Items to Purchase:

1. Athletic running shoes / “trainers”
    a. Top Brands: Asics, Saucony, Nike, Hoka
2. Basic wrist stopwatch…though we would highly recommend a GPS running watch
    a. Top Brands: Garmin, Coros, Polar
3. Water bottle
4. Nutritional bars for athletes / “protocol”
    a. Top Brands: Clif Bars, Skratch Labs, KIND
5. Spikes
    a. Top Brands: Nike, Saucony, Asics
6. Water bottle

Team Website Link:
https://sites.google.com/myhatchets.org/tomahawkhatchetscrosscountry/home





