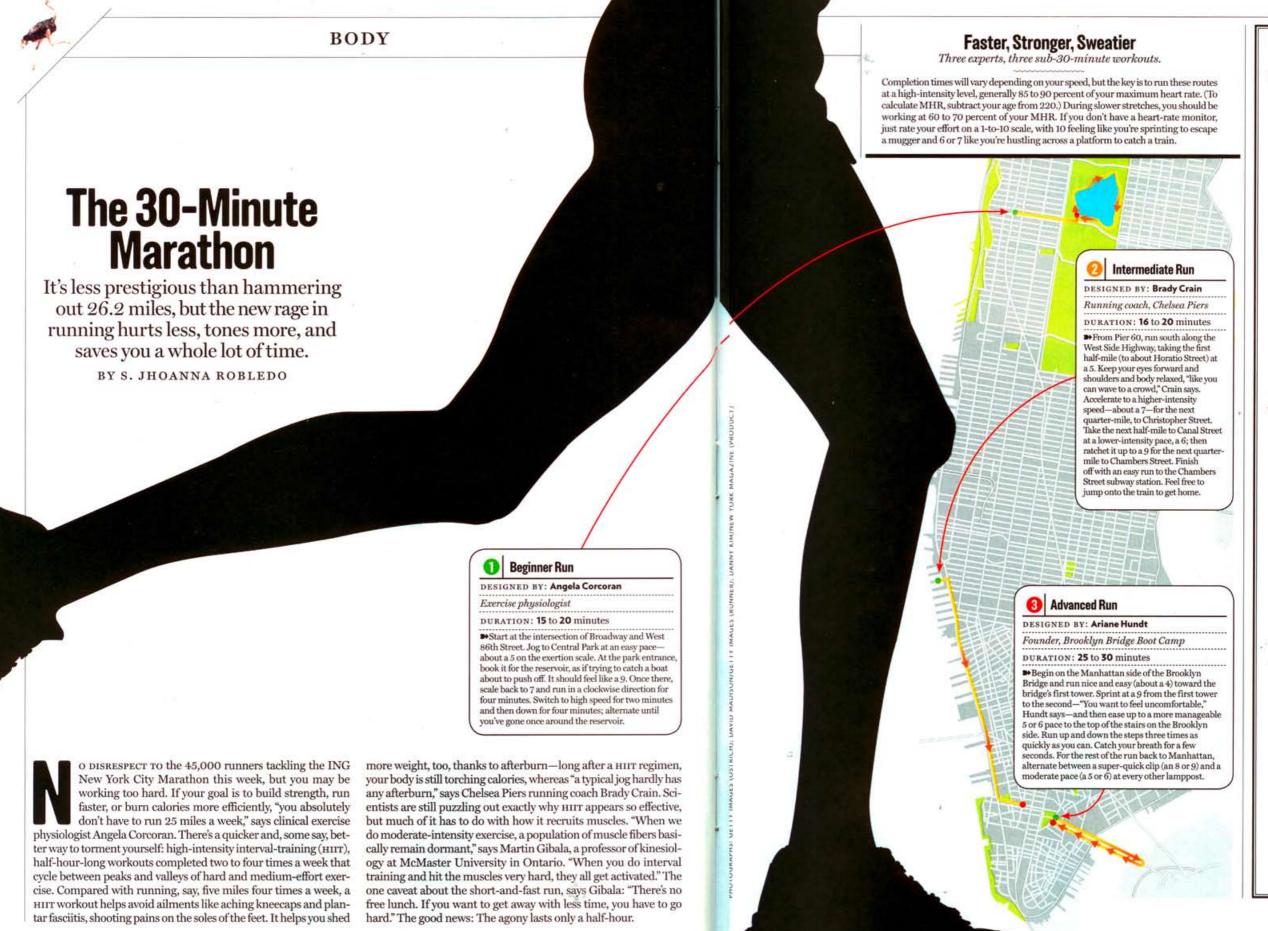
And the (Mayor's) Race Is On: Early handicapping of the Post-Bloomberg Era. By Chris Smith p.24

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+ Have the Rats Won? / Heilemann on Romney's Big Bet / The 30-Minute Marathon





"HIIT" IT

Recommended accessories for high-intensity runs.



GARMIN FORERUNNER 610

\$399 at Super Runners Shop, 360 Amsterdam Ave., nr. 77th St.; 212-787-7665

The iPhone 4S of heart-rate monitors, the Garmin Forerunner 610 tracks speed and distance via GPS satellite and sports a touch screen that works even with winter gloves.



CRAFT PRO ZERO EXTREME BASE LAYER

\$70 at JackRabbit Sports, 140 W. 72nd St., nr. Amsterdam Ave.; 212-727-2980

You'll be sweating buckets, so invest in a base layer expressly made to wick perspiration away from



SMARTWOOL PHD RUNNING ULTRA LIGHT MICRO SOCKS

\$12.95 at Eastern Mountain Sports, 530 Broadway, nr. Spring St.; 212-966-8730

It may seem counterintuitive, but wool socks actually keep your feet cool during intense runs. Built-in odor control means you won't offend when the shoes come off afterward.