

# competitor

**RUN LESS  
>> GET STRONG  
GO FASTER**

Is Crossfit's  
**Brian MacKenzie**  
revolutionizing how  
you should train?

**WEIGHT  
LOSS:**  
To Graze or  
Not to Graze?

Former NFL Star  
Tim Dwight  
**TAKES ON THE  
IRONMAN**

# 15

**RACING  
SHOES YOU  
NEED FOR  
SPEED**

**HOT  
SUMMER  
STUFF**

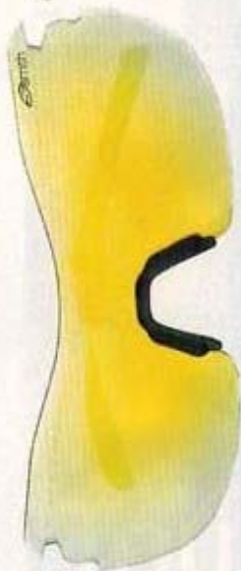
- ★ Sunscreens
- ★ Recipes
- ★ Sunglasses

# +

**SWITCHING TO  
MINIMALIST  
SHOES?**

Scott Jurek  
Teaches  
You How

# The Future of Athletic Eyewear Is Bright



**Smith Optics Pivlock V90 Max \$139**

• Calling all minimalists! Weighing just under one ounce, the new PivLock V90s are easy to customize. They feature interchangeable clear, rose or dark lenses and both black and white nose pieces. We liked the shield design—there's no plastic on the top or bottom of the lenses, allowing perfect peripheral vision—and how it felt like we weren't wearing glasses at all. The V90s are water and oil resistant and run a little wide; they are not ideal for narrow faces.

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



**Nike Impel \$159**

• The ultimate performance shade couldn't get any more versatile than the Impel, which offers stability, ventilation and comfort while encompassing a super-light, durable design. Featuring the patented Nike Optics, the Impel allows for a greater field of vision, including peripheral vision. Its square-cut, flying lenses reduce fogging and are attached by a lightweight sport wrap frame design for maximum coverage and stability. The adjustable and ventilated nose bridge also give a customized fit with added grip and secure comfort.

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



**Adidas Adizero LST Vario \$153**

• The new Adizero collection from Adidas enhances contrast and reduces eye fatigue. It adapts to the wearer's head shape and offers a comfortable, pressure-free, non-slip fit. The double snap nose bridge provides all-day stability while its quick-release hinge ventilation system keeps the lenses from digging into the skin because nobody likes a sunglass imprint.

[Adidas.com/eyewear](http://Adidas.com/eyewear)



**Optic Nerve Thujone IC \$79**

• It's nice to have options and the Thujone IC is packed with choices. Each pair comes with four sets of interchangeable lenses: a dark smoke tint for bright conditions, a copper tint for normal to variable light conditions, a high-definition yellow tint for extreme flat light conditions, and a clear lens for low light to night-time conditions. All four lenses offer 100 percent UV protection and use Optic Nerve's Focalpoint technology for precision optical clarity.

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



As the sun shines and temperatures spike, so will the urge to snag a pair of the latest shields. From anti-fog technology to polarized and interchangeable lenses, we rounded up our picks for the best sun-shielding performance eyewear.



**Rudy Project Gozen \$175**

• The Gozen's adjustable, anti-slip temple eliminates pinching to provide all-day comfort. It weighs less than one ounce and has a wrap-around style with interchangeable lenses to adjust to any light condition. Of particular note is its ability to block wind from coming over or under the frame edges.

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



**Ryders Duchess \$70**

• Sport glasses don't need to look masculine to provide optimal performance. High fashion meets high intensity with the chic, gloss frame, distortion-free, polarized polycarbonate grey lenses and water resistant nose pads that grip the more you sweat. We like the lightweight Ryders for longer runs because they stay put and are light as a feather, but take note: They tend to fog on cloudy days.

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

—Cielestia Calbay