

tends to occur when the legs are moved apart. Along with skating came the use of longer ski poles, which meant that the arms were raised much higher before each pole plant. The underarm gussets allow the arms to be raised with ease; there is no pulling of the material in the body of the suit. Add to these industry-first features shoulder entry zippers with draft flaps, a (flapped) front neck zipper for temperature control, kidney and knee panels of ProCore™ lining for added thermal qualities, a (flapped) zippered fly, gripper elastic ankles, rear ankle zippers for ease of entry, and brilliant color renditions of Nylon and DuPont 128 Lycra®, and you have one hot and functional item on the snow!

The Kilometer Suit is a lower-price-point alternative to the Skating Suit, and is actually based upon one of our earlier successful prototypes. The Hind nordic system also includes ProCore™ base layer tight, top, and wind brief, and a variety of outer wear, crossover garments in the Hind line that are well-suited for nordic warm-up and cold weather training.

Our efforts in testing and development continue. Our goal is to find new and better ways to fill the needs of all nordic skiers — not only the elite competitors, but also the great number of citizen racers who participate in the sport around the country.

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HOW TO FIT A PAIR OF TIGHTS

Sports apparel studies done in Finland have shown that tight-fitting, supportive garments can actually enhance muscular function and hence performance. Hind Sportights are designed to work in this way, and not just for attaining the aesthetics of that sleek athletic look.

Most people, especially men, usually attempt to put on a pair of tights in the same way they would put on a pair of regular trousers; they simply step into them and forcibly pull them on in one fell swoop. As a result, a lot of the fabric remains

anchored around the calves and ankles. The tights feel too short, they pull down at the waist, and “tenting” occurs in the crotch. When (incorrectly) tried on in this manner, the typical customer response is to ask for a larger pair of tights.

The solution to the problem is to apply the “panty hose” principle. Women discovered a long time ago that a pair of panty hose must be rolled up in the way that you would a pair of socks before putting them on. Sportights should be treated the same way. Roll them up, pull them over the feet, and set them in place at the ankles. Then pull the tights up to the knees, smoothing out any excess fabric; do the same over the thighs, and finally pull them up to the waist. Tried on in this manner, the tights should be form-fitting without any excess fabric or “empty spots.” If they do not, then go to a different size.

The “lazy” stretch of the special 128 Lycra used in the Hind Sportight gives a firm, supportive fit while allowing total freedom of movement. ■



STEVE SWINK