

# TrailRunner

One Dirty Magazine

JUNE 2010 ▶ ISSUE 66



## STUMP JUMP 50K

The East's  
legendary  
meat  
grinder

### PERFORMANCE- ENHANCING FOODS

Found at your local  
supermarket

### ENTER THE ICE AGE

Discover Wisconsin's  
1000-mile trail gem

## 2010 GEAR GUIDE

→ Packed with  
apparel, gadgets,  
hydration systems  
& fastpacking gear

Kansas City's Trail Nerds do it with pa  
Trekking poles improve your running e

\*\*\*\*\*SCH 5-DIGIT 94960\*\*\*\*\*  
 1R3847 SUBSCRIPTION EXPIRES WITH ISSUE 0076  
 GORDON WRIGHT  
 12 DEER CREEK CT  
 FAIRFAX CA 94930-1311

\$4.99 US // \$5.99 CAN



**JACKETS/VESTS**

**1 THE NORTH FACE Windstopper Active Jacket | \$129** | This 7.4-ounce jacket uses the lightest Windstopper material available to create a totally windproof shell designed for high cardio-output activities. The single-layer jacket with extra-breathable underarm and back panels sheds moisture while remaining highly breathable. A carbon-from-bamboo lining controls odor. [www.thenorthface.com](http://www.thenorthface.com)

**2 ARC'TERYX Accelero Jacket W | \$129** | A tailored alternative to a slippery shell, the Accelero's ultralight woven-polyester textile with a DWR finish offers excellent breathability and protection from light precipitation. The bamboo charcoal lining enhances moisture and odor control in this 7.7-ounce jacket. [www.arcteryx.com](http://www.arcteryx.com)

**3 SIERRA DESIGNS Kenosha Nano | \$89** This water-repellant micro-polyester jacket with stand-up collar and hand pockets blocks wind while letting perspiration escape, yet weighs a feathery 7 ounces. [www.sierradesigns.com](http://www.sierradesigns.com)

**4 GOLITE Dakota Wind Vest \$80** | When light protection is all you need, this three-ounce vest blocks wind with its recycled-polyester front paired with a stretch-woven back panel equipped with a zip pocket. [www.golite.com](http://www.golite.com)

**5 MOUNTAIN HARDWEAR Transition Super Power Vest | \$90** | The luxurious Transition softshell jacket we love for winter running will soon be available (August 2010) in a light vest (women's weighs 7.2 ounces) featuring Windstopper front panels with a highly breathable stretch-knit back. [www.mountainhardwear.com](http://www.mountainhardwear.com)

**EYEWEAR**



**JULBO Contest | \$160**  
The full-coverage Contest (for large faces) feature light-adapting Zebra lenses (transitions from low to high protection in less than 30 seconds) with an anti-fog coating. [www.julbousa.com](http://www.julbousa.com)



**NATIVE Nano2 | \$139**  
These large-fitting polarized lenses (interchangeable) come with vented frames and a comfortable, oversized, no-slip rubber nosepiece. [www.nativeeyewear.com](http://www.nativeeyewear.com)



**RYDER Treviso Photo-Polar | \$90** | The adjustable rubber nosepiece and temple tips get tackier as you sweat, while vented photochromatic and polarized lenses ensure optimal visibility. Best fits medium to large faces. [www.ryderseyewear.com](http://www.ryderseyewear.com)



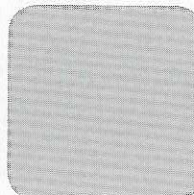
**ZEAL Maestro | \$130**  
The Maestro's high-performance polarized, photochromatic NXT lenses are set within stylish, metal-hinged frames with rubber temple arms. Those with small faces, try the Tensai instead. [www.zealoptics.com](http://www.zealoptics.com)

**HATS**

**1 MOUNTAIN HARDWEAR Quasar Running Visor | \$25** | This wicking, lightweight visor has an elastic back to ensure a secure fit. [www.mountainhardwear.com](http://www.mountainhardwear.com)

**2 COLUMBIA Silver Ridge Ball Cap | \$22**  
Laser-cut perforations add breathability to this water-repellent, recycled-polyester cap finished with an wicking Omni-Dry sweat band. [www.columbia.com](http://www.columbia.com)

**3 THE NORTH FACE Stowable Vaporwick Cap | \$22** | Mesh stripes are combined with super sweat-wicking polyester cap and interior terrycloth sweatband to keep the sun and sweat off your face. [www.thenorthface.com](http://www.thenorthface.com)



**LEG SLEEVES/GAITERS**

**1 CHO-PAT Compression Calf Sleeve | \$16 each** | Best used post-run, these snug elastic-knit sleeves provide warmth and compression claimed to aid recovery by supporting tired muscles and improving blood circulation. The comfortable four-way stretch material breathes but avoid wearing for long periods. [www.cho-pat.com](http://www.cho-pat.com)

**2 MOEBEN Leg Sleeves | \$26** | These nylon/spandex leg sleeves are more for style and warmth (especially when paired with Moeben's popular arms sleeves) than performance. The non-compression leg accessories do, however, provide UV protection. [www.moeben.com](http://www.moeben.com)

**3 2XU Calf Guards | \$55** | These circular-knit calf sleeves offer stabilizing calf-muscle compression to reduce fatigue while running and aid recovery. Also available with stirrups. [www.2XU.com](http://www.2XU.com)

**4 MOUNTAIN HARDWEAR Running Gaiters | \$35** | Keep the grit and grime at bay with these abrasion-resistant nylon gaiters weighing a mere 1.8 ounces (pair). They secure to your shoes with a front lace hook and a hook-and-loop tab that sticks to your shoes' heels. The hidden front zipper allows easy access to laces. [www.mountainhardwear.com](http://www.mountainhardwear.com)

