



What to buy

2016 HOLIDAY GIFT GUIDE

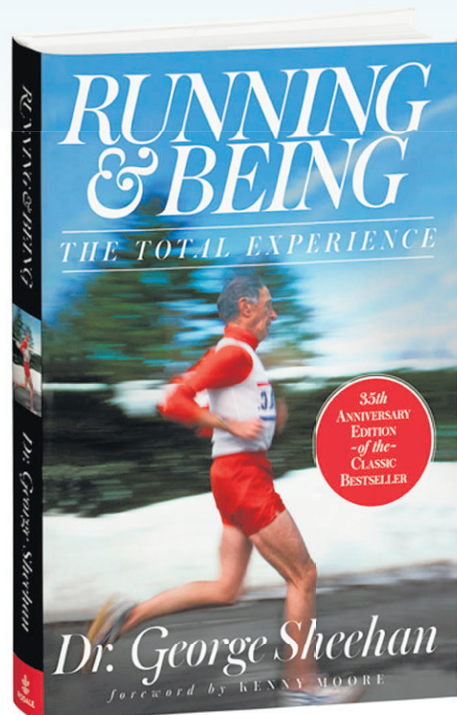
RUNNERS & CYCLISTS

10
SHOPPING
DAYS LEFT

If you've got friends or family members who are nuts about cycling, running, or outdoor recreation, what better gift to give them this Christmas than something to fuel their passions?

Surprise them with a gadget or equipment that can make their workout a little bit better.

—MARK REITER, BLADE STAFF WRITER



Motivational reading

When you are not running, there is nothing better than reading about running to get inspiration. *Running & Being* by noted running philosopher George Sheehan eloquently expresses the true meaning of running and is a good read. When first published in 1978, it helped kick off a major running boom and is now a must-read for anyone trying to reconnect to the simple beauty and freedom of running. **\$14.99 at Barnes & Noble Booksellers Franklin Park.**


**Owens Corning
Half Marathon**


Marathon entry

Give someone on your gift list an experience instead of a material item. Pay for a loved one's race entry in the Mercy Health Glass City Marathon. It will take the runner in your life to the finish line. Information about the April 23 event can be obtained at glasscitymarathon.org. **Registration fee for the marathon is \$70, and the Owens Corning Half Marathon is \$60 through Dec. 31.**

Hydration belt

Proper hydration is important to keep any runner performing at peak, whether training outdoors for a 10-kilometer race or 26.2-mile marathon or running on a treadmill. A great gift idea for a marathon or cross county runner is a hydration waist belt pack. The Nathan Triangle Pak is a useful gift for runners of all levels. **\$29.99 at Dave's Running and Dick's Sporting Goods.**



Massage therapy

A simple and great gift for a runner, swimmer, biker, or any athlete is a nice foam roller. With a sleek, hand roller design to roll over sore muscles, the 25-inch Trigger Point GRID STK foam roller point offers optimal recovery and is reasonably priced. **\$34.99 at Dick's Sporting Goods.**



Running vest

The No. 1 rule of winter running is to be seen, and it's easier than ever to do just that with the Nathan Bandalier vest. By adding a little extra to your outfit, you get big benefits with the vest, which provides a minimal fit and 360-degree reflectivity to enhance comfort and aid visibility during predawn or post-sunset training. **\$24.95 at Dave's Running and Dick's Sporting Goods www.dickssportinggoods.com.**



All-weather jacket

Increase the safety and comfort of the dedicated biker on your gift list with the pixel fabric technology of the Sugoi RS Zap Bike Jacket. Made from micro-glass beads, which are silkscreened to the fabric, the waterproof jacket reflects the artificial light of cars and streetlights. The Zap Jacket is available in five outerwear sizes and has back pockets to carry essentials. **\$160 at REI.com.**



Tool for every job

A good multifunction bicycle tool can mean the difference between making a swift, easy adjustment and hobbling home with a scowl. The Park Tool MT-30 carries all the necessary bells and whistles to get you back on the bike in case of mechanical failure. **\$32.99 at Cycle Werks in Whitehouse and Bowling Green.**



Activity tracker

Whether running, biking, or swimming, smart watches offer so much information during and after those workouts to analyze activity and performance. The Garmin Vivoactive HR has GPS, color touchscreen, smart notifications, heart rate, activity tracking, and devoted applications for cycling, swimming, running, golfing, skiing, and paddle boarding. **\$249.95 at Dave's Running in Sylva, Perrysburg, Findlay, and Delta.**

Identity bracelet

The runners or bikers in your life will know that you love them enough that you never want to lose track of them with an identification bracelet from Wrist ID. Customized options include the Wrist ID Slim and faceplates for the most popular running watches. **\$19.99 to \$29.99 at roadid.com.**



* Prices and availability subject to change.



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