



Women's Health

May 2012

Hot on the Trail: Trail Threads

Featuring: Verve 4

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Trail Threads

With the right apparel and gear, you'll be ready for whatever weather you run into.



to New York City nutritionist same amount of time. perform one of the following push off with greater force.

Trail Threads

With the right apparel and gear, you'll be ready for whatever weather you run into.

This lightweight shell keeps you dry and comfy when you head to the park. The Verve 4 is made of lightweight, breathable fabric. \$69, ospreypacks.com

Rise-tinted shades enhance depth perception and increase color recognition out on the trail. With these interchangeable lenses, you'll be set for any condition. \$120, osprey.com

This hands-free hydration pack holds two liters of water, plus it has room to stash a phone, some cash, and an extra layer. \$69, ospreypacks.com

Slip into this break for all the protection and traction of typical trail-running shoes without the bulk. The Verve 4 is made of lightweight, breathable fabric. \$69, ospreypacks.com

Women's thighs need extra protection from wind during outdoor workouts. These tights have you covered. \$120, osprey.com

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This hands-free hydration pack holds two liters of water, plus it has room to stash a phone, some cash, and an extra layer. *Osprey Verve 4*, \$69, ospreypacks.com

