

# WOMEN'S Running

YOUR LIFE IN MOTION™

## Sleek Legs, Great Butt!

20 Minutes to an Amazing Lower Body

## Slim-Down Secrets

From TV's Hottest Trainer

# Holiday GIFT GUIDE

## GET RUNNING!

Our Simple Walk-to-Run Plan

NOVEMBER/DECEMBER 2011  
DISPLAY UNTIL DECEMBER 21



+ Deena Kastor's Mountain Home



## Flawless Form

Find Your Perfect Stride

womensrunning.com



ON PACE ■ THE RUNWAY



**ELLEN MADDEN**  
Vice President of Operations



Bobble  
Medium Bottle, \$10  
waterbobble.com

"I usually bring glass to the gym—horrible I know. This bottle is BPA-free, filters water and it won't shatter!"



Hobo Bags  
Gala, \$135  
Luna, \$198  
hobobags.com



Lululemon  
Sweat Suit Pant, \$95  
lululemon.com



Addax  
miCoach Armband, \$30  
target.com

"This game is a great way to have fun and get fit at the same time!"



EA Sports  
Active 2, \$40  
ea.com

**KELLY BAKER**  
Race Operations Manager



H2O Audio  
Jump Contact 2X Water-  
proof Headset, \$70  
h2oaudio.com



Phiten  
Transix  
Necktie, \$47  
phitenusa.com



Sherpani  
Blue Sport Duffel Backpack, \$70  
sherpani.com



Aquatic  
Gear, \$35  
aquaticgear.com



Soul Surfer  
by Deborah Dierksen, \$14  
amazon.com



**KARA DESCHENES**  
Marketing & Social Media Coordinator

"My favorite shorts of all time. The cut is flattering and the length is perfect."



San Francisco Bath  
Salt Company  
Muscle Soak in  
Bamboo Jar, \$30  
thsc.com



Brooks  
Women's 2 1/2 Women  
Short, \$28  
brooksrunning.com



Zuca  
2011 Pant, \$6  
zucaclothing.com