

# HOLIDAY GIFT GUIDE 2016





# HO HO HO!

Our fifth annual staff gift guide is here! Our crew has picked our favorite items for the year. Come on in and ask for our shopping advice. We can speak from personal experience and help you find the perfect gift!

Enjoy checking out our favorites!



# FOR THE INNER HILLBILLY

**Hillbillies Hoodie** The gift for the runner or fashion forward family member. It fits really nicely, not like a normal baggy sweatshirt. I try to wear mine to class every day but people have started to notice. The perfect layer for the confusing Seattle weather, it's warm but not stifling. Don't leave this one on the shelf. - Holt



## **Hillbillies Trail Camp**

Oh, Hillbillies Trail Camp, the most magical event of the year. This is the gift that shoots you to the top of the gifting pyramid. Not that gifting should be competitive, but if it were, this one vaults you to the summit of the leaderboard immediately. This is like a summer camp for adults. We tell ghost stories around the campfire, eat (delicious food) in a cafeteria, sleep in bunkhouses, and run/hike our way around Moran State Park. This is geared to runners of all levels. So long as they're excited about trail running, amazing food, and great camaraderie, this is the perfect camp experience. - Brian

# FOR THE LADIES & GENTS


## **Nike Element Sphere Half Zip**

You know you like something when you use it almost every day, and that is the case with this top for me. It is warm and pillowy on the inside, which is perfect for colder weather, yet lightweight and breathable. It even has built-in mittens! We have the half zip and scoop neck in multiple colors for both Men and Women. - Dan



## **Nike Element Sphere Cowl Neck**

Ditto to everything Dan said above, plus add that beautiful cowl neck. You can't help but feel like you are being hugged by this top. At Ladies' Night I said this was my favorite item in the whole store this season. (Hey Brian - I would not mind one bit to see this beauty under our tree this year!) - Andrea



# LEG WARMERS

**Oiselle Black Widow Tight** The wide waistband is comfortable and chock-full of zippered storage options. The smooth fabric's endorphin print is subtle enough to transition from the office to a heavy sweat session. If you want to go the miles in comfort and style, go for Oiselle. - Hannah



**Patagonia Borderless Tight** Refreshing fall runs and cold winter evenings are better with a cozy well fitted pair of tights. One of my favorites this season is the Harvest Moon Blue tights from Patagonia. They fit well, have three different pockets for storage, and are brushed on the inside for a cozy ride. - Caroline

**New Balance Fashion Intensity Tight** It's all about the details with this tight. The scalloped waistband, the faux leather panels, and gold glittery print on the bottom. It will stand up to any hard workout, but perfectly festive for this time of year. - Andrea



# TECH THE HALLS



**Garmin FR 235** This is the perfect training partner for any distance or training. It's an advanced GPS watch that provides running metrics (pace, distance, time), activity step tracking, bluetooth smartphone connectivity, and wrist-based heart rate, all packaged in a stylish look. We also have it in an awesome volt and black color, exclusive to Fleet Feet! - Chris

**MilestonePod** This lightweight pod is a fitness tracker and coach all in one. Not only does this smart pod track speed and distance, it also offers advanced running dynamics such as cadence, ground contact time, and many more! All of this can be viewed on a free app that provides you suggestions to keep you injury free and efficient on your runs. At \$25, it is a great gift for a runner who is not ready to take the price jump into a running watch. - Hannah



# BE MERRY & BRIGHT



**Amphipod Xinglet** As the daylight hours get shorter and progressively more grey, visibility becomes more and more important. Keep your runner safe with this lightweight reflective vest that makes sure they will be seen without getting in the way. - Collin



**Nike AeroLoft Flash Vest** At this time of year, it feels like most of our running is happening in the dark. This lightweight highly reflective vest will keep your runner visible and warm, and looking pretty sharp. It comes in both Mens and Womens. - Andrea

# DECK YOUR RUNNER



**Oiselle Lux Gloves** These are nice, like *REAL* nice. The Lux fabric is buttery smooth and feels so soft on your hands. We have them in three colors. SO GOOD! - Andrea

**Headsweats Bigfoot Trucker** Like a true Washingtonian I love running in the rain but I would be miserable without an awesome hat to rock! We have a hard time keeping the five different styles in stock. - Caroline



## **Patagonia Duckbill Cap**

I throw on my cap whenever I run. The mesh material is perfect for keeping my hair out of my eyes and keeping me from overheating. I wear the turquoise and yellow color scheme, flip it backwards, and it works with any casual outfit. - Holt



# KICK BACK & RECOVER

**Roll Recovery R8** This is one of my favorite tools to use before and after my runs. The R8 uses compression to work out knots and tightness in your muscles that stem from use and dehydration. Using this before and after my runs has made my legs feel significantly better and has increased my desire to run! - Dan



**Oofos OOriginal Sandals** My go-to footwear at home and after a run. These recovery sandals have a soft and squishy foam underfoot which includes a nice shape under the arch. Great support if they are dealing with arch pain, plantar fasciitis, or just want a comfy experience all day long. - Chris

**Addaday Nonagon** At first glance, it looks like any other foam roller. It's a blue foam cylinder. Yet, on closer inspection, you'll see that it has a very unique texture. The magic of this roller lies in those skinny-football shaped ridges. The firm density of this roller in conjunction with the texture give a thorough myofascial release to those bedraggled muscle fibers. - Brian



# GROUP GIFT



**Couch to 5K & Beginner 10K** A great training program for new runners or returning runners. Our approach slowly builds to get them to the finish line feeling confident.

**Spring Distance Program** Is running a half or full marathon on their bucket list? We can get them there through a fun group approach. Plus we have a Brewery sponsoring this season. So you're also giving them the gift of beer.




**TODAY, BE  
A BADASS.**



**XOXO, FLEET  
FEET SEATTLE**

**The Bridge** A brand new course designed for all levels of runners that are looking to take their running to the next level. No jogging allowed here. Though we generally encourage an easy pace, this class is all about developing the fast-twitch fibers. Caroline, who has won just about everything she's run this year, will be leading the in-store interval strength training piece, and I'll be leading the up-tempo Wednesday night workouts. This is going to make you sweat...a lot. It'll be fun too!



# STILL CAN'T DECIDE...



.....you can't go wrong with a **Fleet Feet Giftcard**. It shows them you know they love to run, they support our cool shop, and they get to pick something they've been eyeing in the perfect size.



Load it up with \$50 or more, and we'll give you this special shoe box gift packaging. This will certainly make a special impression this holiday season.



# THANK YOU!

We love our work, and it's because of all of you! As you wrap up the year, we wish you a season of fun and fitness, and an awesome and healthy 2017!

Thank you for choosing to run, walk, train, and play with us, all while shopping at our family store. We feel truly thankful to be a part of your holidays!

From our family to yours,

Brian, Andrea, Jack, & Amalia Morrison  
& The Crew: Caroline, Chris, Collin  
Dan, Hannah, & Holt



**FLEET FEET**  
*Sports*  
SEATTLE

