

Expert picks: Winter workout gear

Find out what motivates these athletic women to stay fit when temperatures dip.



Keli Roberts, fitness educator and 2003 IDEA International Instructor of the Year. **Pick:** Pearl Izumi SyncroSeekIII WRX Trail-Running Shoe (\$120; 800-328-8488 or www.pearlizumi.com) **Why:** "I enjoy trail running all year. When the weather is bad and trails are muddy, you need a shoe that's stable to handle tree roots, mud, rocks, and uneven surfaces. Pearl Izumi's trail shoe is well designed, water-resistant, wind-proof, and warm."



Libby Riddles, first woman to win the Iditarod sled-dog race. **Pick:** The North Face Aurora Zip Neck Microfleece (\$78; 888-863-1968 or www.thenorthface.com) **Why:** "Even in Alaska, the weather's up and down in the winter, so I dress in layers. I wear this fleece as my middle layer, over polypropylene long underwear. One of my workouts is hooking huskies up for a run. That's when this fleece keeps me in the comfort zone: I like the partial zipper so I can cool off or zip it up to cover my neck."



Suzy Chaffee, U.S. Women's ski team captain at the 1968 Winter Olympics. **Pick:** Element: Ballet Conditioning workout DVD (\$15; 800-546-1949 or www.amazon.com) **Why:** "I get excited when I try something new. After the Olympics, I started experimenting and bringing ballet moves to downhill skiing. Learning a new sport or trying multiple activities can reinvigorate the activity you enjoy most and prevent it from becoming dull." This ballet DVD features Elise Gulan, a principal soloist for the Virginia Ballet Company who is now a certified personal trainer. —Heidi Ernst ♡