

Half Marathon Calendar ▶▶

RUNNER'S

WORLD

23
BEST NEW SHOES
Road-Tested & Reviewed p71

The End of Pain?
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BODY
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Beginners

It's Time to Run Your First Race!

Run Strong, Stay Healthy, and...

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MARCH 2017
RUNNERSWORLD.COM

Traci Copeland is a runner, yogi, and personal trainer.





GEAR

The Tracksmith bag has a special pocket for shoes. (Brooks shirt also available in a women's style.)

bouncing around when you're doing high-intensity exercises. A women's version has a plunging V-neckline front and back. From \$45

3 / WILLYB SHORTS FROM RUNBK APPAREL

The guys from the Scranton Running Co. recently set up shop in New York City's most populous borough and teamed with Villency Design Group on a line of apparel. Their camo-print shorts hit at midthigh and have a stretchy boxer-brief liner suitable for tempo runs and lunges. Three water-resistant pockets (two drop-ins and a zippered pocket) secure electronics. \$65

4 / OARS + ALPS FACE WASH

In a twist-up container like deodorant, this solid stick of men's face cleanser won't leak in your bag. Just rub the stick over your face and massage in with your fingers; activated charcoal exfoliates as the natural ingredients clean. \$14

IT'S IN THE BAG

The best stuff to take to the gym, and how to carry it all

By Jeff Dengate

1 / TRACKSMITH MISSION TOP LOADER BAG

With a rugged canvas body, metal hardware, and leather reinforcements, this top-loading sack will endure years of abuse. The canvas is wax-coated to keep water out and won't rip should you overstuff the bag. It also has an undeniably cool retro vibe, complete with a zippered compartment

to separate stinky shoes from clean clothes. \$168

2 / BROOKS GHOST SHORT SLEEVE

Heavy sweaters, do you fear leaving a puddle on a piece of equipment? Not with this nearly see-through T that has an abundance of ventilation where you need it—chest and back. The trim cut stops it from

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