

RUNNER'S

WORLD

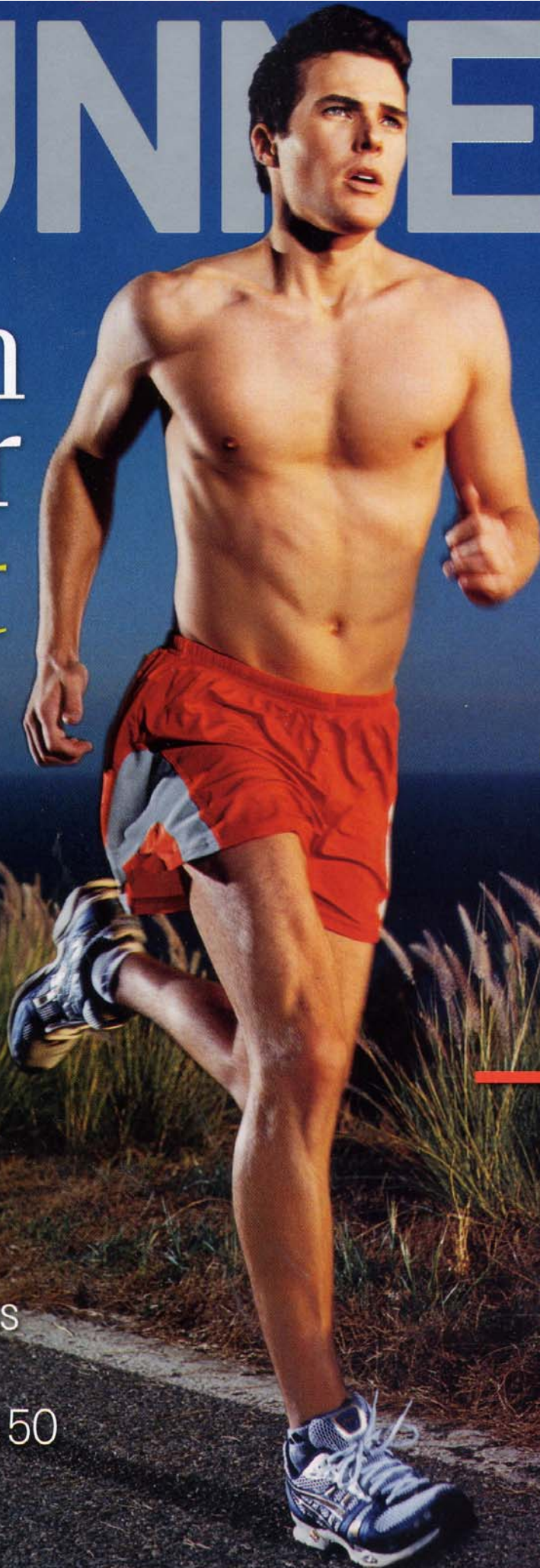
May 2007

Run Better Right Now

62 TIPS TO GET YOU FIRED UP, FOCUSED, AND FITTER THAN EVER

NEW 5-K and 10-K Training Plans

Sore Muscles? Quick Relief, Page 50



What To Eat For Instant Energy

Beginners Easy Ways To Get Faster

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Spectator Spots
And How To
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RUNNERSWORLD.COM
WORLD'S LEADING RUNNING MAGAZINE

Shell Game SIX NEW RUNNING JACKETS KEEP THE ELEMENTS AT BAY BY BRIAN METZLER

WEATHER CHANGES, you can count on that. A few years ago, I was caught in some mountain weather while training for the famed Leadville 100. What started as a sunny, 60-degree day turned into a miserable afternoon of freezing rain and cold winds. My nylon jacket initially kept me dry, but was soaked by the time I returned to the trailhead. In the past few years, shells have come a long way, blending water-resistant (or waterproof) fabrics with technical features that aid in breathability. Here are six lightweight shells that perform the best against Mother Nature's worst.



2.7 oz

ADIDAS RESPONSE WIND JACKET \$80
Ideal for up-tempo running on cool evenings, the Response breathes like no other. The shell incorporates large mesh ventilation panels to help draw excess heat and moisture away from the body and is made from a soft, water-resistant fabric.
800-423-4327; shopadidas.com



3 oz

HELLY HANSEN MARS JACKET \$100
The lightweight Mars jacket (the women's version is called Venus) is fairly breathable and so light you barely notice it. A perfect jacket to take along on summer days in the mountains or as the solution for flatlanders for what to wear on a cool race morning.
877-435-5998; hellyhansen.com



3.8 oz

NIKE ULTRALIGHT PACKABLE JACKET \$60
Nike's Ultralight Packable jacket offers a reliable combination of wind protection, breathability, and water resistance. It has a roomy, no-frills design that looks just casual enough to keep you from getting any weird looks if your run happens to end at Starbucks.
800-595-6453; nikerunning.com



5.5 oz

SIERRA DESIGNS ISOTOPE JACKET \$90
The waterproof Isotope provides great protection in bad weather and is breathable enough to avoid the sauna effect runners experience in many waterproof jackets. Added features, such as an adjustable hood and drawstring waist, make it a super value.
800-635-0461; sierradesigns.com



3.6 oz

BROOKS L.S.D. JACKET \$85
This jacket packs down to about the size of a baseball. It's made from a quiet, soft, windproof, and highly water-resistant fabric called Shelter Lite. Because it's so packable, the L.S.D. is an ideal choice when conditions hover between cool and comfortable.
800-227-6657; brooksrunning.com



8 oz

GOLITE ECHO JACKET \$130
Even though the Echo is pricey, it's worth every penny. This jacket offers the best combination of breathability and protection in this review. The secret is the soft, water-resistant WindStopper fabric that allows steamy sweat vapor to escape.
888-546-5483; golite.com