

**About.com**

July 15, 2010

Running and Jogging

Featuring: The Sprint Skort

Monthly Traffic: 45,200,000

URL: <http://tinyurl.com/2cfqb6q>

I've tried many different running skirts, and Moving Comfort's Sprint Skort is definitely one of my favorites. It's very lightweight and the material is extremely comfortable. There are plenty of pockets (two side and one internal) to store anything you need for a long run or race. The "boy shorts" under the skirt are super comfortable and don't ride up, while helping to protect from chafing (and peek-a-boos if it's a little windy). Also, with a wide waistband and the compression shorts, the fit is very flattering. It may be a tad bit shorter than some other running skirts, but is still longer and provides more coverage than most running shorts. If I need to run errands after a workout, this is definitely the skirt I'm pulling out of my drawer.

**Pros**

- \* Very light-weight, comfortable and flattering.
- \* Shorts under the skirt help protect from chafing.
- \* Doesn't ride up like some running shorts.
- \* Two side and one internal pockets provide plenty of storage

**The Bottom Line**

This running skirt from Moving Comfort is a flattering, comfortable and practical alternative to running shorts.