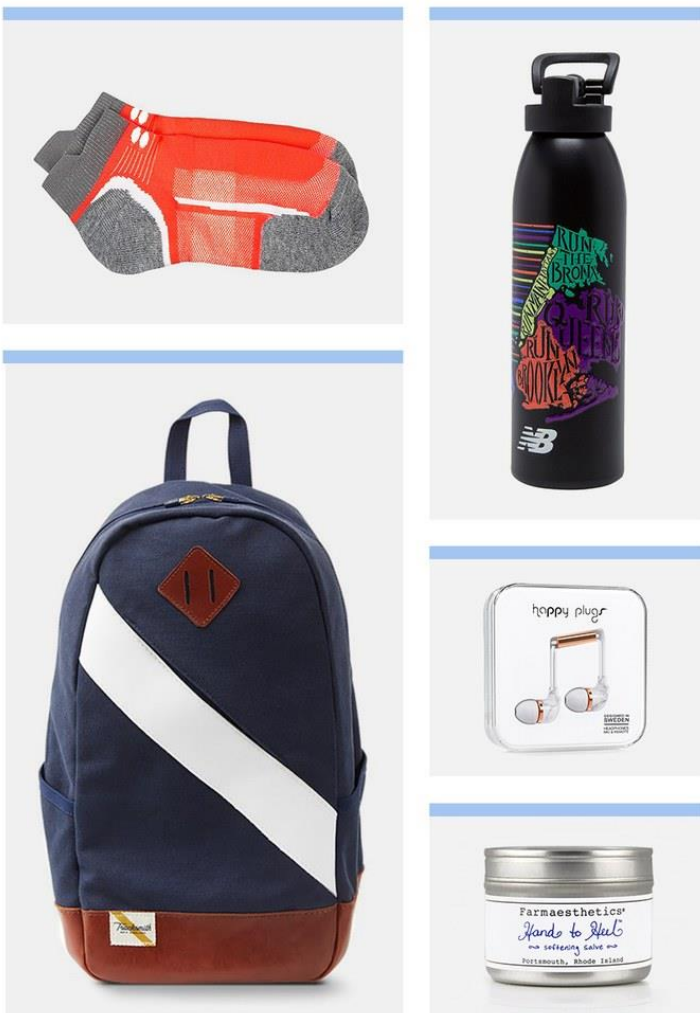


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20+ Gifts for the Runner in Your Life



SELF

For many people, running is more than just a hobby or a sport—it's a full-on lifestyle. Whether they're exploring their city on foot, going steady on the trail, doing sprints on the track, or just planning their next route at their desk (shh), running is a big part of their weekly schedule—and it might even be a part of who they are, period.

Sound familiar? If you know anyone who's proudly a runner (or just loves a quiet jog every once in a while), we've found the perfect gifts to wrap up for them this year. Whether they're used to running one, five, 10, or even 20 miles, they'll love these 23 gift ideas.

Farmaesthetics Hand to Heel Softening Salve, \$30



Revive achy and calloused runner's feet with this fragrance-free softening salve. Bonus: You can apply it anywhere, so chapped lips and dry hands can get some relief, too.