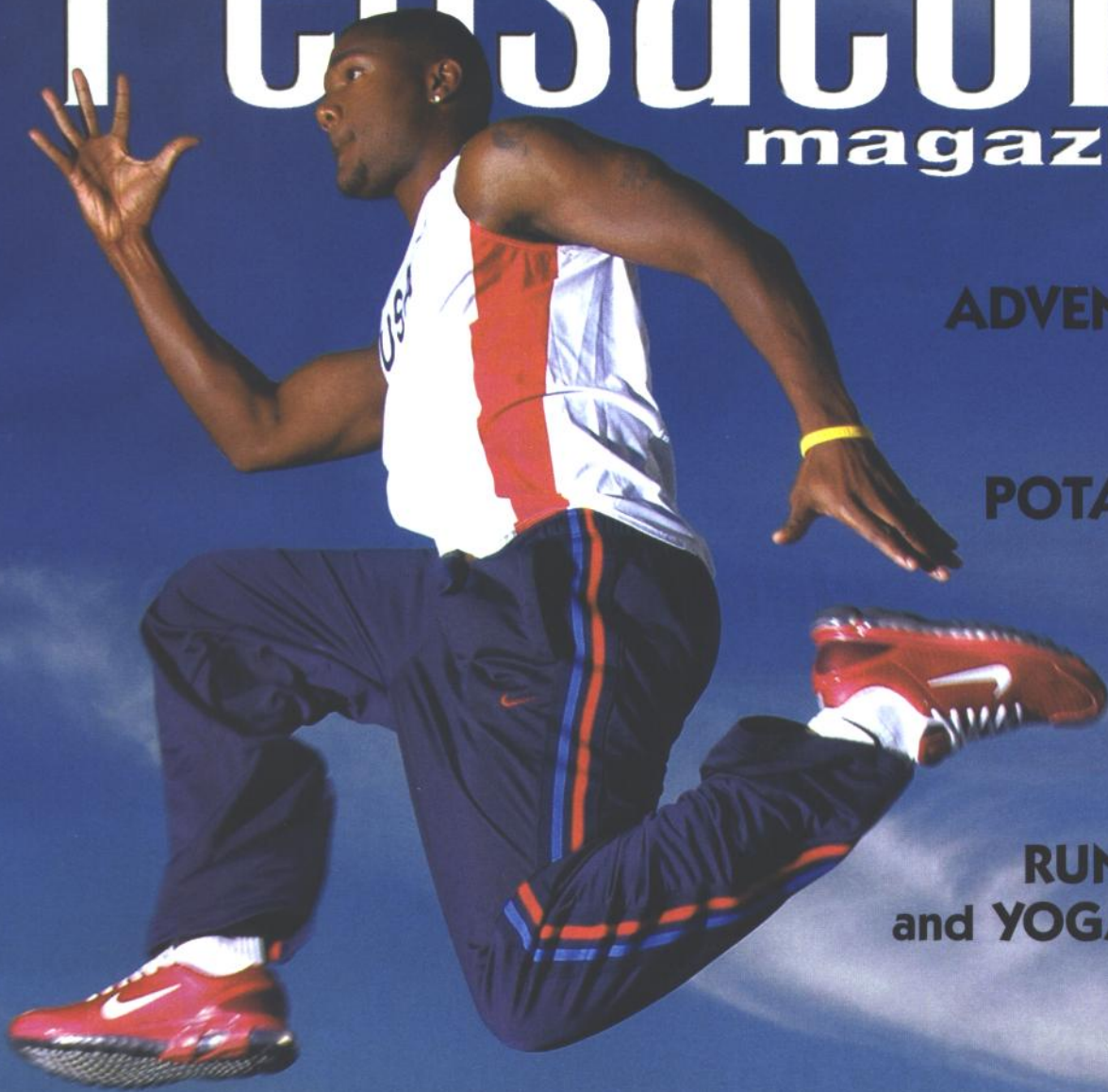


sports edition

# Pensacola<sup>®</sup>

magazine



ADVENTURE  
sports

couch  
POTATOES  
unite

get  
BUFF

latest  
RUNNING  
and YOGA wear

## THE FAST MASTER

Justin Gatlin

February/March 06  
Volume 9 Issue 7

[www.pensacolamagazine.com](http://www.pensacolamagazine.com)



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# From the Publisher's Pen



Howard Southard, Bryan Clarke, Marty Stanovich and Malcolm

We are proud to bring you our first special Sports Edition, and honored to have Justin Gatlin grace our cover. Watching him on the roof of our office building bouncing on a trampoline above Pensacola's skyline was a great experience. We are so grateful to him for joining us and spending several hours in the hot sun getting a good workout to make our magazine look fantastic. It was a pleasure to meet Justin's mom, Jeanette. Meeting her, I could see why Justin is so well-adjusted and handles fame so well. She is down-to-earth and supportive of Justin's choices. Together, they are great ambassadors for Pensacola. To see how the cover was created, visit [www.PensacolaMagazine.com](http://www.PensacolaMagazine.com).

Another future ambassador of Pensacola is rising golf star Bryan Clarke. I predict that Bryan will be a golf star of the future. You can read about him on page 22 and watch him play at the Hooters Tour at Perdido Bay Golf Club March 20 - 26. I had the pleasure of playing with Bryan, Marty Stanovich and Howard Southard in a Chamber of Commerce golf scramble, which, of course, we won. Mainly because of the others' contributions, not mine. I saw his golf game first-hand and will forever be a fan. I look forward to watching his career blossom.

Other topics of interest in this issue:

\*Sometimes, living in Pensacola, we take for granted the natural beauty right under our noses. Joshua Kinser brings us a glimpse of Northwest Florida's nature on page 30.

\*As a man who enjoys the occasional glass of wine with supper, John Morris' article on organic wines encouraged Glenys and I to try a bottle. Read more on page 39.

\*For you non-athletes, read Shannon's article about living healthfully on page 36. You don't necessarily have to run a marathon to stay healthy. Most folks, like me, are active but don't go to the gym every morning. I personally prefer a brisk walk for staying in shape.

We hope that you enjoy this sporting issue of *Pensacola Magazine*. Let me know what you think by sending an email to [malcolm@ballingerpublishing.com](mailto:malcolm@ballingerpublishing.com).

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## THE LATEST RUNNING AND YOGA WEAR

By Matt Bendell and Lindsay McMullen

FOR WOMEN



*Asics purple yoga top, seamless for supportive stretch and made with a built in bra and \$49.99 Helix black flared yoga pants made for form and motion \$59.99.*

With the new year in full swing and spring upon us, now is the perfect time to get into that new workout routine you promised to stick to this year. Whether running is your game or yoga is more your speed, a new wardrobe is a great way to aide in the fitness motivation process, and what better climate to start a fitness program than right here in Pensacola?

There are many popular clothing lines available to athletes that offer various perks, including technologically-advanced fabrics. A popular type of workout material right now is wicking. Many sports brands have turned to wicking because it is water resistant. Wicking holds in heat during the winter and keeps your body cool during the summer, making it a good fabric for those athletes who exercise outdoors regularly. Another fabric that is popular with many athletes is thermal, which insulates the body to keep you warm while exercising outdoors.

The proper tops and pants can make or break your workout routine. Running Wild, located at 106 Palafox Place, in Downtown Pensacola, has a broad range of fitness apparel to choose from. Pictured below are some of the more seasonal popular fashions.

*Adidas red thermal, \$55.00 and Asics warm-up pants, \$79.99.*



*New Balance sweat-shirt, \$47.99 with New Balance pink sweat pants -- relaxed fit, \$47.99. A percentage of the profit for this item goes towards breast cancer awareness.*

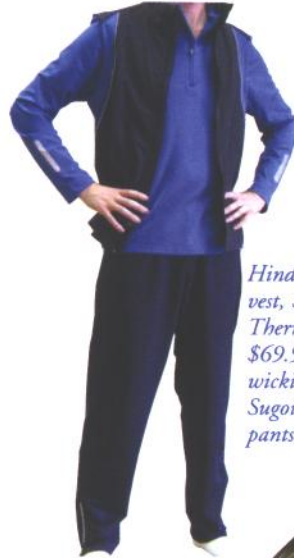


## THE LATEST RUNNING AND YOGA WEAR

FOR MEN



*Sugoi wicking reflective top half-zipped with pockets, \$99.99 and Sugoi reflective warm-up pants, \$69.99.*

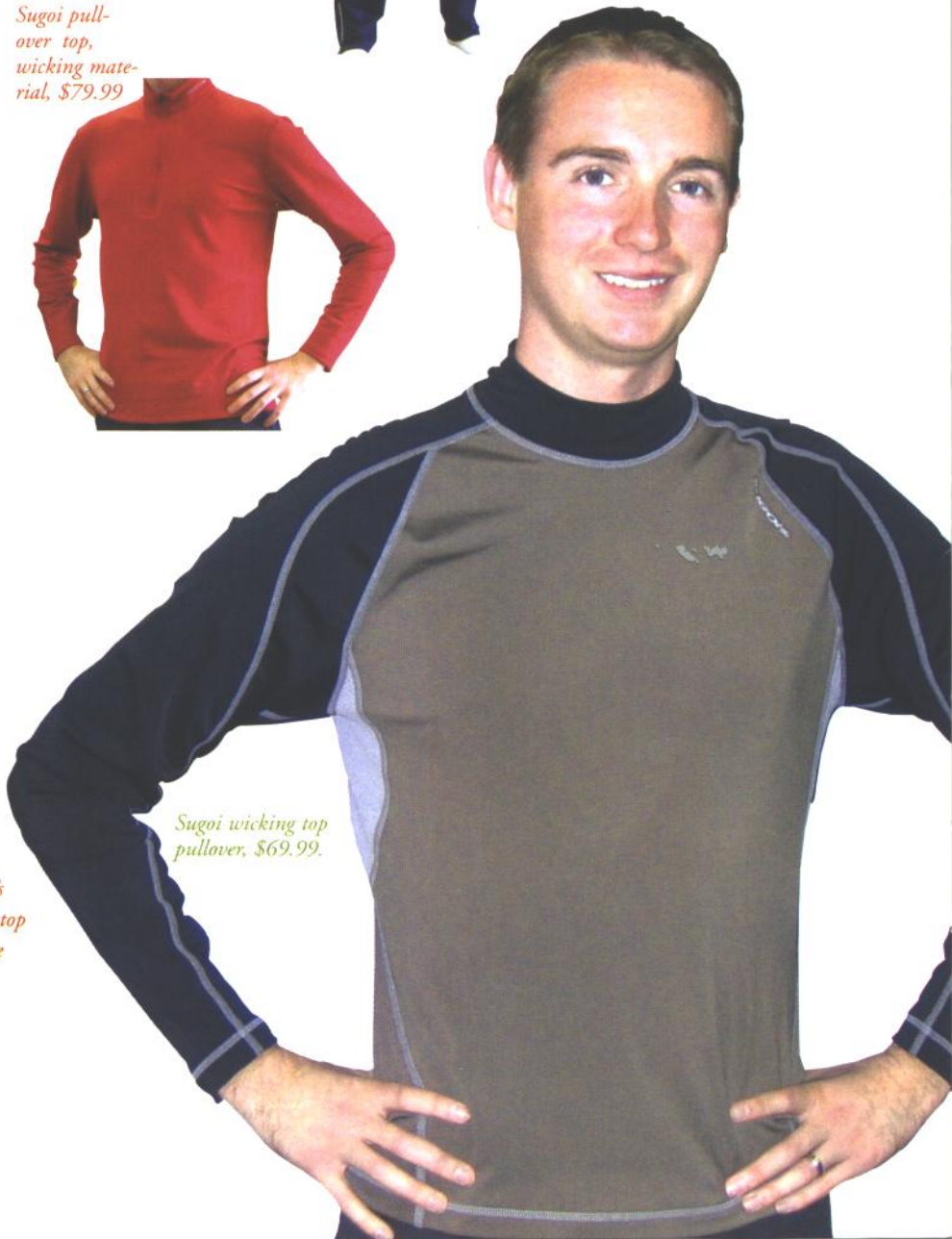


*Hind winter running vest, \$89.99, with Hind ThermalLite top, \$69.99, made out of wicking. Worn with Sugoi reflective warm-up pants, \$69.00.*

*Sugoi pull-over top, wicking material, \$79.99*



*Pearl Izumi's red wicking top with lifetime warranty, \$69.99.*



*Sugoi wicking top pullover, \$69.99.*