

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>

