

The 2013 Bull City Running Co. Holiday Gift Guide

Need help deciding what to get the runners you love this holiday season? Here are a few ideas to get you started! If you need more ideas, our staff is full of them. Come on in and we can help you out!



For Him

WHAT HE NEEDS:

- 1. CRAFT RUNNING HYBRID GLOVE 34.99**
Lightweight glove with reflective print. 2-in-1 glove/mitten combo so he can still get his gel out of his pocket!
- 2. MIZUNO BREATH THERMO HEAD PIP 24.99**
Breath Thermo changes body moisture to heat, so this is sure to keep his head nice and toasty — bald or not!

WHAT HE WANTS:

- 3. PETZL TIKKA XP 2 54.95**
The Petzl Tikka XP 2 is a versatile 80-lumen head torch with two lights: red and white. The red light is perfect for safety on the roads, with a strobe or consistent light choice. The white light has three levels: maximum, economic, and strobe. The 80 lumen rating makes the light a good choice for either road or trail running. There are also two white light beam options: focused beam or wide-angle lens. The head strap is comfortable, highly adjustable and is equipped with a safety whistle.
- 4. NEW BALANCE WINDBLOCKER 1/2 ZIP 95.00**
Water resistant, rushed-knit thermal fleece, reflective center zipper and trims. Zipper pockets. Thumbholes. No excuses for him to miss a run.

WHAT MAKES YOU HIS NUMBER ONE:

- 5. ICEBREAKER MERINO DRIVE LONG SLEEVE HALF ZIP 139.00**
Built from natural fibers of Merino wool, this half zip is naturally odor resistant and very lightweight. Features LYCRA and water-resistant technology to keep the rain off. Meant for the Jason Bourne in your life.
- 6. BROOKS INFINITI JACKET IV 120.00**
The Infiniti Jacket II has 360 degrees of reflectivity and is wind- and water-resistant. It works wonderfully as a third layer shell, or as a second layer to provide a little extra protection from the elements on those warmer winter days when it's rainy or windy.

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For Her

WHAT SHE NEEDS:

1. OISELLE ARM WARMERS 30.00

Arm warmers are awesome when the temperature jumps around as it tends to do in NC. Get her these for the fickle days, and for race day this winter. When it's cold at the start of the race but 60 degrees towards the end she will thank you for gifting her something she doesn't have to tie around her waist.

2. ICEBREAKER QUANTUM GLOVES 26.00

A winter essential. Good for running in cold to freezing temperatures. Made from 98% Merino wool — these are some comfy gloves.

WHAT SHE WANTS:

3. NEW BALANCE IMPACT HOODIE 85.00

If she runs wired with a GPS, MP3 player or cell phone, she's going to want this. A lightweight piece for during and after a run. Highly breathable where she needs it, with thumbholed sleeves that are both fashionable and functional.

4. MIZUNO BIOGEAR BG3000 3/4 TIGHT 54.99

Built in knee-support that is great for those seasonally achy knees. Light compression keeps her legs happy on the long run days, and the 3/4 length is perfect for race day.

WHAT MAKES YOU HER NUMBER ONE:

5. ICEBREAKER DART LONG SLEEVE HALF ZIP 139.99

Lightweight Merino wool keeps her warm with a natural fiber that breathes and is odor-resistant. This is also a great piece for snow sports!

6. TOMTOM RUNNER 169.99

DC Rainmaker praises this GPS for its fast signal acquisition, so she won't be waiting in the freezing cold for her GPS to get a signal.

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For your athletes



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1. NC FLAG SHORT 49.95

The unofficial running short of our wonderful state. Unisex sizing.

2. NIKE TRACK TIGHT 70.00

The best race-day tight out there. Pockets for his MP3 player and psych up music. Looser fit than traditional tights.

3. SWIFTWICK PERFORMANCE 4" 13.99

Great sock for race day. Compression and a high cut.

4. PRO-TECH 6"X18" FOAM ROLLER 24.99

Keep their legs feeling fresh with foam rollers. Flush all the lactic acid out of sore legs and get them going with these blue logs of joy. Come in and we will be happy to show you how to get the most out of this product.



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Stocking stuffers for the whole family

- 1. RANGE ROLLER PRO 25.00
The Rangeroller Pro is a smaller roller, perfect for keeping in their track bag for post-workouts or during track meets.
- 2. STINK FREE ODOR ELIMINATOR SPRAY 9.99
A gift for the whole family: a house free of your runner's shoe stank.
- 3. RUNGUARD ORIGINAL 12.95
- 4. ASSORTED ORNAMENTS 7.95
- 5. ASSORTED STICKERS AND MAGNETS 1.00/4.00
- 6. BALEGA VARIETY PACK 28.00
- 7. PICKY BARS 3.00
- 8. SKRATCH HYDRATION MIX 1.95
- 9. HONEY STINGER WAFFLES 1.40
- 10. FOOT RUBZ 5.50



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