

2014

FLEET FEET ATLANTA



HOLIDAY GIFT GUIDE

STOCKING STUFFERS



RUN COMFORTABLE

BALEGA HIDDEN COMFORT SOCKS

Buy 3, get one free through Dec.!!

- Structured hold providing a second-skin fit.
- Heel tab to prevent slipping
- Mesh construction for ventilation

Did you know that on a 5-mile run, the average person loses 8 oz. of sweat in their feet?

STAY HYDRATED

NUUN ELECTROLYTE TABLETS

- You sweat, Nuun replenishes
- Packed with electrolytes, light flavor, no sugars or carbs
- Portable and is the perfect sports drink.

** Did you know that an estimated 75 percent of Americans are chronically dehydrated?**



BE SEEN

NATHAN STROBE LIGHTS

- Bright, small & lightweight
- Easily attaches to clothes
- Be seen without hassle while logging miles in the dark.

Did you know Running with multiple points of light allows drivers to more easily recognize the human form? Get Lit, Don't Get Hit.

NOT SURE?

FLEET FEET SPORTS GIFT CARD

- Load any amount
- Good at any Fleet Feet
- No expiration date

**Did you know Fleet Feet Atlanta has three locations...
Johns Creek, Lawrenceville, Sandy Springs**



FOR THE LADY IN YOUR LIFE



A HOLIDAY FAVORITE

NIKE WOMEN'S ELEMENT HALF ZIP

- Dri-FIT fabric to wick sweat away
 - Elastic cuffs with thumbholes for coverage and a snug, comfortable fit
 - Flat-seam construction to help minimize chafing
- *Did you know this half zip features reflective elements to enhance visibility in low light **

A GYM GEM

MOVING COMFORT URBAN GYM TIGHT

- Soft and slimming
- Wide Powermesh waistband slims and stays put
- Hidden pocket in waistband

Did you know pieces such as this have a UPF rating of 50, meaning only 2% of UV rays can penetrate the fabric?



ESSENTIAL IN THE ELEMENTS

BROOKS ESSENTIAL RUNNING GLOVE

- Four-way stretch fabric is comfy and stylish
 - Reflective logo
 - Fitted yet easy off and on design
- *Did you know runners' extremities become colder than the rest of their body because when running, blood flow is redirected to more essential body parts like the lungs and active muscles, leaving other extremities left with decreased blood flow**

KEEP HIM LOOKING GOOD



THE BASE-ICS

CRAFT EXTREME CONCEPT

- Thin, lightweight and enhanced moisture transport
- On the outside, a hollow fiber offers insulation
- CoolMax Extreme fabric keeps smell and odor away

Did you know you can easily adapt to changing temps by layering? A base layer is a great start

WOOL?

ICEBREAKER M QUATTRO

- Perfect on-the-go layering sweatshirt
- Made from midweight 260gm merino
- Perfect for outdoor activity, travel or lounging

Did you know merino comes from sheep in the New Zealand alps? Merino adapts amazingly to hot and cold temps



RUNNING PANTS MATTER

NIKE STRETCH WOVEN PANT

- Dri-FIT® fabric to wick sweat away
- Stretch waist with interior taping for comfort
- Zip hem for custom ventilation & easy changing

Did you know wearing running pants can actually help reduce the risk of tendonitis or other serious injury to the knee by keeping it away from the cold weather

COVERING THE BASICS



GLIDE WITHOUT WORRY

BODY GLIDE ANTI-BLISTER BALM

- Feels dry and never wet
 - Resistant to perspiration
 - Applies right from the stick container so hands stay clean
- *Did you know glide comes in two different sizes? We offer a 0.8 oz. stick and a 1.3 oz. stick!**

CLOSE COMFORT

MOVING COMFORT MAIA SPORTS BRA

- Feels dry and never wet
 - Resistant to perspiration
 - Applies right from the stick container so hands stay clean
- *Did you know glide comes in two different sizes? We offer a 0.8 oz. stick and a 1.3 oz. stick!**



PERFORMANCE PERFECTION

CEP COMPRESSION RUNNING SOCKS

- Graduated compression for optimal blood flow
 - Achilles heel support
 - Plenty of colors to choose from
- *Did you know wear compression socks or sleeves can improve your performance by up to 5%?**

SOME OF OUR FAVORIES



A MUSCLE MIRACLE

ADDADAY TYPE C ULTRA ROLLER

- Pinpoint precision
- Does not catch hair
- Round gears designed to massage like fingers

Did you know the addaday product can be used as a great dynamic stretch before your workout?

VIVA VIVO

GARMIN VIVOFIT FITNESS BAND

- Set and track step goals
- Measures heart rate
- Track sleep cycles and gives movement reminders

Did you know Garmin has an online platform called connect to keep up with your activities and connect with others?



DON'T LIKE IT? CHANGE IT

GIVE GIFT OF TRAINING PROGRAMS

- Ton Of Fun Weight Loss Challenge starts Jan. 5
- No Boundaries Beginner 5K starts Jan. 26
- Ask a Fleet Feet Fit Specialist about the programs or visit [here](#)

Did you know half the battle is starting?