

Gift Giving Guide

Are you at a loss for what to give your favorite walker for the holidays? Or maybe you want a list to give someone who buys for you. Check out these great gift ideas for walkers chosen by our selection committee.



Future Favorite Pendant

Solid 14k gold female walker pendant. Height is 1 inch. Male walker also available. www.zimmermanjewelry.com
\$125.00

Personalized Ornaments

Commemorate any walking achievement with a personalized, whimsically designed, hand-painted glass ornament. With any event city and distance painted on the front and the year and finishing time (or anything else) on the back, it's the ideal walking gift for all the walkers in your life! www.FinishLineCharms.com
\$45.00



Best Fanny Pack

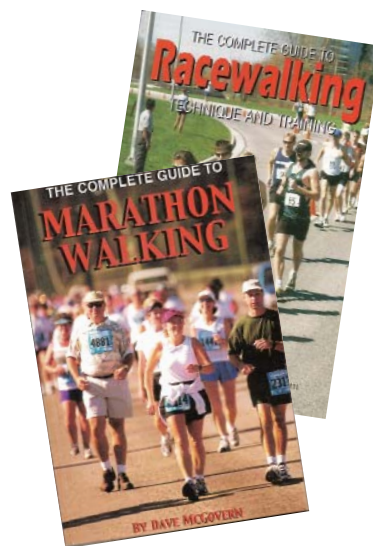
The Spibelt comes in two sizes: S/M for a 20-32 inch waist and M/L for a 31-45+ inch waist. The belt can hold about five gel shots, keys, a phone (or two) an ipod or many other combinations of small items, including a passport. It comes in about a dozen different color combinations and they are all on the website. www.spibelt.com
\$19.95



Keep Cool

Cool Pouch is constructed of 100% cotton towel with a patented fold, creating a pouch to hold ice to cool the body.

Using only one cup of ice, Cool Pouch cools the carotid arteries in the neck and provides an evaporative cooling system for the body to help relieve heat stress. Studies have shown that if this area is cooled, the wearer can achieve a higher level of performance with less perceived effort. www.coolpouch.com
\$19.99



Walking Books

Winter is a great time of year to read about walking and get motivated for spring events. For Dave McGovern fans (and who isn't), *The Complete Guide to Marathon Walking* or *The Complete Guide to Racewalking Technique and Training* are great choices. www.racewalking.org
\$19.95