Either meets the JustRuns requirement however we recommend against any tow/recovery device with metal hooks. (Some groups events do not allow use of straps with metal hooks.) We recommend straps with reinforced loops on each end.

## **Tow Straps vs Recovery Straps**

The main difference between a towing strap and a recovery strap is the fabric and its ability to stretch. These straps are made of a nylon fabrication so it can stretch. A vehicle tow strap is usually made of polyester which stretches less than nylon. A tow strap does just that: tows a vehicle behind another. You'll generally find a tow strap with hooks on each end. Traditional tow straps and chains are similar in their towing applications.

A recovery strap is designed to "recover" a vehicle from the ditch, mud, etc. Nylon recovery straps have loops on each end, and CAN be used for towing AND recovery operations. However, it's important to take special precaution when using recovery straps for towing. The stretch can cause a bit of rubber band effect, which can sling-shot the vehicle at uneven speeds.