

A Runner's Wish List

Do you have a crazy person (read: runner) on your Christmas shopping list and don't know what to buy for them? We are here to help!

During the holidays, I cannot tell you how many people come into the store who have never run a day in their lives and never plan to. They are searching for the perfect gift for a fit friend or family member. The problem is that they have no idea what that person might want or need, and the selection of different socks, shoes, apparel, watches, and accessories is pretty overwhelming. Runners (and walkers, for that matter) are a special breed that can be difficult to understand if you have never been an endurance athlete yourself. From waking up at the crack of dawn in the middle of winter to get their workout in to telling you they "only" ran 5 miles today, they have a love of the sport that doesn't always make sense to the non-runner.

As a bunch of runner dorks who work at a running store, we are the perfect people to suggest great gift ideas for the runners and walkers on your list. To give you a starting point, we put together some of our staff favorites. Tri-State Running Company carries all of these products, and if you still just can't decide, you can always get a gift card in any denomination you like!

Kathy's Picks: If someone on your list runs or walks with headphones, you cannot go wrong with Yurbuds. They are so much more comfortable than standard ear buds and are *guaranteed* not to fall out! Another great gift idea for an injury prone runner is the foam roller. We cannot stress enough the importance of massaging tight muscles with a tool like this to prevent injury and minimize soreness in a runner's body. Foam rollers last forever and make a huge difference in IT band, hamstring, and calf tightness with regular use.

Craig's Picks: Buff Headwear is my favorite thing in the store! This super versatile headwear can be worn as a hat, headband, neck gator, and more, so it's great to keep you warm in the winter and protect you from the sun in the summer. From fun patterns to basic black, they are a great stocking stuffer for any runner! I also recommend the Zensah calf sleeves... I never run without them anymore. They improve recovery time and limit muscle soreness by providing targeted support to the shins and calves – perfect if someone on your list suffers from shin splints or gets sore calves after running.

Cameron's Picks: If you have a runner on your list who is getting more serious and would like to know how fast or far they are running, the Timex GPS Watch is a great gift idea! We carry a lower price point option at only \$125, as well as a computer compatible GPS with a heart rate monitor. Amphipod reflectors are another great gift for runners who get out early in the morning or late at night. They are magnetic to easily attach to clothing, and they do an amazing job of making sure you are seen by oncoming traffic.

Kortni's Picks: One thing I never go for a run without are my Tifosi sunglasses. They don't fog up, and they come in a wide variety of sizes and styles to fit different face shapes. I also swear by Sweaty Bands, which are a really neat locally made headband. They have velvet backing which prevents them from slipping, and they come in lots of fun colors... these seriously make the best stocking stuffers!

Another fun gift to receive is apparel! Runners can never have enough socks, hats, and gloves. They will truly appreciate and use these types of gifts. And every runner should have a nice jacket to keep them warm on cold, windy, winter days.

And that's it! A runner's wish list. (If I am on any of your Christmas lists, now you know what to buy me. You're welcome.) We hope you will stop by the store to shop for yourself or let us help you find the perfect thing for the runner/walker on your list! Have a very Merry Christmas, and a wonderful new year.

Kortni Danks

Director of Marketing

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