

CARABINER CHRISTMAS



Get in gear

Give a gift fit for an active lifestyle

By MELISSA WARD AGUILAR HOUSTON CHRONICLE

THE race is on. Hannukah is here, and only a few shopping days remain until Christmas. Now it's survival of the fittest.

If you have an exercise enthusiast on your list, head to your favorite outdoor store and get the job done quickly.

For runners, stuff stockings with Sports Beans, headbands, runners gloves and a hat.

For hikers, there's a carabiner for everyone — carabiners with bottle openers, corkscrews, sunscreen and flashlights attached. Compasses and multi-tasking tools will also ... Patagonia's women's Traverse pumover jacket, \$75, is lightweight, breathable and wind-resistant. It's perfect for hiking or trail running because it stretches as you do.

■ The Mercado Jacket, \$85, from Lucy. It's made of the softest french terry, with a botanical motif embroidered on the back.

■ Merrell Moab Ventilator Hiking Shoes, \$75, at REI, are flexible light hikers. They are highly breathable, ultra comfortable and perfect for mild weather.



TURKEY GOBBLE TALKING BOTTLE OPENER: \$7.49



EVERGEL BOXING GLOVE WRAP: \$17.99, Academy



HIKE LIGHT: Gear Girl loves lightweight hikers for mountain day treks. Try Merrell's Moab Ventilator hiking shoes, \$75, at REI.

MELISSA WARD AGUILAR: CHRONICLE

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FLASHLIGHT KEYCHAIN: \$2.99, Academy



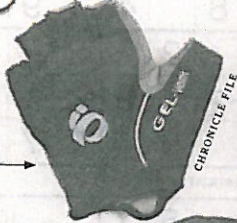
GO TRAVEL ADVENTURE MEDICAL KIT: \$10, Whole Earth Provisions



PICKLE BANDAGES: \$5.50, Whole Earth Provision Co.



BLUE PEARL IZUMI GEL-LITE TOUR GLOVES: \$19.99, Sun & Ski Sports.



THE NORTH FACE POWER STRETCH GLOVES: \$30, Sun & Ski Sports



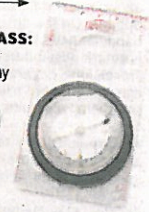
UNDERARMOUR VENTILATOR MESH CAP: \$23.99, Sun & Ski Sports



BODY GLIDE MOISTURIZER: \$14.99, Sun & Ski Sports



CARMEX: \$1.29, Academy



MAP COMPASS: \$2.99, Academy



BURT'S BEES STARTER KIT: \$14, Whole Earth Provisions

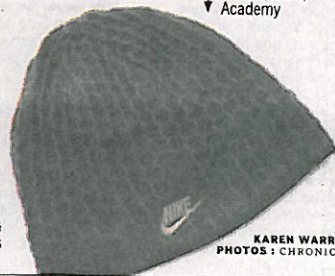
BULLET MINTS: \$1.95, Whole Earth Provisions



NIKE REVERSIBLE HAT: \$16.99, Academy



DEFEET SPEEDE BIKING SOCKS: \$9.99, Sun & Ski Sports



KAREN WARREN PHOTOS: CHRONICLE