

BY LISA DE SPEVILLE • PHOTOGRAPHS BEN BERGH

# WINTER GEAR SPECIAL

There are only three ways to deal with winter: migrate like a bird, hibernate like a bear or adapt like everything else left out in the cold. So if you're prone to hibernating and packing on pounds in winter, help is at hand. At *Runner's World* we endorse the principle that adaptation, suitable clothes and accessories make winter running warm and enjoyable.

## Adidas ClimaCool Running Gloves, R159.00

These lightweight running gloves are great for early morning runs when the sun has not yet had time to warm the earth. They're not made for sub-zero temperatures as these gloves offer light insulation, not serious heating. There's reflective detail on the pointing finger and piping on top of the hand. A band of material across the palm has been included for grip; whether you want to hold on to a trekking pole or post-run refreshment. Finger dexterity is retained because the fabric is light and thin.

**Stockists:** Totalsports

**Contact:** Adidas (021) 442-6200 [www.adidas.com](http://www.adidas.com)

**RW:** *Throw away those cotton cheapies. Gloves just got cool.*

great



## LAYERS

Mountaineers and polar explorers have long used layering as a clothing system to improve comfort and safety. Simply, this means that they wear a combination of clothes, in layers, to regulate warmth according to weather, activity level and personal preference.

### How to Layer

As hard-working, heat-generating runners, you have no need for the insulating, puffy down jackets worn by mountaineers as an outer layer. With just a base layer and light shell layer you'll get a surprising amount of warmth without compromising freedom of movement.

#### Layer 1 – The Base Layer

This next-to-skin layer needs to handle heat and moisture generated by the strenuous activity of running. Remember that two thin base layers combined will provide a far wider comfort range than one thick layer. A short sleeve top underneath one long sleeve top is a practical option too. Pass on cotton and stick to synthetic fabrics like polypropylene that wick moisture and dry quickly. As leg coverings go, a single pair of tights will see you through all but the most extreme of South African winter conditions.

#### Layer 2 – Breathable shell

This is the domain of hard and soft shell garments. Most lightweight running jackets fall in the soft shell category; they are breathable, they limit wind penetration (not necessarily 100% windproof) and they're not waterproof. They're also comfortable and are usually made from fabrics that fit your body without constricting - some have quite a bit of stretch. Windproof and waterproof hard shells rarely feature in everyday running.



### EDITORS CHOICE

#### Adidas Supernova Long Sleeve and Supernova 3/4 Tights (Women), R399.00 (top), R449.00

Aside from the flat-stitching on the raglan sleeves, this top is seam-less (no side panel seams). The Clima Cool fabric is of variable weave to match sweat zones for improved moisture management. Technical specifications aside; the fabric is stretchy, form-fitting and although it isn't thick, it is quite warm; this top is too cosy for the gym. As for the tights... the pink stitching and waistband detail matches the top. Of practical importance is a handy rear zippered pocket, pre-shaped knee design, ventilated mesh gusset, waist drawstring and mesh panels behind the knee.

**Stockists:** Adidas stores and The Sweatshop

**Contact:** adidas (021) 442-6200 [www.adidas.com](http://www.adidas.com)

**RW:** The only thing it doesn't have is a machine to make coffee in the morning.



#### New Balance Motion Jacket (Men's) R439.99

This jacket is a reliable not-so-nice weather friend. It's a simple unlined running jacket with all the properties needed to keep cold and wind out and your body heat in. The Lightning Dry fabric is lightweight and allows for moisture transfer from inside to the outside. It won't keep you dry in a torrential downpour but will be more than adequate to protect you from the chill in a light shower. Other features that do it are the Velcro sleeve cuff adjustment tabs; zippered side pockets; dropped rear; underarm mesh panels; and reflective detail on the front shoulders, elbows and rear. Also in black and a dark grey (with lime panels). Women's version also available (pale blue or bold pink).

**Stockists:** Sportsmans Warehouse, Totalsports, Lilly Whites and Independent sports stores countrywide.

**Contact:** New Balance (021) 705-6224 [www.newbalance.co.za](http://www.newbalance.co.za)

**RW:** A great allrounder, for runners and walkers.

#### New Balance Men's Long Sleeve Top and Tights R229.99 (top), R349.99 (tights)

This basic combo will see you through the dark days of winter (add a jacket or shell when it is really cold). The crew neck top is straight cut with front and rear visibility elements. The tights are polyester (for shape retention, so you don't get wrinkled knees and a sagging bottom) with a dash of spandex for stretch. The absence of groin seams is a winning feature. In addition these tights have a waist drawstring, ankle zips - with reflective detail - and an articulated knee cut. The only thing missing from this solid design is a little key pocket.

**Stockists:** Lilly Whites (top), Sportsmans Warehouse and Totalsports (tights) and Independent sports stores countrywide

**Contact:** New Balance (021) 705-6224 [www.newbalance.co.za](http://www.newbalance.co.za)

**RW:** SA men, and even women, hate tights but we think they'll like these.



#### Capestorm Women's Furnace Long-Sleeved Crew, R255.00

In selecting a fabric for this garment, Capestorm settled on a bi-component thermal fabric to harness useful properties from two materials; polypropylene on the inner face gives the top its thermal and wicking performance while polyester on the outer face confers easy care, toughness and shape retention. The raglan sleeves and tailored fit give a flattering line. This top is most suitable as a cool or cold weather running base layer. Also look out for the Pace Long-Sleeved Crew (R225), a similar garment (less-tailored) with added thumb slits. A men's version is available in both styles.

**Stockists:** Capestorm concept stores and various sport and outdoor retailers (see website)

**Contact:** Capestorm (021) 761-2021 [www.capestorm.co.za](http://www.capestorm.co.za)

**RW:** Two materials and two great benefits. Designed to make you look good too!



### BEST BUY

#### First Ascent Mens G-Force Zip Top R199.00

This lightweight top has no seams underarm and sufficient tailoring to improve fit without compromising on freedom of movement. The Quik-Wic fabric is soft against your skin and quick drying. The bonus of having a 1/4 zip is that it lets cool air in when down and, with the broad collar, keeps warmth in when zipped up. When it's really cold out, wear under a jacket or shell. The First Ascent logo and piping near the bottom is reflective. If this warm spice (orange) colour isn't for you, get this top in petrol (blue) or black.

**Stockists:** Various sport and outdoor retailers (see website)

**Contact:** First Ascent (021) 787-9380 [www.firstascent.co.za](http://www.firstascent.co.za)

**RW:** A quick-drying warm top for any condition that seems designed purely with runners in mind. Great value for money.



## GEAR GAL SAYS... ADAPTION

Winter running is made much more comfortable when you're properly attired. What you wear will be determined by where you are, when you run (or walk) and how hard and long your session is going to be. It is important to remember that within a few minutes of starting your training session you'll be generating a lot of heat; a top that keeps you warm before the start will be too hot within minutes (we've all made this mistake!). Expand your running wardrobe and embrace the cold this season by adopting mountaineering habits.



### First Ascent Powerstretch Tights & Free Thinker Jacket R559.00 (tights); R499.00 (jacket)

This duo shouts "winter warmth". The Powerstretch Tights are indispensable for adventure races and winter mountain ultras. Be warned; you'll overheat in the tights if the mercury hasn't dropped. They really are made to insulate against cold (10° and below). Add this snug Free Thinker Jacket (a much improved redesign of the old K2 jacket) over a thin base layer and you'll stay toasty. If you run with an MP3 player, place it in the right breast pocket; an earphone cable "hole" is built-in. The Polartec Powerdry and Powerstretch fabrics used are fleecy on the inside and smooth on the outside (bobble-free) and they're stretchy, so that movement is in no way limited.

**Stockists:** Various sport and outdoor retailers (see website)

**Contact:** First Ascent (021) 787-9380 [www.firstascent.co.za](http://www.firstascent.co.za)

**RW:** *Great gear for genuinely cold conditions. Ideal for runs in Sutherland and those dark, freezing Egoli mornings.*



### New Balance Men's Texture Tech Long Sleeve, R249.99

When you're flipping through the store racks the interesting texture of this top will catch your eye. The textured fabric has a honeycomb pattern on the outside surface (increased surface area for fabric-to-air evaporation) and smooth on the inside, except where this is reversed in the higher sweat zones (greater skin-to-fabric moisture absorption). There's a dash of rear reflective print and the straight cut is accommodating to all body shapes. This is a warm and comfortable garment that makes cool weather runs more enjoyable.

**Stockists:** Lillywhites, Totalsports and Independent sports stores countrywide

**Contact:** New Balance (021) 705-6224 [www.newbalance.co.za](http://www.newbalance.co.za)

**RW:** *Eye candy for winter runners. Your friends will "coo" and "ooh" over you when you arrive for your first run.*

## ACCESSORIES

### First Ascent Soft-Shell Ear Muff, R89.00

Ear bands top my running and trekking headwear list because they wrap around the forehead and cover the ears (exposed skin areas) but still leave the top of the head exposed. They're perfect for conditions when hats and beanies provide too much insulation. OK, so you look like a rugby player in the scrum; but it is well worth compromising aesthetic appeal for fine temperature control. Baldies would get better protection from a beanie. Also in fleece fabric (R49.00) and many colours.

**Stockists:** Various sport and outdoor retailers (see website)

**Contact:** First Ascent (021) 787-9380 [www.firstascent.co.za](http://www.firstascent.co.za)

**RW:** *Yep, you'll look like a boiled egg but your ears will love you.*



### First Ascent Ladies Fleece Beanie, R69.00

Heat is lost through any exposed part of the body - the head included. In chilly conditions, especially when a cold wind is blowing, headwear that keeps your cranium cosy will improve your outdoor comfort. This fleece beanie is made to fit women's heads, which are smaller in height and width than men. But there is also a men's version. When you warm up and your noggin starts getting too warm, take it off. Available in a number of flattering colours.

**Stockists:** Various sport and outdoor retailers (see website)

**Contact:** First Ascent (021) 787-9380 [www.firstascent.co.za](http://www.firstascent.co.za)

**RW:** *These gender dimorphic beanies are way better than 'his' and 'hers' towels and gowns*



### New Balance Core Gloves, R84.00

These fleece gloves are warm and functional with a smooth inside surface and fleece on the outside. A band of sewn-in elastic around the wrist (not too tight, not too loose) keeps the gloves on. These gloves will keep your fingers warm in icy temperatures but, when the sun comes out and the chilly wind dies down, you'll need to fold them up, like a pair of socks, to stow in a pocket. If you're working hard these gloves will be too toasty, especially in not-freezing conditions. They'll make a great gift for non-running family and friends supporting you at winter races.

**Stockists:** New Balance independent stores

**Contact:** New Balance (021) 705-6224 [www.newbalance.co.za](http://www.newbalance.co.za)

**RW:** *Throw snowballs with these ... fearlessly. For cold mornings and dedicated supporters.*

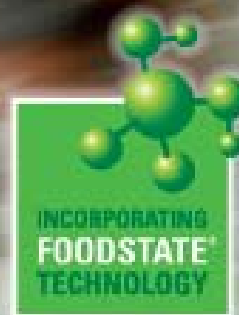


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