

WINTER 2010

ROCK YOUR HOLIDAYS!

34 Gifts for
YOUR LIST

ESPN RISE Pro Day

With Olympic Swimmer

Katie Hoff!

FREE PULL-OUT POSTER

Get Motivated!

5 Pre-Game
Secret
Weapons

ASK RISE

- **Recruiting 411**
- **Post-Game Beauty Tricks**
- **Eat For Energy**

TEXT
GIRL to 27473
FOR COOL
GIVEAWAYS!*



**PLUS!
CROSSFIT
TRAINING
TIPS!**

Hallie Kuhlman:
8-time Kansas State
Track Champion

WE'VE FOUND THE
COOLEST HOLIDAY GIFTS
FOR YOUR FRIENDS AND
TEAMMATES—AND YOU TOO!

BY VICKY MCGARRY
PHOTOGRAPHS BY LEVI BROWN



1. Earn Your Stripes!

The ASICS striped beanie is must-have for every girl on the run. The inner lining wicks away moisture, so you're always warm and dry. (\$25; asicsamerica.com)

2. Back It Up

Carry your books, gym gear—everything you need—in this roomy, water-resistant Serena & Lily Puffer Backpack. We're loving all the colors: cherry, tulip, kiwi and more! (\$118; serenaandlily.com)

3. Silver Lining

Put a kick in your step with Reebok's EasyTone sneakers—and work your leg muscles while you walk! (\$110; available at Foot Action and Finish Line stores; Reebok.com)

4. Brighten Up!

Double-layered to keep you super-warm, the hot-pink-striped Dakine Grace Hoodie is our easy-on-the-eyes answer to the winter blahs. (\$50; dakine.com)

5. Hear This

Put an end to your hat-hair-blues with these down earwarmers from 180s. The click-to-fit frame fits every sized head. (\$30; 180s.com)

6. I Can See Clearly Now

Specially designed to fit women's smaller faces, Anon's Majestic Goggles feature anti-fog coating, and come in 20 fab colors. (\$79.95; anonoptics.com)



stay warm—and
cool!—with these
winter gear ideas