

SUMMER SPORT ISSUE

THE Kit BEAUTY & FASHION



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Watch your stats with the latest (and easiest) wearable tech

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Karen Cockburn at Underpass Park, where street artists transformed highway pillars into works of art as part of the Pan Am Path, a city-spanning recreational trail. Photo: May Truong

She's got game

With the Pan Am Games upon us, we look to three participating athletes for their tips on what to wear for peak personal style and performance

BY JEN MASSEAU

Athleisure as a fashion term has never been more relevant. Wearing workout gear outside the gym is a trend that scores points for style: Athletic leggings have replaced denim as the default casual bottom, and the sports bra is a more visible and vibrant alternative to restrictive underwiring.

Interest in women's professional sports is seeing a boost, too: Last month's opening game of the FIFA Women's World Cup soccer tournament in Edmonton drew 53,058 spectators—the largest crowd ever for

a national sporting event in Canada of any kind, let alone one featuring female athletes.

All this enthusiasm for women's sport and sportswear had us wondering: What do female athletes really wear—when they're in competition, at leisure and everything in between? With the Pan American Games happening in Toronto from July 10 to 26 and the Parapan Am from August 7 to 15, we asked three competitors to chat about their personal style and wardrobe choices, for both on duty and off.

KAREN COCKBURN, 34 TRAMPOLINE

Highlight reel: A three-time Olympic medallist, Cockburn has two silvers (Athens and Beijing) and a bronze (Sydney) to her name. After taking time off to have a daughter in 2013, and then returning only to break her ankle prepping for the world trampoline championships last November, she's excited to compete on home turf at the Pan Ams this year.

The gear: For competitions, all female trampolinists must wear a leotard or unitard. Cockburn says most choose a tank-style leotard: "It's easier for our arm motion when jumping." Fit is priority one: "You want it to be fitted and tight, so it won't give you a wedgie or something when you're performing."

Continued on page 4

HUDSON'S BAY

A black and white close-up portrait of a woman with long, dark, wet hair. She is looking directly at the camera with a neutral expression. The background is a plain, light gray.

NARCISO

THE NEW FRAGRANCE FOR WOMEN



narciso rodriguez



MONTH'S BEST

Track star

Whether you're an athlete competing in the Pan/Parapan Am Games or one of the 250,000 sports enthusiasts slated to arrive in Toronto this summer, keeping track of time (and logging your many, many steps between venues) has never been so, well, timely.

While there has been plenty of attention paid to performance watches and wearable technology of late, Timex has taken a different approach by paring back to basics with the launch of its new Ironman series.

This fuss-free, easy-to-use watch offers what serious athletes as well as wannabe runners want: a reliable GPS that provides real-time distance, pace, speed and calories burned, with a rechargeable battery, water resistance and Timex's signature Indiglo feature. And in three neon shades, as well as white and black, they'll co-ordinate perfectly with your Pachi selfie. —*Vanessa Taylor. Photography by Adrian Armstrong.*



TWEET OF THE WEEK

“A diamond is just a piece of charcoal that handled stress exceptionally well...”

@SkyDigg4, Skylar Diggins, June 30, 2015

BEAUTY MATH

A slicked-down do and luminous skin add up to a look we love

A WORKABLE FIRM-HOLD GEL LIKE **ORIGINAL MOXIE** JUST GEL STYLING CONCENTRATE, \$23, ORIGINALMOXIE.COM



A LIQUID HIGHLIGHTER LIKE **L'ORÉAL PARIS** TRUE MATCH LUMI LIQUID GLOW ILLUMINATOR IN C301, \$17, DRUGSTORES

=



Orange Is the New Black newbie Ruby Rose looked sharp at the Max Mara 2015 Women in Film Face of the Future event in West Hollywood. Apply a loonie-sized amount of gel with fingers to damp hair and create a soft side part. Then comb the front section up and over and the sides straight down. For healthy radiance, use a blender sponge to smooth illuminator over foundation on cheekbones, forehead, centre of the nose, chin and cupid's bow. —*Natasha Bruno*

TALKING POINT



HEEL ORDEAL

Of all the complaints about *Jurassic World*, the footwear worn by Claire Dearing (Bryce Dallas Howard) was the biggest. This makes sense: It was confusing that as the operations manager of the prehistoric amusement park, not only was she wearing heels in the first place (Laura Dern wore boots back in 1993), but she kept them on during chase scenes, fight scenes and in the mud. Turns out it was Howard herself who insisted on said shoes, with director Colin Trevorrow saying that “they meant something to her, personally.” For those of us who’ve worn heels, this seems ridiculous. But why do we care so much about her shoes at all? Howard is a grown-up in charge of her character, so maybe her version of empowerment includes a few extra inches, even if most of us would opt for Converse over Louboutins. Ultimately, it’s not our place to police her. We’ve still got an island full of dinosaurs to deal with. —*Anne T. Donahue*



DAILY DOSE
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CULTURE

SPORTING FASHION

A look at the evolution of sportswear with the curator of the Toronto Design Exchange’s “Smarter. Faster. Tougher” Pan Am exhibit

BY NATASHA BRUNO

It’s no secret that sports have heavily influenced the fashion world. Now you can look, touch and feel these athletic influences at the Design Exchange’s off-site “Smarter. Faster. Tougher” exhibit, running from July 8 to October 12 in Toronto’s Distillery



District, steps from the Pan Am Athletes’ Village. The curator, Marie O’Mahony, a professor at OCAD University and visiting professor at University of the Arts in London, U.K., schooled us on the history of the sportswear we know today.

Why did you decide to put on an exhibit about sports and fashion?
“This is really an opportunity to say to people, ‘Okay, here are some of the really exciting examples of sportswear that are out there at the Pan Am Games and beyond.’ We’re covering apparel for fitness and fashion, and looking at how they influence one another.”

What are you most excited to be showcasing?
“I’m really pleased to show a young designer called Ann-Sofie Back, from Sweden. She’s using a lot of the sports aesthetics and also knitting techniques that we see in sportswear, but using them in a really unusual way.”

How has sportswear changed most significantly for women?
“As late as the 1970s, the women’s market in sportswear was dismissed as relatively unimportant. For example, the

first jogging bra was not developed until 1977. It was made by two sportswomen, Hinda Miller and Lisa Lindahl, who went around to a lot of the big labels and said, ‘Look, we really think that women need a particular sports bra because the regular one just isn’t good enough.’ They cobbled one together by sewing together two jockstraps.”

When did sportswear first land on the public’s radar?
“Back in the 1930s, the invention of nylons and then of polyesters made garments more flexible. At the same time, we had a huge move from rural to urban areas by people in the Western world. That saw contemporary sports evolve and develop; in particular, team sports, because it was a way of keeping in touch with people from rural areas and creating a sense of community. And the advent of the film industry brought terrific examples of sportswear being introduced as something very fashionable that led to the wearing of trousers by women.”

What roles do performance and fashion play in sportswear?
“Performance is key. We’ve got super-high-performance materials and advanced techniques in terms of how the garment is engineered to enhance the performance of the wearer. For fashion, it has provided designers with an extra source of inspiration. We’ve got people like Yohji Yamamoto and his Y-3 collection. The use of materials there is all coming from sportswear.”



Kendall Jenner
With 2.7 million likes on a photo, the model has the most-liked pic on Instagram, surpassing Kim Kardashian’s 2014 wedding snap.

Donna Karan
The designer is stepping down from her label to focus on the Urban Zen foundation, which she founded in 2007.

STYLE THERMOSTAT

Marc Jacobs
The designer accidentally posted (and quickly deleted) a nude photo on Instagram last week.

Lululemon
The company is recalling more than 185,000 tops in Canada due to a drawstring that could injure users if it snaps in their faces.

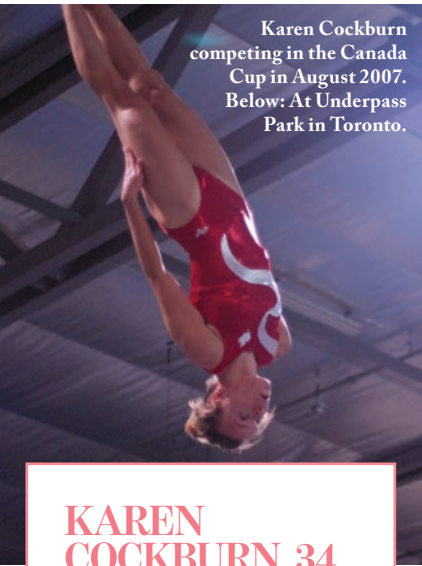
Sears Canada
After a 9.7 per cent sales drop in the first quarter of 2015, a Desjardins analyst says it’s “now or never” for the retailer to recover.



GONE TO THE GAMES! THE KIT WILL RETURN IN TWO WEEKS.

SUMMER SPORT ISSUE

She’s got game



Karen Cockburn competing in the Canada Cup in August 2007. Below: At Underpass Park in Toronto.

KAREN COCKBURN, 34
TRAMPOLINE
Hometown: Stouffville, Ont.



LULULEMON ENERGY SPORTS BRA, \$48, SWIFTLY TANK, \$48, INSPIRE TIGHTS II, \$102, LULULEMON.COM. NIKE VEST, \$125, SPORTINGLIFE.CA. NIKE LUNARGLIDES 6, \$140, NIKE STORES

For international competitions where she’s representing Canada, red and white is a must. “Sometimes we add crystals for a bit of pizzazz. It’s a judged sport, so appearance matters. [My teammates and I] work with the girl who designs the suits. She sends us designs, colours, fabrics. We choose our favourite—what we’re going to feel good and confident performing in.”

Leotards are for competition only—for training, fitted gym apparel rules. Cockburn’s go-to brands are Lululemon and Under Armour. “Usually we wear tight or fitted shorts and either tank tops or sports bras, depending how hot it is at the gym—we don’t have air conditioning.”

Footwear: Rubber-soled gymnastics slippers are required for competition. Some of Cockburn’s teammates go barefoot in practice, but she wears them every time she jumps. “I feel like I have better grip,” she says, and without them, “it hurts my feet too much. [The trampoline] feels almost like jumping on a cheese grater....It can be pretty painful.”

Wardrobe malfunctions: Undergarments pose particular problems. Rules dictate that nothing can show outside the leotard—even an errant sports-bra strap results in deductions from the judges’ score. “I’ve seen lots of times when people’s sports bras are showing, or their underwear is hanging out. Or people who’ve chosen white suits that are see-through, and it’s like ‘Oh, geez...’”

Off-duty style: “I’m really sad because I haven’t been able to wear high heels since I broke my ankle.” Cockburn’s a girlie-girl at heart. “It’s so fun that I have a daughter; I buy her so many clothes—she loves dresses. I’m so happy that she’s girlie. I obviously don’t dress up often...but when I get to, I like getting my hair done, my nails done. We get invited to lots of galas. It’s fun to get dressed up and go to those things.”



POINTE STUDIO SOCKS, \$12, POINTE-STUDIO.COM. LULULEMON SPLIT SECOND SHORTS, \$54, LULULEMON.COM. LISA MARIE FERNANDEZ BODYSUIT, \$403, NET-A-PORTER.COM



Phylicia George takes a leap during the Nike Women’s Weekend in Toronto in June.

PHYLICIA GEORGE, 27
100-M HURDLES
Hometown: Markham, Ont.



Highlight reel: In 2012, George came first in the 100-m dash at the Canadian National Championships and took the top spot in the 100-m hurdles at the same event in 2014. From there, she chose to focus her career on hurdles, coming in sixth at the London Olympics. After (hopefully) conquering the track at the Pan Ams, she has her sights set on Rio in 2016.

The gear: “I like to have lots of layers, especially training in Canada; you never really know what to expect,” says George. “A sports bra and shorts are my base layer; then I’ll wear a T-shirt and long-sleeved top and long tights overtop. As I warm up, I’m slowly taking off layers throughout the practice.” And, since her practice track is outdoors, she always has a rain jacket in her gym bag, just in case the weather turns.

Once she’s warm, her choice of shorts is important: “I don’t like my shorts to be super long—I prefer the Nike Pro 3-inch shorts. [The fabric] is thinner. I like to feel like I don’t have much on, or much holding me back. We’re dealing with tenths of thousandths of a second; I always try to feel really free and aerodynamic.”

For race day, her uniform is a cropped top (with built-in sports bra) and a pair of “buns,” or racing briefs. “For me, as a hurdler, I especially like the briefs because I like to feel like my legs are free. It’s a small, minute detail, but I prefer it.”

thing bright or really super-patterned. That’s one thing I love about Nike,” says George, who is sponsored by the brand. “They have so many things that are funky and so many things that stand out, but they’re also functional at the same time.”

Beauty routine: When asked if she wears makeup when she runs, George laughs. “I do, actually. Especially like for race day, I am glammed out. I think of my racing as almost like performances. So the same way you might get ready going on stage, that’s the way I treat my races. I’ll do a full

“Track is very much like an ego sport. It’s about thinking you’re the best, thinking you can do anything. So when you have the gear on top of that, it gives you that little extra.”



NIKE AIR ZOOM PEGASUS 32 SHOES, \$140, DRI-FIT TANK TOP, \$42, PRO CLASSIC LOGO BRA, \$45, NIKE STORES

Footwear: “I usually train in either Nike Vomeros or Pegasus. I supinate [run with most of the weight on the outside of the foot] when I run, so I can’t be in a shoe that has too much stability. I don’t ever want to feel like I’m in a big clunky shoe, especially when I’m doing my tempo runs”—when she’s getting her speed up without hurdles.

“For my spikes, I run in the Nike Superfly R4. I really like these because the spike plate is very rigid, and I feel like it helps me with my force into the ground. As a sprinter and a hurdler, I like having [the outsole of the shoe] be a bit stiffer, because I’m very aggressive off the ground, and when I’m landing off of the hurdles, I don’t want my heel to collapse onto the ground.”

Style confidence: “I have a little saying: ‘Look good, feel good. Feel good, run fast.’ You can’t help but feel confident when you look well put together. I usually do some-

face, you know, eyeshadow, a smoky eye, eyelashes, lipstick, sometimes....”

George isn’t the only one, she says. “Especially in hurdles, it’s kind of funny; it’s like a beauty school in the hurdles. Across sport, I think sprints do too.” (When you run as fast as she does, your makeup doesn’t have time to melt off.)

“If you know you’re going to be on TV, like for Pan Ams, World Championships or Olympics, then a lot of people will put a little extra effort to make sure they look good.”

Off-duty style: George keeps her style sporty in her daily life too. “I do love dressing up on occasion when it calls for it, but if I’m just lounging around the house, or running to the store, I like being comfortable.” But don’t confuse casual with boring: “I still like to stand out. I do a lot of neons and that kind of thing.”

ASHLEY STEACY, 28
RUGBY SEVENS
Hometown: Lethbridge, Alta.

Highlight reel: Steacy was recently named the top women’s player in her sport by Rugby Canada and served as team captain at the World Rugby series earlier this spring. This year is the first time women’s rugby will be included in the Pan Am Games.

The gear: “Our kit’s fit is really big in our game. It’s a contact sport, and being comfortable is really a big part of it.” The Canadian Rugby Team’s kits are manufactured and designed by Under Armour. “Since we partnered with them, they’ve given us a bit of input into how the jersey is made. One of the big things we asked for was a really comfortable collar. They have a really nice material that fits around our necks,” she says, which is important when an opposing player is tugging on a player’s top to pull her to the ground. Another innovation is the jersey: “It’s made of material that’s almost a bit slippery, so it’s harder for our opponents to tackle us, which helps us perform to the best we can.”

Training gear differs from game-day outfits: “We usually wear a reversible singlet so we can play teams. Training shorts are a little bit stretchier...more durable, more sturdy, with lots of give in them so you can move while tackling or being tackled.”

Footwear: “I just got my first pair of Under Armour cleats [similar to soccer cleats] a couple of months ago, and I absolutely love them. They’re sending me a pair of the new SpeedForm boots next—I’m really excited to try those as well.”



Ashley Steacy takes a tackle from Jessica Javelet of the United States during the IRB Women’s Sevens World Series in 2014 in Kennesaw, Georgia. Right: Steacy after the World Rugby Women’s Sevens Series in Amsterdam in May.


“Our kit’s fit is really big in our game. It’s a contact sport, and being comfortable is really a big part of it.”

High-tech undergarment: In addition to a supportive sports bra, Steacy and her teammates layer on a second bra fitted with a GPS unit for both practice and games. “They track our performance: How much work we do during training loads, games... to see if we’re being efficient on the field.”

Off-duty style: “Pretty casual—I usually throw on a pair of tights to go shopping, to the movies, whatever. When you’re in a training environment, you don’t really feel like putting on a pair of jeans. Looking at my closet, I have all my ‘normal’ clothes that I bought years ago, and I hardly ever wear them.” However, “when I do get the opportunity to dress up, I love to. Any time I go to a banquet, I buy a new dress. My husband hates how many dresses I’ve worn once in my lifetime.”



UNDER ARMOUR HEATGEAR ARMOUR PRINTED LEGGINGS, \$55, REPLICAS TEAM JERSEY, \$90, WOMEN’S SPEED FORCE CLEATS, \$70, UNDERARMOUR.COM

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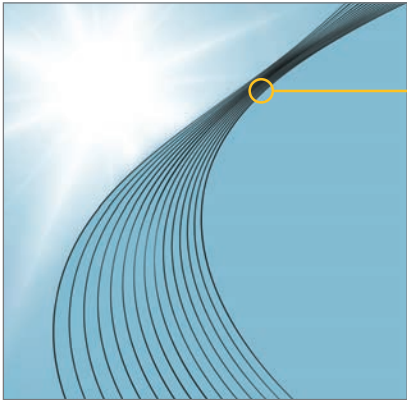
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This season

HIGH PROTECTION bare-skin feel

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SUNCARE GUIDE

Sun and games

When you're training in the sun for hours every day, taking care of your hair and skin isn't a day at the beach. Two top Canadian beach volleyballers give us the play-by-play of their summer-protection game

BY ANDREA JANUS

When they're training in Hermosa Beach, California, the Canadian beach volleyball duo of Heather Bansley and Sarah Pavan put in daily two-hour practices in the sun and sand, which is just as gruelling for their skin and hair as it is for their biceps. The pair, who are a top team to watch on the Fédération Internationale de Volleyball World Beach Volleyball Tour, have their eye on the 2016 Summer Olympics in Rio. So, with summer upon us, we hit up Bansley and Pavan for their hard-earned strategies for healing hair and saving skin during beach season.

On-court defence
"We're in the sun so much that I don't really like getting colour anymore, because my skin's getting damaged. We're pretty religious with the sunscreen," says Pavan, who goes for long-wearing, sweat-proof sport versions from Coppertone or Banana Boat with SPF 60, and she reapplies every few hours.
"We are contacting the ball a lot, so sunscreen can come off," she adds. "There have been times when I've missed a little piece of skin, and it ends up red. It's like 'Dang it, how did that happen?' So I'll put sunscreen on before my swimsuit, just to be sure."

Bansley prefers natural sunscreens from True Natural and Nature's Gate. "For face I tend to go for something thicker, with more zinc [oxide] for that physical barrier," she says. "My face gets more sun, and I want to prevent sun spots and wrinkles, so I will go with a higher SPF, between 30 and 50." These can be quite thick, so she also recommends Alba Botanica or Sun Bum products for their creamier texture.
Neither heads to the court without lip balm with sunscreen and sunglasses with polarized lenses, which dramatically reduce glare. "I've seen people who don't wear sun-

izing. Green Beaver green tea lotion is among her natural (and Canadian) beauty faves.
Pavan swears by cocoa butter body lotion from the Body Shop and Vichy's Aqualia Thermal moisturizer for her face. She always uses a leave-in conditioner by Number 4 because she colours her hair, so it tends to get extra dry in the sun. "It's really good for detangling, but it also makes my hair way softer, and it moisturizes it. I hate when it gets all crispy from being in the sun so much."
Both are devoted to deep conditioning. "Hair masks are the best," says Pavan.
"If my hair feels dry, I will put coconut oil



Sarah Pavan, left, and Heather Bansley.

"There have been times when I've missed a little piece of skin, and it ends up red. It's like 'Dang it, how did that happen?'"

glasses, and you can tell," Pavan says. "Your eyeballs do get burned." She takes it up a notch with a visor. "It keeps the sun off the face, and it's cooler than wearing a hat."
Post-game cleanup
No matter how vigilant they are about protection, the pair go into full damage-control mode after the game.
Bansley exfoliates with St. Ives apricot scrub to remove all sunscreen before moistur-

in and let it soak," says Bansley, who leaves it in for a couple of hours or even overnight. "But it is an oil, and it does take a couple of days to get it out of your hair."
Get the two talking about their beauty habits and it becomes clear that they take haircare and skincare almost as seriously as their Olympics prep. Almost. "We're both feeling really confident, and that goes back to our training," Bansley says. "We're training really hard."



BADGER SPF 35 ALL-SEASON FACE STICK, \$11, WELL.CA. **COPPERTONE** SPORT SPF 50 ACCUSPRAY SUNSCREEN, \$12, DRUGSTORES. **GREEN BEAVER** GREEN TEA FACIAL MOISTURIZER, \$15, WELL.CA. **OAKLEY** POLARIZED KICK BACK SUNGLASSES, \$245, OAKLEY.COM. **KISS MY FACE** SPORT LIP BALM SPF 30, \$5, KISSMYFACE.COM. **ST. IVES** FRESH SKIN EXFOLIATING APRICOT SCRUB, \$7, SHOPPERS DRUG MART. **VICHY** AQUALIA THERMAL RICH CREAM, \$40, VICHY.CA. **NUMBER 4** SUPER COMB PREP & PROTECT SPRAY, \$36, BIRCHBOX.CA. **SUN BUM** SPF 50 ORIGINAL SUNSCREEN LOTION, \$20, TRUSTTHEBUM.COM

HOW MUCH SUNSCREEN DO YOU REALLY NEED?

No matter what you're up to during these lazy, hazy days of summer, we've got your skin covered in this easy SPF guide

By now we've heard the message: Over 90 per cent of skin cancers are caused by ultraviolet radiation and are preventable. You probably know that SPF 15 means your skin will take 15 times longer to burn than if it were unprotected, so 10 minutes of sun tolerance becomes 150 minutes. But SPF 100 doesn't equal 1,000 minutes of coverage—all sunscreen breaks down after 120 minutes of UV exposure, says Dr. Manish Khanna, director of dermatology-oncology at Montreal's Sir Mortimer B. Davis-Jewish General Hospital and a consulting dermatologist for Garnier Ombrelle.

To clear things up, Health Canada has decreed that from 2015, sunscreens with SPF above 50 will have to stick with a "50+" label, and sunscreens that protect from both UVA and UVB rays (which is essential) will have a circle around "UVA" to show they meet the standards for broad-spectrum protection.
When the rules and labels are constantly changing, it's tricky to know how much protection you need. "You have to tailor sunscreen to the situation," says Khanna. "My patients will often have more than one sunscreen with them." Here, a guide to which sunscreen to wear, when.

STUCK AT YOUR DESK
Protection: SPF 15 moisturizer or BB cream
Perfect product: An Australian study showed that the skin of subjects who wore SPF 15 had more collagen and elastin, fewer wrinkles and less sun damage than those who wore none. "A 15 is pretty decent coverage if you put the right amount on," says Khanna.
Reapplication rules: Protection can be compromised by rubbing or sweating, says Khanna. Reapply if you're headed outside for lunch.
Try: **Olay** Total Effects Featherweight Moisturizer SPF 15, \$33, drugstores

BRUNCH ON A PATIO
Protection: SPF 30
Perfect product: A fluid that's lightweight but high-protection.
Reapplication rules: Break out the bottle after two hours outdoors, no matter the weather, Khanna says. You can still sustain sun damage when it's overcast.
Try: **Arbonne** Liquid Sunshine Mineral Sunscreen SPF 30, \$53, arbonne.ca

DAY AT THE BEACH
Protection: SPF 50
Perfect product: Both water and sand reflect the sun's rays onto you. Look for a water-resistant formula that lets you sweat and swim. Lotions are most reliable but sport sprays are great for touch-ups.
Reapplication rules: Even if it's labelled water-resistant, "no sunscreen is waterproof," says Khanna, so reapply each time you dry off.
Try: **Banana Boat** Sport Performance SPF 50+, \$10, drugstores

WEEKEND UPDATE

TENNIS-INSPIRED FASHION

Ever since René Lacoste dominated the sport and launched his eponymous label, fashion has had a love affair with the class and preppiness of tennis. From pleated minis to crisp collars, celebs ace Grand Slam looks off the court

BY NATASHA BRUNO



1. Pastel parade
A darted, fitted frock, block heels and a structured tote all in cotton-candy hues create Taylor Swift's ultra-feminine look with 1960s flair. Bonus: The low heels make this outfit perfect for dashing about from desk to dinner.

2. White hot
The 1990s-spirited shirt-around-the-waist accent and fresh kicks keep this summer-white look cool and casual at Milan Fashion Week.



3. Collar holler
Break up monochromatic dressing with texture and a mix of shades. Reese Witherspoon's lace-front sweater with a spotlight-stealing white collar and teal pumps add contrast to her navy ensemble.

4. Suit up
Explore the glam side of a sporty bomber like Lily Kwong at New York Fashion Week by teaming it with a flippy skirt, caged heels and a mixed-media clutch.



The It item
Step up your fashion game. The flared hem and halter neck lend this ombré-patterned dress a court-side vibe.

PARKER LORRAINE DRESS, \$371, SHOPBOP.COM. **FOREVER 21** METALLIC PLATFORM SNEAKERS, \$36, FOREVER21.COM



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