

Westcoast

# OUTDOORS

Super  
Dave  
facts

Check out the Canadian Ski Patrol's Winter Extreme Ski & Board Swap this weekend at Canada Place. More details available at: [winterextreme.com](http://winterextreme.com). Dave's hot sites this week are: [niterider.com](http://niterider.com), [edgclimbing.com](http://edgclimbing.com) and [innovativefitness.com](http://innovativefitness.com)

## Shift gears in winter

Don't let the wet weather stop you from being active

By DAVE NORONA  
for Metro Vancouver

**THE HARDEST TIME OF** the year to get active and train is when the wet weather arrives and the sun seems to disappear before you escape the office. Motivation is at an all time low and it is just so easy to find a bag of potato chips, your favourite TV show and the couch.

However, this is the time of the year when you can work on your easy base building workouts that are easy and short in duration. Focusing on

these types of workouts now will give your body the time it needs to be ready for all the winter sports you want to tackle when the snow flies.

Below are a few ideas and pieces of equipment that will give you the motivation to hit the gym or get outside and sweat.

One way to bypass the weather or dark evenings is to sign up for some indoor fun like indoor rock climbing, yoga, or the weight lifting. The best part about these activities is that you will meet other individuals who share some of your interests.

If you're like me and need that regular dose of outside fresh air, then one of the best things you can purchase is a set of bright

night-lights. Most systems offer between 12 and 40 watts of power that will make any dark trail seem like an indoor stadium when you power up your lights. This way you can trail run, mountain bike or walk without having to worry about tripping on rocks or roots.

Most systems can be mounted on your bike, helmet or head with an optional headband. The helmet and headband systems work the best. There are many different systems out there and all of them work great. You just need to find the system that best fits your price, budget and sport.

Clothing is another important part of being out in the elements. Choosing

the right items will make your time outside more enjoyable and productive. I always aim to be warm over dry and do this by layering light items that wick moisture away from my body instead of wearing a big Gore-Tex jacket that traps the sweat in, making me cold from the inside. Having extra gear to slip into right after your workout is key to arriving home warm.

Lastly, one of the best ways to ensure that you won't cower when the downpour hits is to enlist a friend to join you. That way when you say "no" they will say "yes" and encourage you to go and at the end of the workout you will be thanking them for dragging you out the door.

### GEAR guide



#### SUGOI INVERTOR JACKET

**Description:** The Invertor Jacket's three layer, four-way stretch barrier will protect you from the wind, rain and cold. Flat lock stitching, invisible zip chest pocket and Glo reflective detailing for safety. **Price range:** \$200 **Where to find it:** [sugoi.ca](http://sugoi.ca)



#### SILVERFOOT BEANIE TOQUE

**Description:** Stay warm in Silverfoot's close fitting, four-way stretch fleece toque. These high quality hats will keep you toasty in the fall and winter. **Price range:** \$20 **Where to find it:** [silverfoot.com](http://silverfoot.com)

#### SALOMON XA PRO 3D XCR SHOES

**Description:** Keep your feet warm and dry in these training shoes. The 3D chassis provides a stable platform while the Gore-Tex XCR membrane keeps water out. **Price range:** \$160 **Where to find it:** [salomonoutdoor.com](http://salomonoutdoor.com)



#### HELLY HANSEN'S TRAILWIZARD TIGHT

**Description:** The best pants for running or hiking during the fall. Helly's Life technology keeps you dry and comfortable and the open mesh below back waistband will cool you down. **Price range:** \$74.99 **to find it:** [hellyhansen.com](http://hellyhansen.com)

## MSTRKRFT mixes wicked sounds

EVERYONE'S GOT A FAVOURITE holiday, and MSTRKRFT's Jesse Keeler is no exception.

The Canadian house producer and DJ loves the witching hour's freedom to dress up and party. He said he lives in the undertaker's quarters in a house once used as a funeral home, and is an avid mask collector: from the traditional (Wolfman and Dracula) to the contemporary (Hellraiser).

"For a while, people would send (masks) to me, since they knew I was into (collecting them)," he said. "I got all these great monkey masks that are really scary."

This year Keeler and fellow producer Al-P have many opportunities to model their masks — they're playing four Halloween

parties in Calgary, San Francisco, Los Angeles and Vancouver. At the sets, MSTRKRFT blend records with their own Daft Punk-inspired tracks and acclaimed remixes of bands like Metric, Wolfmother and Keeler's old band Death From Above 1979.

"Remixing (begins with) removal — figuring out what you like and are going to keep. Step one is deleting everything you don't need," said Keeler. "With your own music, you only keep the stuff you really like."

In the group's first album of original material, The Looks, this includes vocoder-warbled vocals,

### ON THE BEAT

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synthesizers and handclaps. Their Vancouver show will stick to The Looks' house vibe, though depending on the crowd's mood, might move to-

wards faster techno as the party escalates.

"We play pretty hard," said Keeler. "We each take one turntable and work on the mixer together ... When one of us has an idea, we'll throw it at each other."

As for Keeler's Vancouver costume, he's tight-lipped.

"Who knows," he said. "Maybe I'll dress up like a horse or something."



MSTRKRFT, Jesse Keeler above, play at Shine nightclub tomorrow night.



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