

GEAR

DRESS FOR SUCCESS

Race-day outfits built for comfort by Lisa Jhung

WHETHER YOU'RE RUNNING A 5-K OR A MARATHON, the last thing you want to deal with are shorts that chafe and make noise with each stride or a shirt that gets soaked and clingy with sweat. Your race-day outfit shouldn't be a burden, holding you back from doing your best. New lightweight and breathable shorts, shirts, and singlets that feature mobile cuts, nonchafing seams, and well-placed pockets won't guarantee a PR, but they will help get you from start to finish more comfortably. My husband and I scouted out the best clothes for race day, and here's what we found.

5K-10K



HIND SPRINT SINGLET, \$32

Perfect for racing on a humid summer day, this breezy, polyester microfiber singlet keeps you covered and cool. Its grid-pattern mesh and flat seams work together to minimize the points of contact on the skin (chaffing was nil), while a superthin mesh is strategically placed at hot spots for maximum breathability. 800-305-8196; hind.com

ADIDAS ADISTAR SHORTS, \$45

My husband appreciated the mobility of these split shorts that feature an overlapping design which, thankfully, kept him from baring too much skin. Adidas ClimaCool material is lightweight and comfortable and features a silver-coated fiber designed to conduct heat (keeping you cooler) and reduce odor. 800-423-4327; shopadidas.com

SUGOI FAST T, \$40

The form-fitting cut (so buy a size up if you want wiggle room) and cap sleeves of the Fast T made me feel sleek and nimble, and Sugoi's waffle-like Vector Stretch fabric did a decent job of regulating my body temperature during a local race. Another feature I like is the offset flat seams that keep abrasion at bay. 604-875-0887; www.sugoi.com

BROOKS ADRENALINE GTS SHORTS, \$40

The unique cut of the GTS Shorts is race-inspired, with a longer backside providing coverage and a shorter front adding extra mobility. When combined with the stretchy and soft fabric, the shorts felt especially light and airy. The rear holster pockets are also perfect for car keys. 800-227-6657; brooksrunning.com

13.1/26.2 MILES



ASICS VELOSTRETCH SHORT-SLEEVE SHIRT, \$38

During race TK, my husband appreciated the freedom to move—reaching for water or a gel in his back pocket—afforded by the Velostretch shirt. Made of a CoolMax blend fabric for temperature regulation, this move-with-you shirt proved comfortable in a range of conditions. 800-678-9435; asicsamerica.com

HIND RACEDAY II SHORTS, \$36

My husband found these shorts made of Hind's Drylete fabric to be breathable and quick drying. That combined with a comfortable, supportive inner liner, a functional but modest side split, and a stretchy mesh rear pocket that holds two gels without bouncing quickly made these his go-to shorts for long races. 800-305-8196; hind.com

NIKE SPHERE MACRO REACT SHORT-SLEEVE SHIRT, \$70

Made out of a new fabric technology called Sphere Macro React, the threads of this shirt are designed to open when you sweat for increased breathability. The result is a temperature regulating system that helped me with a range of microclimate while racing TK. 800-595-6453; nikerunning.com

NEW BALANCE TILT SHORTS, \$40

These fleet-feeling shorts are made of a super lightweight material that is both airy and quiet. The Tilt shorts feel great against my skin even in the last miles of a half-marathon. The same can be said for the chafe-free seamless liner. And the two hip-slung, zippered pockets hold gel packs without bouncing. 800-253-7463; newbalance.com