## Gear Up: it's a season for fitness when

There was a time when you could tell a dancer from a jogger and a jogger from a tennis player and each of them from the person who did nothing to stay physically fit.

"There's a whole thing happenting but not any more. Active wear, in good and of looking good while

up in jumpsuits, pants and cami-soles, so easy to wear they're show-ing up everywhere. Leotards with asymmetrical necklines and pat-terned fabrics are coming out of the studio and onto the street for every-day wear.

IF RUNNING is your kick, you have a multitude of choices, most of them colorful and simple. Looking terrific as you move is easy in a pair of slinky nylon shorts in bright pink or brilliant green. The shorts can be matched to sleeveless tops or teamed with hooded sweatshirts in complementary pastels.

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A rainsuit is a must to have on hand for spring running. At Total Runner in Southfield, the suits consist of water-repellent pants and

pullover hooded jackets in Burgundy or navy blue. They will keep you dry when it's wet and warm when it's cool.

For those who choose to ride rather than run, the selection of when the looks. Broth Boyel or work of the recently has been a new turn in cycling clothes rather than run, the selection of when the looks of the rather than run, the selection of when the recently has been a new turn in cycling clothes rather than run, the selection of when the introduction of lycra on the racing scene. The lycra suits fit not looks. Smith Bicycle Shop in like a second skin from neck to midthigh, the theory being that the close fit helps in the aerodynamics of riding, against chafing.

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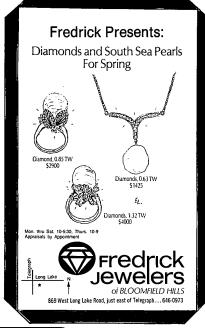
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Fashion is movement when it comes to biking this spring. For the true dichard who rides in foul weather a rain parka and gloves are part of the style. Gloves not only keep the hands warm but protect them from blisters. And on those bitter cold mornings, leg warmers are a must. Available at Smith Bicycle Shop, Troy.

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