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Active Cities: With cycling meetups, paddling races, and farm-fresh delivery services sprouting up all over the country, it's easier than ever to make the urban jungle your playground. We've got 16 strategies for outdoor workouts, microadventures, bike commuting, and where to stash all that gear.

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Why We Run: To tire out the dog. To stave off depression. But mostly to set ourselves free from our self-imposed cages. With 30 million Americans lacing up every week, any reason is a good one if it gets you on your feet.

90 STYLE

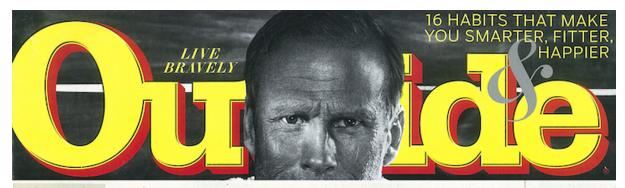
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Wanted: A stripped-down fly rod. Upgrade: Go-anywhere canvas sneakers

Outfitted: Better basic boardshorts. Stress Tested: The new wave of stand-up paddleboards.

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Outfitted



Shorts Story

THIS YEAR'S TRUNKS GET BACK TO BASICS— THANKFULLY by Matt Skenazy WHEN PONDERING a new pair of boardshorts, there are really only two things you need to consider: how they look and how they fit. The former is directly related to the latter. Trunks should fall an inch or two above your knee. Lower and you'll look like a guy who thinks he's still 16; higher and you risk blinding others with your ivory hams. Aside from that, keep it simple. Boardshorts are summer staples, not pieces of flair. Which is why this year, everyone from Patagonia to United by Blue is making trunks with basic patterns and colors that perform equally well bodysurfing after work, tooling around town, or lounging poolside with a cold Tecate.