

# LA&F

LOS ANGELES SPORTS & FITNESS MAGAZINE  
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## GEAR GUIDE

'TIS THE SEASON FOR  
HOLIDAY  
RACES

## Hot Products for Cool Conditions

Daylight issues, soreness coming off peak training season, and now the need to either buy gifts or treat yourself to something great so you can get motivated – you need help! Look no further. We have all that and a box of cards.

### Saucy SonicLite HD ViZiPro Jacket



Your work hours continue to stay long and the daylight hours are only growing shorter. What is going on? Saucy's new ViZiPro highly reflective apparel line has an answer to your "how am I going to (safely) train outside?" quandary.

The jacket's form is sleek as its function. With a super-lightweight, soft, yet water-resistant shell, you will find that this piece is essential for California winter wear. Reflective and breathable panels are located on the front and back, and a mini-LED light on the sleeve amps up the visibility – as if the road construction orange color scheme isn't loud enough! Buyer beware: if you like standing out this simply isn't for you. Available in men's and women's sizes S-XL (\$90)

[saucy.com](http://saucy.com)

### SkirtSports ToughGirl Vest

How about a vest that makes you look sporty and fashionable, without the bulk or boy cut? Made of 91 percent nylon and 9 percent spandex, the ToughGirl vest is the perfect layer you are looking for when you just need "a little something." It is designed with a full-length reflective zipper, two inner and two outer pockets, and a light hood to tie the hair tame and the ears cozy. The long feminine cut hits at the hips but seems to be a little baggy around the underarms. Cut in black and a black/grey print pattern. S-L (\$78)

[skirtsports.com](http://skirtsports.com)



### Moji Ice Wraps

Chunky uncomfortable ice packs that don't bend, a wet mess,

once it's on you're down for the count. All reasons why you neglect icing even though your ailing body really needs it. Moji's innovative approach to ice therapy provides you with cold compresses that are body part specific so it efficiently cools and treats your sore spot(s) comfortably and without the mess. Moji uses a gel cell technology that stays cold for at least 20 minutes and is pliable straight out of the freezer. The soft wrap provides the compression you need, but allows the mobility you desire. And for your fashionista it doesn't look half bad! [www.moji.com](http://www.moji.com)

### Timex Ironman Race Trainer

Here lies the key to efficient training. Yes, it's a gadget and to get the most out of it you must take a couple of minutes to figure it out, but once you do you'll wonder how you ever did without. And relatively speaking, it's a lot easier to use than many others out there, the strap fits comfortably, and the signal never gets lost. The stopwatch functionality works in synch with the heart rate monitor, including recovery tracking, and you can modify your target training zone practically mid-stride. Probably the coolest feature is the 5-interval timer that does all of the counting and beeping for you. This companion/watch ensures your workout doesn't end with just water and a stretch: review your time(s), training zone averages, and caloric burn, then wirelessly upload it to your personal, customizable online journal that logs it all for you. To make the most of this product, plan your training session before you head out. There is no better way to quantify the quality of a workout than with a tool like this! Start that "Dear Santa, I've been bad want to be good letter" now. (\$220)

[timexironman.com](http://timexironman.com)



### Far Gone Greetings

Why continue to send the same old stale holiday cheer that utterly lacks imagination or a personal touch? The crafty minds at Far Gone Greetings have something far better. Give your fellow sport-something they will appreciate: cute,



creative, comedic cards that reflect the humor in an athlete's passion. At \$2.95 each you could pick a few to send out or wrap 'em with a bow to make a great stocking stuffer or your training partner. Or maybe you're

looking for something besides the stale, ceremonial awards to commemorate a marathon (or other) accomplishment? The freshly welled line of classic artist-spoofed or via-themed posters are full of character & fully customizable. [fargonegreetings.com](http://fargonegreetings.com)

### Yapur "Anti-Bottle" Water Bottle

You are a lean, green, water-drinking machine so it is only appropriate that you add a handy little hydration breakthrough to your daily routine. Made of BPA-free plastic Yapur is foldable, rollable, reusable, reusable bottle that holds 16 ounces when full, collapses down to pocket size when empty. So versatile, you can stand it up on its desk or use the carabiner to attach it to your key or handbag when you're on the go. Durable, it is freeze-friendly and top-rack dishwasher safe. The concept is definitely new but it feels a little clunky to hold, never when you're going to kick the water and waste bit, this is a great, innovative solution. Currently available in blue and pink, when coming soon. (\$50)



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CATALYST  
TRAINABLE METALS