

TOP TEN REASONS to start outdoor cross-training.

10. You suddenly remember the last stream you saw was on a bottle of **BEER**.

9. Big fat guy at gym started wearing **ZEBRA SKIN TIGHTS**.

8. No **HOT DOG** vendors on trail.

7. Less likely to run into people you owe **MONEY** to.

6. Few **FOREST CREATURES** have cellular phones.

5. Thumper's zany sense of **HUMOR**.

4. No **BAUHAUS** architecture in nature.

3. Deer Doo is smaller than **DOG DOO**.

2. After one hour on **STAIRCLIMBER** you're still on the same floor.

1. The new **AIR MOWABB** outdoor cross-training shoe from Nike.

The Air Mowabb is an excellent shoe for running on trails, riding mountain bikes, climbing hills, jumping streams or sprinting away from bears. It also looks kind of cool. Especially when you wear it with ACG, All Conditions Gear.