

15 BREAKTHROUGHS IN EXERCISE SCIENCE

# Men's Journal

February 2012 | Vol. 21, No. 1

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# Second Skins

A WARM, DRY BASE LAYER CAN MAKE OR BREAK YOUR COLD-WEATHER WORKOUT. PICK THE RIGHT ONE AND SLAY OLD MAN WINTER, WHATEVER YOUR ACTIVITY. *by DOUG SCHNITZPAHN*

## BEST FOR: CYCLING

Between sweaty uphill climbs and wind-whipped downhill, it can be tough to dress for cold-weather rides. The **Ibex Indie Long Sleeve Jersey** keeps you warm because it's made with merino wool, which blocks the chill and wicks sweat. A 12-inch-long front zipper is great for regulating temperature mid-ride, and three back pockets provide handy storage. \$125; [ibex.com](http://ibex.com)



## BEST FOR: SKIING AND BOARDING

Layering is crucial for comfort on the slopes. We found the open-knit polyester of the **Patagonia Capilene 2 Lightweight Crew** supplied just enough heat underneath hard or soft shells and siphoned away sweat during aggressive runs. It also dries quickly, preventing you from freezing on the lift. \$45; [patagonia.com](http://patagonia.com)



## BEST FOR: WINTER HIKING

When you're not pushing your limits in the cold, retaining what heat you create is key. Enter the **Columbia Heavyweight Long Sleeve Top**, which has a silver lining — literally. A layer of reflective dots inside the polyester fabric radiates body heat back at you. We found the top a bit bulky but comfortable. \$65; [columbia.com](http://columbia.com)



## BEST FOR: RUNNING

Of course your jogging layer should maintain core heat and not impede movement. But it also has to move moisture, or you'll return home frozen. The polyester **New Balance NP Long Sleeve** does all these things equally well. Also important: Reflective strips make you visible at night. \$32; [newbalance.com](http://newbalance.com)



## BEST FOR: BIKE COMMUTING

Most base layers can't double as casual wear, but the **Icebreaker Eclipse Zip Thru Hood** performs while you're pedaling to work and looks good while you're relaxing afterward at the bar, thanks to its generous cut, full zip, and convenient pockets. Its merino wool combats stink, too. \$160; [icebreaker.com](http://icebreaker.com)

**PERFORMANCE-ENHANCING SOCKS** Cover your feet in a purpose-built sock and stay out in the cold longer.

## BEST FOR: RUNNERS

The **Dahlgren Compression** features an alpaca blend and a shape that increases blood flow to keep toes warm. \$28; [dahlgrenfootwear.com](http://dahlgrenfootwear.com)



## BEST FOR: SKIERS

To meet the demands of modern ski boots, the **Darn Tough Padded Ultra-Light** holds heat but isn't so fat that you lose feel. \$21; [darnrough.com](http://darnrough.com)



## BEST FOR: HIKERS

A heel pocket ensures the thick, merino **Fits Light Hiker Quarter** won't shift in your hiking boot, keeping feet blister-free. \$18; [fitssock.com](http://fitssock.com)

