

Running pants have the lead in fitness fashion

By MYRNA MILLER
Staff Writer

Running pants, tights and unitards are the most popular wear for aerobics, running and biking at UNC, according to students and store owners.

"Running pants have been the latest trend," said Wendy Johnson, manager of Athletic World. "Often more students wear them for fashion rather than activity."

"We sell a lot of them, to guys and girls," she said.

Prices for full length running pants range from \$30-\$35. The shorter pants, usually worn by men, are priced around \$20.

Erik Rolf, a freshman biology/pre-med major from Baltimore, wears running pants while biking. "They are a lot more comfortable than wearing regular shorts when you are running or riding a bike," he said.

Running pants, tights and leotards do not bind, which is beneficial for the body. During physical activity, this type of clothing doesn't restrict movement.

Some students seemed to have mixed feelings about whether or not running pants were worth the price. Bonnie Flynt, a Spanish/international relations major from Lexington, chose a cheaper alternative.

"I've been wearing unitards for six years, and they're a lot cheaper than the running pants people are buying today," Flynt said. "Running pants are too expensive, but they're cool."

Karen Hogan, a junior education major from Clemmons, says she feels the same way. "Due to my finances I usually wear shorts and tights to aerobics, even though I



Tar Heel file photo

Choosing the proper athletic footwear is an important part of getting maximum benefit from exercise and staying injury-free

would love to have some running pants," she said. "I can't see purchasing them when sweats will do the job."

For those who like to aerobicize, one important — though often expensive — consideration is working out in the right kind of shoes.

"Right now Avia are the best on the market; we can't even keep them in stock," said Michelle Stolzenberg,

manager of the Athletic Attic. "They have got a sole, which, when you come down on it, flattens and expands to give a broader base. Also the full grain leather upper gives good support."

Prices for Avia shoes range from \$39.99 to \$59.99, Stolzenberg said.

When trying to pick out a pair of shoes, exercisers should try on several different brands and see what

they like best, Johnson said. "Some people may like Avia, but other brands such as Reebok are also good."

Many students are using running tights as a fashion item, resulting in the availability of many colors and styles. But store managers say they think this is a passing fad.

Everyone wants to look good while sweating, but students

seriously involved in aerobics, biking, running or any other exercise should be more concerned about wearing proper clothing that is comfortable and gives them support, according to store managers.

So, students who can't afford to buy expensive, stylish running pants and shoes, don't worry. A student's shoestring budget may allow for the cheaper, more practical clothing.



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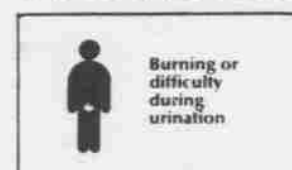


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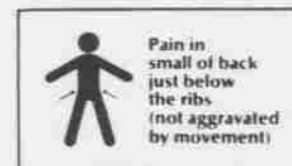
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