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Women's Adventure

travel, fitness, sports, health, other stuff

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Beth Rodden frees the nose,
Pam Houston on adventure, and
Colleen De Reuck's running pointers



BROOKS BURN 3

Brooks's new trainer for 2006 has i-257 and Hydroflow ST technology. What does that mean? Performance with maximum flexibility and minimum weight, as well as shock absorption and stabilization in every step. Brooks prides itself on its understanding of the biomechanics of feet in motion, so rest assured that yours are in good hands. The Burn 3 is designed for a wide range of runners, so whether you strike at midfoot or are an efficient runner, you'll like this shoe. \$85. www.brooksrunning.com; 800 227 6657



HELLY HANSEN VENUS JACKET

Wanna go running this spring? Of course you do! But with that comes unpredictable weather, which is why the Venus Jacket by Helly Hansen is a perfect choice. Designed for speed, the 100 percent nylon Venus is so light it will go almost undetected. You won't go unprotected, however, because it's windproof and water resistant for those unexpected drizzles. It features underarm venting and reflective print for safety. \$100. www.hellyhansen.com; 425 378 8700



NORTH FACE ULTRA 103 TRAIL RUNNER

Going out for the long-haul trail run when the sun comes out? Don't leave without these shoes 'cause you'll find they are all you could ask for—and maybe more. The Ultra 103 is superbreathable, perfect for dry conditions, and ergonomically designed, and it comes complete with scree-gaiter attachments. \$110. www.thenorthface.com; 866 715 3223



NEW BALANCE SABA SHORT

We love these shorts from New Balance. The combination of a seamless brief with a phantom waistband makes them the perfect running short. Not only will there be no chafing with this design, but the repositioning of the key pockets allows for a much more comfortable run. \$36. www.newbalance.com; 800 253 7463



SHOCK DOCTOR X-ACTIVE INSOLE

Everyone needs a little help from their friends. That's why Shock Doctor has introduced the X-Active performance orthotic. Designed to help with shock absorption for the entire foot, the bio-shape also relieves heel fatigue and plantar fasciitis pain. Heat them up, and they can be custom molded to your foot. With a low profile and an antimicrobial fabric, they work with athletic as well as all-purpose footwear. \$12.99. www.shockdoc.com; 763 519 2737



UNDER ARMOUR DUPLICITY SPORT BRA

This full-support sport bra is nothing short of awesome. A combination of HeatGear fabric and small mesh, this top will wick moisture and breathe as you work out—and without chafing. The Duplicity comes in all cup sizes; and with its flattering, reversible design and smooth-as-butter feel, we think it's one of the best buys out there. \$44.99. www.underarmour.com; 888 727 6687

