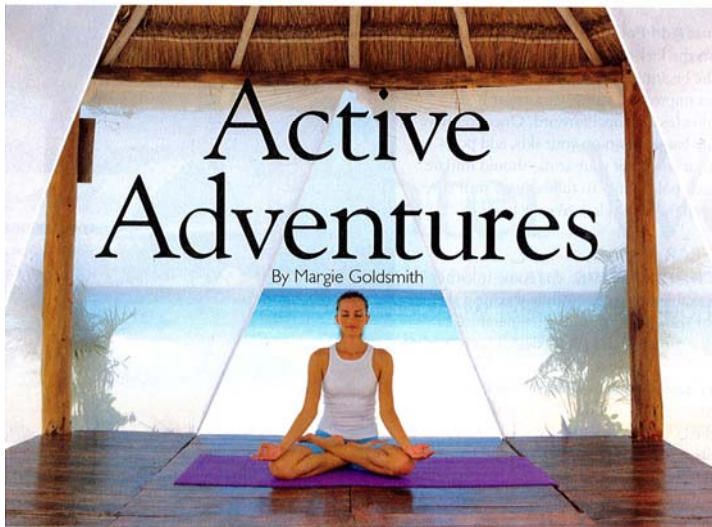


WOMEN'S Running

YOUR LIFE IN MOTION™



GET OUT THERE ■ TRIPS & TIPS



Active Adventures

By Margie Goldsmith

Get Pumped in Paradise

Jumpstart your season at the luxurious Ritz-Carlton, Cancun's Sunrise Boot Camp. In this half-day workout, your gym becomes this exclusive resort's two outdoor swimming pools and beach. The program, customized for each participant, is a combination of cardio and strength workouts. It starts with a personalized body analysis at 6 a.m. and finishes with a light lunch by the ocean at 1 p.m. You can also snorkel, scuba dive, play tennis at the Cliff Drysdale Tennis Center, or try a conditioning class. After your workouts, shop for handicrafts downtown in the open-air markets and unwind with a treatment inspired by ancient cultures at the Kayanta Spa. Two-night deluxe accommodation packages start at \$639 for two people and include the Sunrise Boot Camp program. For more information, visit ritzcarlton.com or call (800) 241-3333.

Winter Wonderland



Baby, it's cold outside, but you'll love the outdoors at The Lodge at Woodloch, a destination spa in Hawley, Pa. Beat the treadmill blues by snowshoeing, cross-country or downhill skiing. You can also take part in a Latin-inspired dance class or pool aerobics. Head for the steam room, Jacuzzi and indoor heated waterfall to remove those knots from your back. For a creative alternative, try watercolor painting and cooking classes, and then hightail it to the spa for a relaxing treatment. Rates begin at \$299 per person (double occupancy, mid-week through Feb. 28) For more information, visit thelodgeatwoodloch.com or call (866) 953-8500.

ReTreat You

Head to Colorado's closest hotel to "ReTreat Yourself" with ski and snowboarding instruction, yoga classes and life coaching sessions. The package (\$1,428.32 per person based on double occupancy) includes a three-night stay, breakfast, lunch and a B4BC (Boarding for Breast Cancer) evening party comprising mini-spa treatments and a consultation with a skin esthetician. For more information, visit vbcrp.com or call (800) 752-7920.



Marathoner and triathlete Margie Goldsmith has hiked/biked/kayaked and climbed her way through 113 countries. Visit her at mgprodactions.com.



Plane Reading

Do you have BFF issues? Pick up *Best Friends Forever: Surviving a Breakup With Your Best Friend* by Irene S. Levine, Ph.D. (Overlook Press, September 2009). Filled with real stories and wisdom, it explores why female friendships are so essential to a woman's health and emotional happiness and how to recover from the pain of a failed friendship. For more information, visit amazon.com



Not Your Mother's Wool
Wool clothing is commonly known to be itchy and smell when wet, but Ibex Outdoor Clothing is quickly changing this misconception. Ibex makes performance apparel from soft, high-quality New Zealand Merino wool that is water-resistant and neither smells nor itches. And while their clothes won't make you run faster, they'll keep you stylish and warm for running and other outdoor activities. The Women's Mollie Jacket is mid-hip length with a relaxed fit for layering and comes in five colors.



\$195, ibexwear.com