

Sports clothing has often been designed with two goals in mind: to help athletes achieve peak performance and to stay cool. Thanks to the recent growing awareness of the sun's harmful ultraviolet (UV) rays, many athletic wear companies have grasped the importance of building sun protection into their apparel lines. New developments in fabric technology have made it possible to create lightweight garments that perform multiple tasks: protect you from the sun, cool you down, help you play your best and look terrific to boot.

Sports are an important part of a healthy lifestyle, but too much sun is definitely not healthy. Whether you're paddling downriver, cycling around the countryside or jogging through your neighborhood park, the sun's UV rays will reach you. On both the clearest and cloudiest of days, they can result in damage that accelerates skin aging and could lead to skin cancers and serious eye conditions. Clothing is the single best form of sun protection, and dedicated sun-protective clothing with a high ultraviolet protection factor (UPF) can enhance that protection.

Here, the latest in sun-protective clothing for your favorite outdoor activities:

## SUN-ACCESSORIZE YOUR SPORT



### FISHING

Anglers spend hours on or by the water patiently waiting for that elusive fish to bite. They are particularly vulnerable to sun damage since the sun's UV rays reflect off the water, intensifying their exposure. Outdoor apparel companies have developed a range of gear designed to protect fishermen during their long hours under the sun. Lightweight long pants and long-sleeved shirts with a tight weave are essential to protect the arms and legs. A wide-brimmed hat with a bandana can protect the head and neck. Hooded shirts also provide good protection for the head, neck and ears.

#### Columbia Sportswear

(The following products incorporate their Omni-Shade UPF 50 fabric, which allows only 1/50th of UV rays to penetrate.)



Solar Cast Zero

Designed specifically for fishing, this lightweight shirt is also ideal for kayaking and hiking. With built-in Omni-Freeze ZERO technology, the fabric is embedded with hundreds of tiny blue rings that start cooling your body when activated by sweat. Equipped with a Velcro rod holder for anglers, the shirt also includes a sunglass cleaning patch and unique side-entry pockets for easy access when you're wearing backpack straps.



Terminal Tackle Hoodie

This lightweight, breathable hoodie, quick-drying for when you're sweating or in/on the water, has a high neckline for extra UV protection and a streamlined hood that can fit under a cap or sun hat for total coverage of your neck and ears.



J Crew

#### Sun Shirt

A lightweight, looser-fitting UPF 50 rash guard, this top is perfect for a day at the beach, running or just walking around town. Made with quick-drying nylon/spandex.

#### Land's End

##### Swim Tees

Made with soft, lightweight and quick-drying fabric, these UPF 50 shirts for men, women and children are perfect over a bathing suit. Made in a variety of stylish patterns and colors, the tees are also great for workouts or a casual afternoon.



### CYCLING

In recent years, cycling apparel makers have developed high-tech jerseys, shorts, leggings and bibs that are lightweight, breathable, and sweat-wicking, with UPFs of 30 or higher.

#### Specialized

Since cyclists spend hours riding outdoors in the sun, this manufacturer introduced the DeflectUV line of fabrics for all of their products (ranging from UPF 30 to UPF 50 protection). Their RBX apparel line is designed for long endurance rides.

##### RBX Pro Jersey

Made with high-tech "Cold Fabric" that reflects UV and wicks moisture to keep you cooler, this riding jersey has seven pockets and UPF 50 protection.



##### RBX Pro Bib Short

With the same high-tech properties as the RBX Pro Jersey, these bib shorts have built-in triple density foam padding, two rear pockets and UPF 50 protection. Held up by suspender-like straps, they must be worn with a jersey for upper body UV protection.

Some extras to include when biking: To protect exposed arms and legs, consider separate leg and arm sleeves with UPFs of 30 or higher. Wraparound sunglasses or goggles with 99-100 percent UV protection are essential for your eyes, eyelids and surrounding areas, and wearing a cycling cap or visor under your helmet will protect more of your face.



### SWIMMING & SURFING

Like fishermen, surfers and other water sport enthusiasts face the double whammy of being hit first by the sun's rays from above, then again by those rays reflected off the water. To protect their back, shoulders, chest and stomach from the sun and prevent chafing from their boards, surfers often wear wetsuits or rash guards. Some wetsuits also come with built-in hoods to protect the head. Rash guards, also called swim tees, are usually made of nylon, polyester or spandex, and can be worn under a wetsuit or over a bathing suit. They have recently become popular beyond the surfing community as sensible sun protection for swimmers, beachgoers and those spending a casual afternoon outdoors.



O'Neill

#### Hooded Super Tech Jacket

This new high-tech rash guard hoodie is made with a super-lightweight, water-resistant fabric called Technobutter, which has UPF 40+ protection. It's perfect for water sports such as stand-up paddle boarding.



#### Skins L/S Crew

A UPF 50+ rash guard made with special stitching to avoid chafing and irritation. Includes a loop near the bottom to connect to your shorts so that it doesn't pull over your head when you're paddling on a board.

For the latest information and updates go to: [SkinCancer.org](http://SkinCancer.org)





## GOLF

Playing a round of 18 holes requires several hours in the sun, so it's important to wear UV-protective clothing, and fortunately, golf is one sport where long sleeves and long pants are very much the norm. Several sportswear companies offer high-SPF polo shirts with cooling and sweat-wicking properties.

### Under Armour

#### UA Match Play Golf Pants

Light and breathable, these long golf pants have UPF 30+ sun protection and a stretch-engineered waistband for mobility and comfort.



**UA Coldblack Major Stripe Polo**  
Dark colors tend to heat up in the sun, but this shirt, made with Coldblack technology, reflects the sun's infrared rays to keep you cooler. Breathable and moisture-wicking, the polo offers UPF 30+ protection.



Zoom in



### Coolibar

Sport Polo A polo so soft and lightweight, you may forget you're wearing long sleeves. Includes UPF 50+ sun protection and a quarter-zip front zipper so that you can easily pull the shirt over your head.



### Men's ZnO Sun Sleeves

Great for golf, tennis, gardening, or anytime you're outdoors and don't want your arms suntanned or burned. The stretchable, breathable fabric incorporates zinc oxide (ZnO) sunscreen into the material for UPF 50+ protection.

We advise golfers also to follow Hall-of-Famer Greg Norman's lead and always protect your head, face, and neck with a wide-brimmed hat (3-inch brim or wider). Wear UV-protective sunglasses as well, use broad-spectrum SPF 30+ sunscreen on all exposed areas, and try and schedule tee times in the early morning and late afternoon, when the sun is less intense. Between shots, seek shade under an umbrella, golf cart or leafy tree.



## RUNNING

It's time to reconsider that old white T-shirt you love to wear for running workouts: standard white T-shirts offer UPFs of only about 5 (less when wet). In general, clothing that is tightly woven (like lycra and spandex) offers more sun protection than cotton or mesh. Look for lightweight, breathable clothing made with UPFs of 30 or higher.



### Under Armour

#### Women's Sunblock

**50+ Long-Sleeve Shirt**  
Lightweight and breathable, this shirt has raglan sleeves for a full range of motion while running. The UPF 50+ fabric has moisture-wicking and anti-bacterial properties.

## FASHION PLUS FUNCTION

Bloxsun Protective Scarves can shield our necks and décolleté from damaging ultraviolet rays, Mofid says. "They are really pretty, function as a lightweight shawl, and the fabric has a Ultraviolet Protection Factor (UPF) of 50," she says.

"I tell a lot of my patients to keep a scarf in the car or in their purse if they get caught up outside, and this is perfect for that purpose," she says. "The neck

area gets overlooked often and is at risk for skin cancer and premature aging." The scarves are all approximately 57 x 30 inches, and come in nine designs. They retail for \$68. For more information, visit [www.bloxsun.com](http://www.bloxsun.com)



For more information visit [www.skincancer.org](http://www.skincancer.org)