



STAFF FAVES

#MOMBOD

THESE TRIED-AND-TRUE ESSENTIALS MAKE GETTING BACK INTO SHAPE AFTER BABY A LITTLE LESS DAUNTING.

BY HEATHER MAYER IRVINE

► **RUNNING DEFINES ME—AS AN EDITOR AT *RUNNER'S WORLD*, IT'S LITERALLY MY livelihood.** So when my first kiddo was born last summer, I didn't want the "mom" title to overshadow my passion and commitment to running or my competitive nature. I didn't want to be a mother runner. I wanted to be a runner who's also a mom. As I get back into shape and eye an ambitious postbaby goal this fall (break 5:37 in the mile!), I turn to my trusted running gear that supports me as a competitive runner first and a mama second.



Heather Mayer Irvine is RW's food and nutrition editor. Her son, Finn, was born last August, and 10 weeks later he watched her finish the *Runner's World* 5K. Follow her @RunsOnFuel.

1. MY MOM IS FAST AF INFANT BODYSUIT \$25

It's never too early for your kids to brag on their parents, right? This is our favorite outfit for when I pop the little dude in the stroller, park him on the field, and crush a track workout.

2. TRAIL MIX BALLS

I make these protein- and fat-rich snacks to fuel my runs and the demands of breastfeeding. Mix 1 cup dry oats, 2/3 cup coconut flakes, 1/2 cup peanut butter, 1/2 cup ground flaxseeds, 1/2 cup chocolate chips, 1/2 cup dried cranberries, 1/3 cup honey, and 1 tsp. vanilla extract. Cover; chill for 30 minutes. Roll into balls.

3. ROAD ID STRETCH \$20

With a little one at home, it's even more important to take precautions when I run. This simple, lightweight bracelet has all my emergency contact info.

4. COMPETE TRAINING JOURNAL \$22

Logging my workouts makes me feel like me again.

Authored by pro runner moms, this journal gets me back into the competitive mind-set and pushes me to embrace the challenge of training.

5. LA LECHE LEAGUE SERENA NURSING SPORTS BRA \$28

No, I don't nurse or pump on the run, but this number is clutch when I have to tend to mom duties right before or after lacing up. It's supportive, comfortable, and easy to use.

6. HYDRO FLASK 40 OZ. WIDE MOUTH BOTTLE AND STRAW TOP \$43 and \$10

Between increased mileage and nursing, I need lots of H₂O. This 40-ounce bottle keeps water cold, and the straw makes hydrating easier.

7. TRACKSMITH TWILIGHT LONG SLEEVE AND SESSION SHORTS \$58 each

I was devastated when pregnant me no longer fit into my Tracksmith gear. But now I love my lightweight, not-too-tight Twilight Long Sleeve (with thumb holes!) and Session Shorts for easy 10-milers.

TO PURCHASE ANY OF THESE PRODUCTS, GO TO RUNNERSWORLD.COM/STAFFPICKS.