

Athletic wear keeps budget in shape

I think it is grossly unfair that to look like Jane Fonda, you have to work out like Jane Fonda.

I mean, who would have thought that physical torture would become as popular as it is today — aerobics, running, jogging, squash, tennis, weight-training. My muscles ache just thinking about it.

Oh, I've tried aerobic classes. There I was, amidst a room full of women in Reeboks, hi-cut leotards, tights and leg-warmers (in the latest fashion colors), wearing eight-year-old sneakers,

men's grey track pants, and a yellow t-shirt with "Brantford Lobsterfest '78" emblazoned across the chest. Classy, eh?

After the mortification of that

experience, I vowed never again to enroll in any sort of exercise program without the wardrobe to go with it. And after my latest discovery for bargains, look out Jane Fonda!

Running Free, at Denison St. and Esna Park Drive, specializes in athletic footwear, activewear and funwear. The regular lines of clothing are a minimum of 15 to 20 per cent less than manufacturers suggested retail, with shoes at an even bigger savings.

At the rear of the store is a sale area, offering manufacturer's

clear-outs at low, low prices. Cagney 100 per cent cotton cardigans and pullovers for men in red, blue, white or navy are marked down to \$20 from \$59.99. Shirts by Stephen Nicholas are reduced from \$29.99 and more to \$10 each. Puma and Nike logo t-shirts in either mesh or poly/cotton knit are just \$5, as are short shorts in cotton or nylon. (With thighs looking like a double batch of kneaded bread dough, I wouldn't be caught dead in these shorts, but Jane would look great.)

In the shoe department there are some good buys as well. The shoe rated by Runners' World Magazine as the number one training shoe for men and women, Brook Chariot, is just \$59.99, regularly \$89.99. The Workout, by Reebok, is regularly \$69.99, offered by Running Free for \$59.99, and seen last week at the Eaton Centre for \$79.

The Power Eliminator, normally \$45, is now just \$19.99. For the

tennis buff, the Brooks Sequel is \$45, sold elsewhere for \$60. And finally, for aerobics, the all-leather Diadoro is \$29.99, considerably less than the \$55 it is normally sold for.

With the upcoming return to school in mind, I was thrilled to see a good selection of top quality children's running shoes at a considerable savings from the specialty children's shoe stores that normally carry these brand names.

Hi-cut leather Nike's for infants are \$25. Reebok hi-cuts are \$29.99, with a suggested retail of \$39.99. Nike canvas hi-cuts in size 5 to 12½, 1 to 3, are \$19.99. Girls lo-cut Reeboks are \$29.99, from \$38.

With two school-age children, one in nursery school, and a school teacher who goes through shoes (and socks and toothbrushes) like toilet paper, Running Free will be seeing a lot of the Champion clan.

Born To Shop

Deb Bodine Champion



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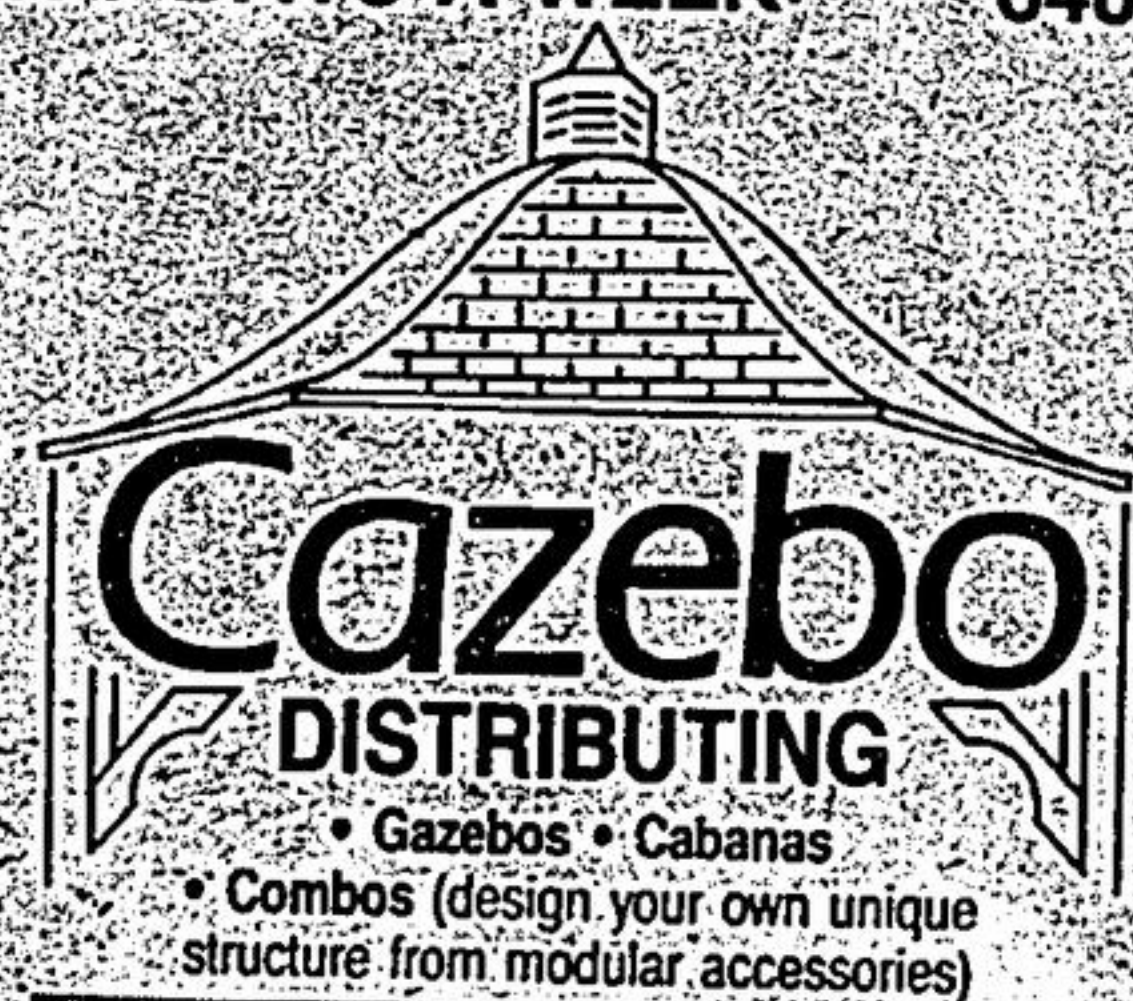


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