



GET READY FOR WINTER

Louis Garneau Heros RTR Helmet, £129.99

Be seen while cycling in the darker winter months with a brightly coloured Louis Garneau Heros RTR Helmet.

The helmet balances ventilation with weight and aerodynamics. The fit can be adjusted to suit, thanks to the Spiderlock 4D system and a Tri-Glide Pro strap.

A ring-shaped plastic protection at the base of the helmet reinforces the perimeter for enhanced head protection.

■ www.evanscycles.com



Primal Bokeh women's cycling jersey, £60

Keep the wind and chill out while cycling this winter in a Primal Bokeh heavyweight jersey.

The fabric is designed for wearing in cooler conditions but still allows sweat to evaporate away from the skin.

The jersey boasts a soft, brushed back for comfort and a two-way stretch for freedom of movement.

It is a slightly relaxed fit so you could easily wear other layers beneath the jersey.

There are three useful rear pockets and a full-length zip.

■ shop.primaleurope.com



Brooks Cascadia 11 GTX trail running shoes, £125

Wet and muddy winter conditions demand winter trail running shoes.

The Brooks Cascadia 11 GTX trail running shoes feature a Gore-Tex waterproof membrane to keep feet dry without sacrificing breathability.

There's also a rugged outsole for traction on off-road terrain and mid-sole cushioning for comfort.

The trainers come in male and female fit.

■ www.brooksrunning.com



GO OFFROAD

Competitors in the FoxTrail Running Series
Pictures: David Lochhead

Racing certainties

As the nights draw in and the temperatures drop, test yourself with a winter race.

Here's my pick of five of the best in Scotland for runners and cyclists.

FoxTrail Winter Running Series

The FoxTrail Running Series is based at Foxlake Adventures wakeboarding park in Dunbar, East Lothian.

The races are all off-road and new for this year are three 5k events aimed at trail running novices.

The 5k races are on November 5, January 21 and March 4.

Foxlake director James Barbour said: "Our new 5k runs are the perfect introduction to trail running."

"Running off-road through woods, mud and water is an entirely different experience to road or park running. It is challenging, fun and a great way to explore the countryside."

The FoxTrail Running Series for more experienced runners is in its fourth year and attracts more than 1000 runners annually.

There are six races including two 10ks – one at night – two 13ks, a 16k and a half marathon.

FoxTrail Winter Running Series race director John Whittaker said: "Trail running helps build fitness, core strength and a stronger and more efficient running style. It usually gets people hooked after the first run."

See foxtrailscotland.co.uk.

SCX Scottish Cyclocross

Cyclocross tests the skills of bike riders on muddy off-road courses. Competitors race laps and often have to jump off their bikes to run over obstacles.

It takes fitness, technique and determination but the races are friendly and all inclusive. You can choose to ride mountain bikes or



EXPLORE Race through the countryside at Foxlake Adventures

cyclocross specific bikes. There are categories for kids and adults.

The next race in the SXC series is Hallox at Pollok Park, Glasgow, on October 29, then Raleigh SXC 3 at Strathclyde Park, Lanarkshire, on November 6.

See www.scottishcxc.org.uk.

Trossachs Night Trail Series

Organised by the Carnethy Hill Running Club, races start at around 7pm and participants can expect a few hill climbs on forest tracks.

The courses are usually about six miles and there are prizes for winners who complete the three events on November 9, December 14 and February 1.

Running at night is great fun although it is a good idea to invest in a powerful head torch to light your way.

See carnethy.com.

Bowhill Duathlons

A duathlon combines running with cycling over a range of distances.

The Bowhill Duathlons are in their 15th year and continue to draw enthusiastic competitors though the winter months.

Races are held at the Bowhill

House and Country Park in the Borders on December 4, February 12 and March 5 and build in distance.

The first event is usually won with a 20-minute run and a 20-minute mountain bike ride.

The longest event is around double the time, although the weather can make these races more or less challenging.

See www.durtyevents.com.

ABC Monikie Winter Duathlon Series

The three-race series offers a more traditional format of run-bike-run.

The duathlon series is supported by Angus Bike Chain Cycling Club and is held at Monikie Country Park, near Dundee.

The first race is on December 11 and includes a 4km off-road run and a 21.5km cycle time trial on public roads.

The next two races, on January 8 and February 12, comprise a 4km run, 21.5km time trial cycle and 4km run.

See www.triathlonscotland.org for details.



FIONA RUSSELL

Whether you're a runner or a cyclist, you can pit your skills against others in fantastic events across Scotland as the competition heats up this winter

Advice and ideas

Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk – you'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.