

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.

The giveaway was in the clothing. But not any more. Active wear,

designed for a power-packed life, has been popularized, and any one who wishes can look like he's pumping iron even if he's not.

"There's a whole thing happening, a way of feeling healthy, looking good and of looking good while

you work to look better," said Margo Katz of Studio Dancewear in Birmingham.

Studio Dancewear provides dancers or would-be hoofers a unique selection of clothes to wear during workouts. Parachute fabric turns

up in jumpsuits, pants and camisoles, so easy to wear they're showing up everywhere. Leotards with asymmetrical necklines and patterned fabrics are coming out of the studio and onto the street for everyday 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.

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 clothing must be made for comfort not looks. Smith Bicycle Shop in Troy offers cycling shorts equipped with chamois or terry-cloth crotch for extra padding and protection against chafing.

There are also touring shorts available in blue, brown and Bur-

gundy, but the basic bicycling short is black. Although the shorts and jerseys have been basically the same for years, there recently has been a new turn in cycling clothes with the introduction of lycra on the racing scene. The lycra suits fit like a second skin from neck to mid thigh, the theory being that the close fit helps in the aerodynamics of riding.

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Fashion is movement when it comes to biking this spring. For the true diehard 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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