



The **forward-slanting side seams** and stretchy, light material of the Vuori Trail gave us the same freedom of movement as our tiniest split shorts.

## Town and Country

All you need for city streets and wooded trails

BY JON GUGALA

### a. All Good SPF 30 Sport Sunscreen spray \$22

This push-button zinc spray rubs in without the greasy finish of some other sunscreens and offers 80 minutes of water- and sweat-resistant shielding.

### b. Fits Ultra Light Runner No Show socks \$16

The Runner No Show plays to folks who value ground feel above all else. The thin wool-synthetic blend hugs without being overly constricting.

### c. Spy Hunt sunglasses \$160

Any company can make shades with good polarized lenses, but few can keep them in place when the sweat starts to roll. That's why we love the Hunt's half-rubber arms, which help the robust plastic frames stick.

### d. Polk Boom Bit speaker \$30

Nature's nice, but sometimes you want to rock out while training. The tiny Boom Bit, which pairs to your phone via Bluetooth, lets you do so

without blocking out the sounds around you—like traffic or an oncoming mountain biker.

### e. Osprey Duro 6 pack \$110

The Duro 6 made multi-hour runs (relatively) painless, with vest-style suspension that reduced jostle even with a maxed-out main compartment and full hydration bladder.

### f. Buff Pack Run cap \$32

Mesh side panels and a moisture-wicking

polyester crown kept us comfortable on blistering days. When the sun went down, reflective hits made us visible.

### g. Vuori Trail shorts \$68

This Southern California company is all about versatility. The Trail's mid-thigh-length inseam was as appropriate for running as it was for refueling at the local brunch spot.

### h. Run Gum Performance gum \$22.50 for 12 packets

Caffeine is one of the

best performance enhancers a runner can use (legally, anyway). A single serving of Run Gum packs the same amount of punch as eight ounces of coffee.

### i. Tracksmith Van Cortlandt Tech shirt \$68

Runners burn through shirts like gel packets, but the Van Cortlandt is one worth preserving. Tracksmith slimmed the usual boxy fit for a runner's lithe build, and the Swiss-sourced mesh is soft and breathable.