS BY MITCH MANDEL (PRODUCT IMAGES); COURTESY OF SHFT (RUNNER)





PHOTOGRAPHS BY MITCH MANDEL (PRODUCT IMAGES); COURTESY OF SHFT (RUNNER)



1 / SHFT \$299

Pods on your chest and shoe sync with your smartphone.

BEST FOR Measuring power and running efficiency

UPSIDE We love that the pods gather a wide range of data to compare your stride with power usage, determining optimal ranges to maximize efficiency and then coaching you on how to improve. It's a complete system that you must trust and follow.

DOWNSIDE The coaching is too prescriptive—“Your ground contact time should be between 280 and 295 milliseconds”—but you can turn it off.
