

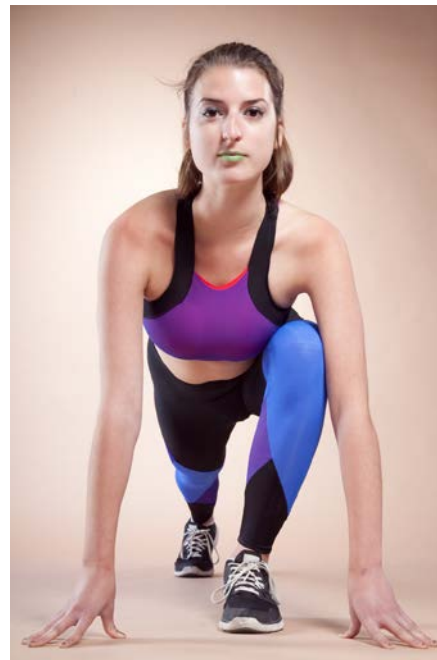
Going the Distance

Caroline Donelan, Cornell University, USA

Keywords: Performance, design, enhanced, runner

The inspiration of *Going the Distance* taps into the mindset of a female runner. Each design line, textile, and color decision was influenced by an athlete's motivated mindset that is sometimes compromised by her surroundings. This look helps drive her focus to keep up with her fitness goals, despite the distractions around her.

Keeping in mind the necessities of running apparel, this look was designed to enhance a runner's performance through a streamlined-compression fit, while maintaining comfort and breathability throughout the garments. The double-layered mesh in the tights prevents the athlete's muscles from overheating and controls the release of heat from the body. Additionally, the scooped cut of the sports bra straps ensure a more focused support system around the bust, instead of balancing out the compression throughout one's entire upper torso. This creates greater flexibility in the runner's shoulder range-of-motion; therefore, allowing her to pump her arms and to drive her momentum further.



The aesthetic properties of this look are equally important in the design process. They were specifically chosen to boost the athlete's self-confidence and motivation, while upholding an underlying significance. The double-layered mesh is made of a cherry red and royal blue to create this magenta top and details in the running tights. The contrasted red and blue colors used in the double layered mesh represent potential opposing ideas that influence the runner's desire to run; however, the combination of the two colors together ultimately symbolize the runner's decision to *Just do it* (as Nike's motto suggests) and go the distance.

Additionally, the mesmerizing effect given by the double mesh layers creates an illusion of high speed and invincibility that average sports apparel cannot offer. This unique effect highlights the wearer's fit figure while in motion or simply standing still. Also, the jet black accents in the sports bra and tights complement the bright blue and purple in this look, and is placed strategically so as not to detract from the illusions and aesthetic qualities of these details.

This look was created through a combination of draping with like materials and flat patterning to ensure an accurate and effective fit for the model athlete. In creating this look, I arranged for multiple fittings during the muslin stage, so that the final garments were just right. The final garments were constructed with 2-way stretch spandex and stretch knit-meshes using an overlock machine. Additionally, I used topstitching on the pants to create stability in the seams.