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# triathlete



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**TECHNOLOGY AND STYLE  
COME TOGETHER IN  
THESE FASHIONABLE,  
FEEL-GOOD FINDS.**

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**1 DÆHLIE Jacket  
Spectrum 3.0  
\$230, DAHLIE.COM**

This lightweight, European-styled technical jacket is constructed with water-resistant stretch fabric for max movement, ventilated underarms and back panel, fully taped seams that keep water out, and reflective details for high visibility. Available in men's and women's sizing.

**2 Endure: Mind, Body, and  
the Curiously Elastic Limits  
of Human Performance by  
Alex Hutchinson  
\$28/HARDCOVER, HARPERCOLLINS.COM**

Alex Hutchinson represented Canada in various international track and run competitions, earned a Ph.D. along the way (quantum computing and nanomechanics), and in 2018 the elite-runner-turned-physicist delivered this compelling *New York Times* Bestseller about the science and psychology of endurance sport.

**3 Marc Pro  
\$650, MARCPRO.COM**

For those who avoid anti-inflammatories to ease achy muscles, this electronic stimulation device is designed to offer drug-free pain relief. For best results, the manufacturer recommends 30- to 60-minute sessions several times per week.

**4 Amavara Mineral Sunscreen  
\$35-\$45, AMAVARA.COM**

Gift this sunscreen for its excellent sun protection, reef-safe formula, and lack of animal testing. But it's also safe for sensitive skin, goes on transparent (even though it's zinc-based), is water resistant, and has a pleasant scent. Available in SPF 50 and SPF 30 body lotions and a SPF 50 face stick.

**5 Brooks Notch Thermal  
L/S (for women)  
\$75, BROOKSRUNNING.COM**

Warm enough to wear alone in cold weather, but with a slim-cut design that makes it perfect for layering in frigid conditions, this versatile top features a notched interior to wick away sweat and trap heat, thumbholes to keep hands warm, and breathable fabric strategically placed under the arms. Available in three colors.

**6 Amazfit Stratos  
\$200, AMAZFIT.COM**

For the multisport geek, this slick smartwatch offers GPS and detailed tracking of swim/bike/run (as well as other fitness activities). It also measures heart rate, maximum oxygen consumption (VO<sub>2</sub>max), exercise load, and recovery time. Scratch and water resistant, this watch is safe for pool swimming but not recommended for open water.

**7 Osmo Whizz Wand  
\$25/TUBE OF 100, OSMONUTRITION.COM**

Show them you care with these conveniently packaged reagent strips (otherwise known as pee on a stick) that help athletes quickly measure hydration, protein, and leukocytes levels. Each tube of 100 strips comes with easy-to-follow instructions and corresponding analysis chart.

**8 Bridgedale StormSock  
\$35 AND UP, BRIDGEDALE.COM**

Winter rain can't hold a hardcore runner back. These 100-percent waterproof socks offer breathability and lightweight feel for optimal comfort and protection in wet conditions. The secret is in the dual-sided construction with varying degrees of Merino wool, nylon, elastane, and polyester in the inner and outer sock layers.

**9 On Running  
CloudSurfer  
\$150, ONRUNNING.COM**

On Running launched its first shoe—the Cloudsurfer—in 2010, and now eight years later the classic roadster has been relaunched with greater cushion, better traction, improved upper support and breathability, and an unbeatable look. With a 6mm drop, this runner weighs in at 11.6 ounces (men's)/9.3 ounces (women's).

