



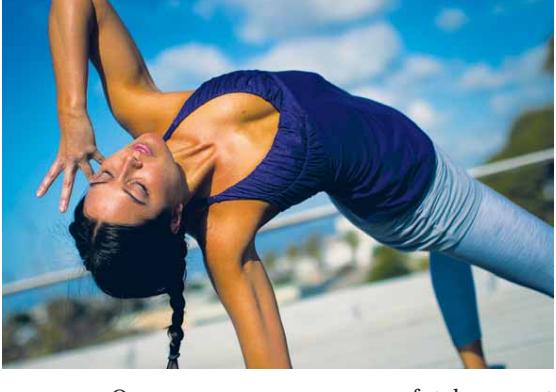
HOLIDAY COUNTDOWN

SPORTS FANATICS

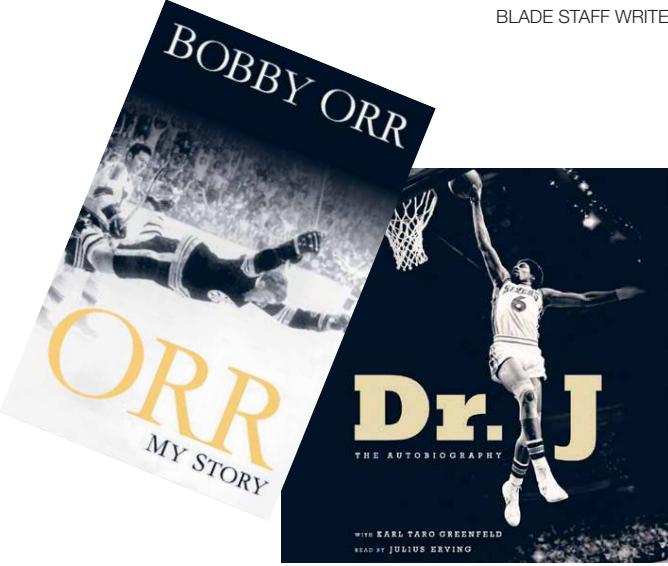


Barring an unseasonably warm day, the links are all but abandoned at this time of year. But when the weather turns, many of the area's golf courses and country clubs offer private lessons. Prices vary by local courses, country clubs, and instructors, and typically begin at \$50 for an hour's instruction.

Need an Ohio State pillow pet? Or a new Toledo Rockets sweatshirt? Maybe some Christmas ornaments designed to look like Michigan football helmets? College memorabilia from Toledo, Bowling Green, Ohio State, and Michigan can be purchased either on campus, around town at various retailers, including Walmart, Meijer, JC Penney, at team online sites, or The Buckeye Store and More, 5700 Monroe Street, Sylvania. Prices \$20 and up.



One can never spare a sense of style, even at the gym or on the running trails. Lululemon's local showroom (206 Louisiana Ave., Perrysburg) offers fashionable jackets and hoodies, sports bras, shorts, and colorful yoga mats. Athleta.com offers athletic apparel from the creators of The Gap, and SweatyBetty.com offers a British take on fitness gear. Prices vary by vendor.



An athlete always has a story to tell, or someone to tell the story for them. For the reader in the family, several releases are on the shelves in time for the holidays, including "Orr, My Story," (\$27.95 hardcover, \$11.99 on Kindle) written by legendary Boston Bruins defenseman Bobby Orr, and "Dr. J: The Autobiography," (\$27.99 hardcover, \$11.89 on Kindle), a look at former Philadelphia 76er Julius Erving. Available at Amazon.com or at Barnes and Noble.

Track your tracks. The Nike Sport Kit is a fitness tracker that clips to your sneakers, pairs with an iPod and Nike's fitness app, and acts as a pedometer and a mile marker while streaming your favorite music during a run or a walk. Nike app free on iTunes, iPod sensor \$19 on apple.com



Get your popcorn ready for the Winter Classic, which will be played Jan. 1 at Michigan Stadium in Ann Arbor. For around half the cost of a ticket to the outdoor NHL game, you can cozy up in your living room with a Stanley Cup popcorn maker - yes, a popcorn maker designed to look like the NHL's championship trophy. \$99.95 plus shipping on shop.NHL.com



When it comes to yoga, some like it hot. Bikram Yoga Toledo (5107 Monroe St., Toledo) offers various classes in hot yoga, with unlimited class specials beginning at \$99 and class packages beginning at \$20. For those who prefer to stretch out at room temperature, Presence Yoga (3450 W Central Ave #320F, Toledo) offers five classes for \$65 and Tonic in Maumee (2221 River Road, Maumee) offers classes in yoga, Pilates and Beyond Barre, starting at \$15 a class.



It's never too early to work off those holiday calories at area gyms, including the YMCA and JCC of Toledo (www.ymcatoledo.org), LA Fitness (www.lafitness.com) and Planet Fitness (www.planetfitness.com), where one-year memberships start as low as \$10 a month. Among the perks of joining a gym? Access to personal training sessions, which vary by cost per hour.

Smell that? It's the smell of victory. Yankee Candle Company offers its Collegiate Collection, which assigns scents such as Clean Cotton and Balsam & Cedar to various colleges and universities, including Ohio State, Michigan State, and Notre Dame. \$27.99, www.yankeecandle.com

Run, run Rudolph... Register a runner in your family for the Glass City Marathon on April 27, 2014, and pair it with a membership to Toledo RoadRunners (\$10 to \$75) at <http://www.toledoroadrunners.org/membership>. Register for either the 5K (\$25), half-marathon (\$55) or marathon (\$70) on GlassCityMarathon.org, before April 1.