

NOTE:

I've spent my entire life struggling with food—thinking of it as "the enemy." I'm here to tell you that You Certainly Can have a healthy relationship with eating.

FOOTWEAR GUIDE



EL-KAYANO 17
GEL-PLATINUM 4
GEL-1160
GT-2160
RUNNING SOCKS

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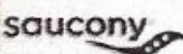
ADRENALINE GTS 11
GLYCERIN 8
GHOST 3
RUNNING SOCKS

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WAVE NEXUS 5
WAVE INSPIRE 7
WAVE RIDER 14
EXPERIA SOCKS

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PRO GRID
KINVARA

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SONIC 2
ADIZERO
SOCKS

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890
993
790

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LUNARGLIDE+ 2
AIR PEGASUS+ 28
AIR SPAN+ 7
RUN CUSHION SOCKS



APPAREL

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TANK TOPS
SHIRTS
SHORTS



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SHIRTS
SHORTS



ACCESSORIES

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HYDRATION
REFLECTIVE
NUTRITION



ELECTRONICS

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HEART RATE
MONITORS
SPORTBANDS

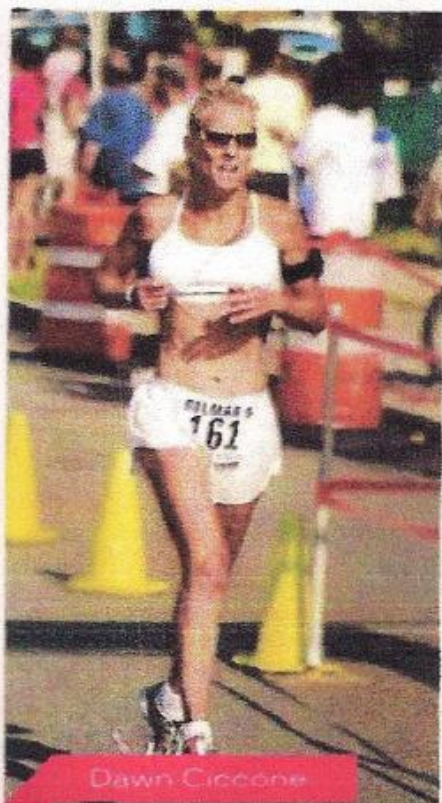
You'll find these icons throughout the guide to help you identify specific types of shoes.



STABILITY



CUSHIONING



Dawn Ciccone

"In the 28 years I've been running, it has taken on many meanings for me, from fitness to spirituality and inner peace," Dawn Ciccone of New Jersey says. "I ran before and after funeral services for my dad, I ran the New York City Marathon after 9/11, and I use running as a catharsis. I log 30-40 miles per week, but there was a three-year period when my running, and my life, stopped."

"In 2006, I was hit head-on by an SUV while running and ended up in a wheelchair, with one leg shattered and the other severely damaged. As strange as it sounds, that accident was the greatest gift I have ever received. Because everything had to change, I now know who I am and am happier than I've ever been. Against the odds, and in spite of what medical specialists proclaimed, I'm not only walking, but I'm doing it on my own path, in my own skin... and I'm running in marathons again. I'm stronger than ever. I've become my own 'Shero.' As a result of my 'greatest gift,' I now share my experience, training and life wisdom to help women navigate significant transition through YouCertainlyCan.com."

-- Dawn Ciccone, New Jersey

