

## Product Review:

### **Workout Gear for (Iron)Girls**

*Who says workout gear has to make you look like a guy?*

Newsflash for women sweating on treadmills everywhere: even professional athletes have body issues. But Nicole DeBoom, the leading female triathlete (Iron Woman) in the United States, found inspiration in the familiar "I don't like how I look" moment. Worrying that like she looked like a guy when working out, DeBoom created a line of workout clothing that brings femininity to training with a sports skirt. This is not your mother's skort.

Her sassy line, TRIKS, makes shopping for workout gear feel more like shopping for fashion (read: fun). When I gave it a test-run at a trunk show, women were grabbing the skirts up like Blahnik shoes on sale. TRIKS come in several styles with liners that work like running shorts-but they're comfortable and far more flattering. Pink and denim blue or pink and frosty tan, the skirts feel and look delicious. The cut is well designed: a dozen women of various body types all looked great in a short skirt, no small miracle.

The skirts are not only cute, they're functional. DeBoom proves her line's mettle: she recently debuted the TRIKS transition skirt in her first place finish at the Wisconsin Ironman. Most of us won't be running marathons in our sports skirts, but it's comforting to know that DeBoom has figured out how to make a woman's rear end look great while running or peddling away on a bike. That's worth the purchase price alone.

Skirt Sports is bringing out a full TRIKS ("skirt" backwards) line for spring, complete with skirts for different purposes, t-shirts, and a sexy backless top for après-workout fun. One more reason to love running!

<http://www.skirtsports.com/>