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Dino run hacked

A walk in the park is easy —that's why it's the metaphor of choice when it comes to the simple things in life. A run in the park, on the other hand, can be a little more difficult. If you slept late, the weather has worsened, or you are long overdue on a project deadline, there will always be some good reasons to go for a run, and a million excuses for ignoring it. But your M.I.A. motivation isn't as unattainable as you think. You don't need to make a million lifestyle changes before you tie your shoes and walk out the door. But you may find that some updated gadgets can dramatically inform your racing experience (also known as, you'll really understand what the hell is going on in your body), which makes the whole exercise a little more tolerable. Whether you're tracking your mileage, monitoring hydration levels or incoming pre- and post-race exercises that relax your muscles, there are many ways to make running a better experience for you. Even if you've sworn the whole sweaty case, take a hit to check out the gadgets that have sprung up since your last breakup with the race. Even if it takes a new set of sneakers to get to the asphalt, treat yourself to go further. Listen to Your BodyDes your ability to arrive with the FitBit band with USB charging that syncs with your phone to communicate the measurements taken, calories burned and your quality of sleep levels. Not only will this band wake you up silently in the morning with a vibrating alarm (keeping your partner free from your 6a.m workout), but the LED lights mean how close you are to achieving your day's goal. FitBit Activity + Sleep Wristband, \$80, AmazonIf it helps you really see miles accumulate, get this wireless activity tracker with digital display that keeps track of steps, calories and progress toward your goals. Logs your progression throughout the day and syncs with your smartphone device for further review. Simply put: It is a zero maintenance pedometer that facilitates the monitoring of your achievements. FitBit Wireless Activity Tracker, \$50, AmazonPerfect Your PostureThis tiny posture coach clips on your shirt or bra, sends your daily step count to your phone, and gives you a little buzz when it feels like you're slouching. Posture correction is invaluable when it comes to running, as a curved position can prevent your lungs from running at full force, which means you'll get tired faster. Lumo Lift Posture Coach and Activity Tracker , \$79, AmazonHit Your StrideSelect the sneakers that is customized to keep you comfortable throughout your workout. The Mizuno Wave comes from a running shoe company that has been around the block and knows what makes a Easy. The extra padding of this style and additional cushion is created for runners who want more mileage in a neutral terrain race. The longer your step, the pressure you are applying to your feet, and this lightweight shoe remains fast without slipping into comfort. Mizuno Wave Creation 17, \$120, AmazonAnd you're already set up with great running shoes, get more mileage with this pair of New Balance inserts. They support the arc, minimize friction, prevent bubbles, and keep feet dry and moisture-free. New Balance Cushioning Insole, \$38, Amazon Find the Fun in Your WorkoutThis shock, rain and sweat resistant clamp will keep you in the zone throughout your workout —without locking any part of your phone's screen. After all, having nothing to think about, but breathing laboriously and that growing cramp at your side can be a bummer. Focus on the fun in your workout, curating a playlist of uptempo songs, and store your card and keys in useful back pockets. DanForce Armband, \$16, AmazonEmbrace Cross-TrainingEn running on the reg definitely deserves a high five, a truly well rounded athlete runs better, faster and longer. Take a day off from the race to work on other skills such as strength building and endurance training. Take care of even more the tools that help you enjoy these activities. Weightlifting: Start light with the compact weightlifting set, travel well, and is covered in colorful neoprene for indoor and outdoor exercises. Tone Fitness Set, \$21, AmazonCycling: Put these tendons in shape with cycling —enhanced with a pair of these clip-in shoes, specifically crafted with triathlon transitions in mind. Whether you're looking to boost your racing game (or just want the highest quality cycling shoe for an affordable price), these shoes will support the miles and look good in doing so. Whether you are a road cyclist or just going to spin class, you will be able to move your feet faster and make the most of your workout. Giro Facet Triathlon Shoe, \$115, AmazonSwimming: Working out in the pool gives your joints a much-needed break from running, too. Practice blows on the beat with this waterproof mp3 player that hook over your ears to keep the buttons in place. The rechargeable battery and 4GB of memory means about 800 songs in lock for the next turn around the pool. Users praise this player as being the only one to climb to the full water submersion in the long run. Diver Mp3 Waterproof Player, \$50, AmazonStay FlexibleThis multi-lap gym stretching range will keep your muscles loose and stretched, which helps prevent the painful pains you have in the morning after a hard run. Although you can already stretch after your regular run, warm-up is just as important. In addition, this multifunctional belt can be worked on yoga and pilates exercises. Multi-Grip Stretching Belt, \$9, AmazonKeep CoolEmbrace the latest and greatest in sportswear technology, and play in this knitted Adidas top, which features technology that takes the heat away from the body. Body. On top in a sharp and sporty shirt can be fun, but it's also a real necessity when it comes to keeping your body cool and comfortable while running. Adidas Climachill Running Shirt, \$29, AmazonKeep Yourself HydratedDrinking a ton of water is always a good idea when you're exercising. But using a super smart water bottle that monitors your hydration levels and tracks your fluid consumption? Genius! Grab your eight cups a day with this tech-steamed water bottle. Sportline Hydracoach Water Bottle, \$24, AmazonEarly Bird Gets the WormYou can definitely run after work, but have you noticed how many more things you've added to your to-do list so far 5 p.m rolls? Set this natural alarm clock to wake you gradually. This will put you in a good mood first thing in the morning, making sure your race is done. Phillips Wake-Up Light, \$118, AmazonBoost Your BreakfastThe help of vegetables or salad can be done even better with a sprinkle of this nutritional yeast, which increases your vitamin B and B12 levels. Packing your meals with vitamins that help regulate adrenal levels (for reduced stress and a healthy nervous system) means an anxiety-free and more enjoyable run. Bragg Nutritional Yeast, \$8, Amazon Bustle can receive a portion of the product sales purchased from this article, which was created independently of Bustle's editorial and sales departments. Images: Fotolia (1), Amazon (14) shutterbug20001/YouTube.comHackers are in a lot of things; their tastes cover all sizes and flavors, and some simply like to play with possibilities. Some disrupt government safety nets, while others try to steal Christmas. But some friendly ones go for something different. Shutterbug 2000, from the gbatemp gaming community, showed Windows 95 running on the Nintendo 3DS. Windows 95 was microsoft's first operating system (OS) to have a desktop area of the user with icons for software, creating a more graphical and intuitive interface. This is the second hacking story we published this week where hardware runs software never wanted for it. Sony saw its PlayStation 4 hack by Fail0verflow, and had Linux running a modded copy of Pokemon using game boy advance as a controller. Looks like hackers are making good use of their vacation. Related: Emulated Pokemon can run on a PS4 with fail0verflow hack Exact details on what the emulator can do are unclear. But the first hurdle has been cleared up, and the forums are piling up with different ideas and dreams. What games are possible to play on Windows 95, you ask? How about classics like Starcraft or the original Diablo? Let's not delve deeper into how one can take the games of his for 3DS storage - this is for a different story. But as adorable as it is to see some kind of dual-screen version compatible with the 3DS pen, we may have to wait a while. Little. hack was recently created and, according to its original creator, still suffers from slow speeds. No word on a potential use for the 3DS pen in the old version of Paint. If these hacker magicians would like to grow Windows 2000 and work on 3DS, we can finally inspire ourselves to reintroduce ourselves to the world of handheld consoles. The random blue screens we remember would make ample entertainment of transportation. PS: Windows 95 turned 20 this year. Editors' recommendations Today's cars are running computers, with technology controlling almost every aspect of an engine's performance and capacity. Sensors track the health and performance of your car, and they all report to a central computer. To monitor and adjust these systems, each car built in the last ten years contains a standard door — think super-sized series — under the hood, or behind the wheel. Using fancy diagnostic equipment, your mechanic can check, diagnose and fix any problems these sensors discover — simply by typing in the right code. All this computer equipment means it's almost impossible to mess with car engines the way we used to. But the auto industry has standardized something called OBD II for onboard diagnostics. OBD II dicates how a computer talks to the car, and the connector used. Thanks to the hacker creed — if you build it, we will — today you can buy a wide range of tools that help you mess with your car, at least a little. And the good news is that they work well! I recently played with AutoXRay, which includes a handheld scanner that connects to the OBD II port in most modern cars — and downloads data to a standard PC. It connected very well with my Saab 9000 1997 and 1996 Land Rover Discovery (but unfortunately not with my Miata 1992). The documentation did a bad job helping me find the doors — which in both cars were located right under the steering wheel. Once I found them, however, it was a snap to connect the special car cables to the scanner, and then dump the captured data into my PC. The scanner itself provided a wealth of data, including details about how the engine was running, what some of the codes meant, how the oxygen sensor was operating, and more. That information really came to short when the check engine light started flashing on the Rover dashboard. A quick scan, and I found it was nothing to worry about — and the device even reset the light. For \$699, it's not a cheap product, but the information it displays may be worth it. I'm not crazy about cars — which means I'm not supposed to monitor and adjust my vehicles continuously. But depending on your car, if you are looking to increase performance there are a variety of products out there that do more than just monitor. They will really let you change how your car responds, to speed you in on Way. Some will even help you replace your car's control chip — which sets speed limits and other functions. Be careful if you go this way — you will certainly void the manufacturer's warranty, and you can burn your engine as well. Others will help you update the programmable memory that sets tolerances for most of your car's systems. If you have a turbo, you're in luck. This fast engine peripheral is primarily computer-controlled — and a careful fit can result in at least another 15 horsepower. The best software packages, such as Audi Performance and Racing Directport Programming, will load your car with four different performance profiles — which you can select using cruise control buttons! (This particular package works only with audi and volkswagen models). Forge-Revo performance software, from Forge MotorSports, loads their profiles on a small remote control. You select which profile you want by clicking a button at the top, and then connect it to the OBD II port. Both products include a low-power valet/teen mode, an anti-theft mode, and others. APEX Power FC provides an interesting controller for your car. The company calls it a total engine management system, and replaces the factory engine control unit (ECU) and allows you to adjust almost everything. With the optional FC commander — a remote controller for Power FC — you can adjust from the driver's seat. Remember, just as microchip superclockers run the risk of destroying your CPU, adjusting your car is not for the faint of heart. You can burn your engine, or other subsystems, if you don't take care. Consider yourself warned, and happy motoring. But don't come crying to me if your rod cools down. Cold.