



Athlete on your gift list? Check our list of fitness-themed ideas

From bike bells and turn signals to silicone rings you can work out in, we've got you covered

LIFESTYLE

By Pam LeBlanc - American-Statesman Staff



Posted: 1:00 a.m. Sunday, November 27, 2016

Got an athlete on your holiday gift list?

Take some advice from us: They don't want sugarplums or video games, or anything that screams sedentary or health zapping. But present them with something sure to crank up their pulse and they might respond with a sweat-soaked hug of appreciation.

You'll get something out of it, too — a healthy, happy loved one. And what better gift than that?

BoomBottle H20+ (\$129.99; SCOSCHE.com): Imagine listening to your favorite music during your next group charity bike ride. This pint-sized, cylinder-shaped, dust- and water-proof boombox tucks into the water bottle cage of a bicycle, pumping out high-quality sound. It operates on a rechargeable lithium-ion battery that provides up to 11 hours of playtime.

WingLights (\$34.99 a pair, cycl.bike): Got a bike commuter on your list? These LED directional bike lights attach to the end cap of bike handlebars. With a simple tap, they flash bright amber so motorists know when a cyclist

wants to change lanes or make a turn, taking away the confusion of hand signals.

QALO flexible wedding ring (starting at \$19.99, qalo.com): No matter how strong the love that binds, sometimes a metal wedding ring can get in the way, or even create a safety hazard. QALO has created a line of silicone rings that won't get in the way when you're lifting weights, swimming or riding a bike. We're not suggesting getting rid of the real thing, but swapping it out just might make sense when you're hitting the gym.

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Spurcycle bike bell (\$49, spurcycle.com): This gorgeous little bell creates loud, shimmery noise that alerts pedestrians and other cyclists that someone is approaching from up to 100 feet away. No surprises, no one jumping in anyone else's path. Plus, it comes with a lifetime warranty.

TomTom fitness wearables (starting at \$129.99, tomtom.com): Athletes love data, and TomTom offers a trio of easy-to-use fitness trackers that track steps, sleep, heart rate and calories burned, then let you view progress and share achievements via a companion app. The Touch (\$129.99) also monitors body composition; the Spark 3 (\$249.99) does that plus lets you trace routes, play music and track multiple sports; and the Adventurer (\$349.99) adds a built-in barometer perfect for hikers, trail runners and skiers.

Snazzy bike clothes (price varies, pearlizumi.com): We're in love with the high-visibility jackets and jerseys from the Pursuit line of gear by Pearl Izumi. The PRO Pursuit Aero jacket (\$130) wads up small so you can take it along in case of inclement weather; the PRO Pursuit thermal jersey (\$140) features just enough heft to keep you warm on cold mornings. Both come in bright colors — hot pink! neon yellow! — with reflective trim so you stand out on the road.

"Epic Bike Rides of the World" (\$35, shop.lonelyplanet.com): Plan your next



About the Author



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cycling adventure by perusing this compilation of the world's best cycling tours and routes. Complete with drool-worthy photos of the best of the best, from a biking beer tour through Colorado to a grueling scamper all the way across Africa.

Enzees foot soothers (\$2.95 for 2-3 applications, \$11.95 for multi-pack, enzeesfootsoother.com): First off, we can't resist the tagline — "Let New Zealand sheep save your soul." Just tear off a piece of this soft, fluffy fleece and place it over blisters or hot spots on your feet. It'll mesh with the fibers in your socks, holding the cushion in

place. It's eco-friendly, biodegradable and rich in natural lanolin, which will soften your tootsies.

On your mark ... (\$30 adults or \$15 youth, cap10k.com): Does the athlete on your list love to race? Sign them up for one of the dozens of 5Ks, 10Ks, half marathons, marathons, triathlons or swimming races staged here in Central Texas. We're partial to the Cap10K, of course, which celebrates its 40th anniversary this year. Race day is April 23.

Gym membership or fitness pass: Austin's loaded with top-notch studios, health clubs and boot camps that specialize in everything from spinning, yoga or circus arts to indoor surfing, rowing and more. Some of our favorites? Ro Fitness (rofitness.com), Camp Gladiator (campgladiator.com), Sky Candy (skycandyaustin.com), City Surf Austin (citysurffitness.com), Pure Austin Fitness (pureaustin.com), Hyde Park Gym (hydeparkgym.com), Castle Hill Fitness (castlehillfitness.com), Love Cycling Studio (lovecyclingstudio.com), Wanderlust (austin.wanderlustyoga.com) and Austin Aquatics & Sports Academy (aasa-atx.com).

Real surfing, in Texas? (\$60 to \$90 an hour, nlandsurfpark.com): Yep, you can surf right here in Central Texas at the newly opened NLand Surf Park, where visitors can hang 10 in a manufactured lagoon the size of nine football fields. But you'll have to wait a little while; the park, which opened in early October, is closed for repairs to its liner caused by fin and nose cuts from surfboards. Check the website for reopening information.

Training journals (price varies, velopress.com): Know someone just getting into running? The "Compete Training Journal" (\$17.95), a performance-focused workout log, helps them set achievable goals, map out training plans and log workouts. Athletes training for marathons or Ironman triathlons might prefer the "Believe Logbook," (\$21.95), a workout diary that helps them prepare for an event three to six months away. Both were created by professional runners Lauren Fleshman and Roisin McGettigan-Dumas, who

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know the value of smart race strategies and training with intention.

Texas State Parks pass (\$70, tpwd.texas.gov): What better than free entry into a park? This pass provides 365 days of free access to more than 90 Texas state parks. Recipients get a certificate they can redeem at any state park, and they'll have a whole year from the date they redeem the certificate to use the pass, which provides waived entry for the holder and everyone in his or her vehicle.

Texas Parks & Wildlife Magazine (\$10, tpwmagazine.com): Give the camper, hiker, fisherman and hunter the latest scoop on happenings at parks all around our great state with a subscription to this outdoorsy magazine.

“Run Fast: How to Beat Your Best Time Every Time” (Rodale Books; \$17.99): Want to pick up the pace? This updated edition of the Hal Higdon staple features stories and tips from coaches, elites and just plain ordinary runners. Look for new information on running form, plus something some OCD athletes too often ignore — the importance of rest.

Reader Comments 0 ▲

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by Staff Writer, Season for Caring

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by Shelby Lin Erdman, Cox Media Group National Content Desk

A pet deer on a Kansas farm was gunned down by state wildlife officials in front of its owners, outraging the Mcgaughey family and sparking a social media backlash. Owner Taryn Mcgaughey told local news outlets in western Kansas that a game warden and two other officials showed up at her farm and shot her pet deer five times. “They followed...

Remaining wishes: family of Rosalba Martinez-Lopez

by Staff Writer, Season for Caring

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