Holiday Wish List

to share with family and friends

Under $25
- Hats, Balaclavas and face masks or headbands
- Soft Run, Sorbathane and Spenco cushion insoles
- Reflective vests, arm & leg bands.
- Power Bars, Clif bars & GU products
- Blister Free, WigWam & Smartwool Socks
- Tune belts
- Wrist Runners, ID band, Shoe Pockets
- Pedometers for walking and running
- Running or Walking Logs
- Thermo running gloves
- Coolmax long sleeve T's
- WindStopper mittens, MicroFleece Mittens
- Reflective Vests to keep you alive
- Windproof Fleece mittens
- Waist pack water carriers

Under $55
- Timex running watches
- Moisture managing long sleeve T's & turtles
- Men's swim suits and Tri shorts
- Fanny packs with water carriers
- LIFA Polypropylene tops & bottoms
- Duofold Wind Briefs or Wind Boxers
- Polar F1 Heart Monitor
- A stopwatch or runners wrist watch
- Spenco Orthotics for those nagging injuries
- Training fins for swimmers & triathletes
- Women's Sport Tops

Under $85
- Pearl Izumi Zephrr Jackets
- New Balance Running windbreakers
- Timex Triathlons - ultimate running watches
- Other Timex, & Nike Watches
- Women's swim suits
- Hind DryLete, Mizuno Breath Thermo, Nike Dry
- Fit Brooks Vapor Dry & Asics Thermopolis Cold Weather tops
- Brooks, SportHill, Adidas, Hind, ‘ loose fit’ Running Pants, for comfort, warmth and style.
- Nike Sphere L.S. tops

Under $85 (continued)
- DryLete, Dri-Fit, and Vapor Dry tights, the ultimate in light weight warmth
- Adidas and Nike super plush fleece
- Oakley sunglasses
- Polar Heart Monitors ($49 and up)

Sale Running Shoes , 25% to 50% off
- Nike Air Max Moto II & Shox TL, 25- 30% off
- Nike Air Stasis, 25% off
- Saucony Aura i, $30 off.
- Asics DSTrainer IX, Kayano X. 30% off!
- New Balance 717, 25% off.
- Adidas Response Control, Reg $80 now $50
- Brooks Addiction Trail, for trail or snow, 25% off

Under $125
- Windhibitor Jackets by Sugoi
- Polarfleece Illuminite Reflective Jackets
- Oakley & Adidas Sunglasses
- Gravity Boots, great way to stretch and relax
- Heart Monitors from Polar, (various models)  
- Assorted Microfibre running suits
- Wind panel tights from; Nike, Pearl Izumi, Sugoi
- New Balance 842 Walker, the ultimate!
- Sport Hill 3SP woolen Polypro tops & tights - the absolute ultimate in winter performance!

On Up
- Arashi, GoreTex, Nimbus waterproof suits from Asics, Nike, Brooks, InSport.
- Running Strollers from” Raching Strollers”.
- Polar Heart Rate Monitors; S510, S625, S720
- Speed & Distance Monitors from Nike, Fitsense, Polar and Timex

Remember:
Gift Certificates are available in any amount

800/529-7684, 277-4785 or Fax 515/277-3854. www.fitnesssports.com
Free shipping inside Iowa on all orders over $100 thru Xmas.
2. Wind - Layer

Under most conditions, keeping the wind out can be accomplished by any tightly woven fabric. However, when you’re going to sweat heavily in a garment on a regular basis, you want something that can be cared for easily in your home. Nylon and polyester woven into a tight taffeta or ripstop shell meet these requirements. Both of the synthetic fabrics will sometimes come treated with a type of waterproof-breathable laminate, such as Actifit, Gore-Tex. This will also add to the windproof aspects of the garment.

Also on the market are the MicroFibre fabrics. Because of new technology, companies are able to make fabrics with 12 fibers twisted together that are the same size as one of the old fiber strands. These materials end up being extremely water-repellent and still highly breathable.

Breathability is a key factor when using an outfit for exercising. MicroFibre fabrics seem excellent. Then the nylon or poly shell fabrics (they are often coated) followed by Actifit and Gore-Tex. To most individuals, the others (like MFT) are considerably less breathable. You get colder because you sweat so much more.

For the majority of us, a base-layer of Thermastat, Coolmax Alta or Lifa Polypro under a windsuit will keep us warm and comfortable down to 10-15F. With DryLite, Vapor Dry, DryFit, MicroFleece or Ultrasensor fabrics, even below zero running is made not only possible but comfortable.

Remember; base layer must be next to your skin! Hands and head get covered in this same way. (always remember the head!)

Are you confused by all the names?
Let us try to do a brief summary.

Outer Layers;
For downpours use a; Gore-Tex, Arashi, other laminates

Moderate rain or snow; Poly & Nylon MicroFibres; Epic, Windhibitor or standard MicroFibres (very water-repellent) Clima-FIT, Zephyr, Airplex, MicroFleece, HFT, Theragrid, Thermax, Thermostat, Thermopolis. Put this under a wind or waterproof layer.

Windy day; layer any of above fabrics or Supplex, Tazlon, and the basic crinkle and taffeta nylons.

Base Layers;
Very cold (below 20F) or Wet (25F to 40F) days use; DryLine (DryLete), DryFit, Power Dry, 3SP Polypro, Swift Theragrid, Thermax, Thermostat, Thermopolis. Put this under a wind or waterproof layer.

Cold, (20F to 40F) dry days or Cool light rain days (40F up); Thermax, Coolmax Alta, under windlayer or DryLine (DryLete), 3SP DryFit, or ThermaFleece garments by themselves.