

YOUR SMART NEW PLAN FOR TOTAL HEALTH

LIVE THE ACTIVE LIFE

Outside

PHOTO EXCLUSIVE
THE GODS OF IRONMAN
Inside the Toughest Race on Earth

SPECIAL REPORT

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Stop
ching!
Forget
r Abs!
Exercise
Less!

Coats of Armor For best results, match the jacket to your mission BY FREDERICK REIMERS

BEST FOR AEROBIC PURSUITS

2. Ortovox Cristallo
The Cristallo is like a lot of breathable soft shells we've tested, with one critical distinction: the nylon wind- and water-resistant face fabric is bonded to a merino wool layer, not fleecy polyester. We were skeptical about taking the piece on fast-paced adventures, since wool doesn't wick as well as synthetic fabrics. No problem, though. To shed some weight and improve functionality, Ortovox strategically allocated the material—a thick layer in front to help retain body heat, and less in the arms and back, which increased breathability. Worn over a synthetic base layer, it was great for everything from backcountry skiing to nordic excursions to winter training runs. \$349; ortovox.com



BEST FOR WET RESORTS

3. Columbia Aerial Arson
For those days when the storm is warm that there are puddles on the ground, Columbia's Aerial Arson hard shell jacket is a critical panel of protection between you and that soggy seat. Of course

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