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18 Best Runner Gifts of 2024

By [Amanda Capritto](#)



Edited by [Marlo Jappen Porto](#)

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If you have a runner in your life, gift-giving can be tough. This is because runners tend to be rather particular about the products and brands they use.

But, we've got you covered: A sports dietitian for endurance athletes and a high school track coach and certified triathlon coach helped us come up with top picks. I also relied on my insights as a triathlete and trail runner. With this list, you'll be ready to find the right gift for your runner. On your mark, get set, go!

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**LIST PRICE:**

✓ \$25

[Buy From Amazon](#)

With their classic shape and high-quality construction, the Goodr The OG Sunglasses keep runners' eyes safe from harmful ultraviolet (UV) exposure and come in dozens of colors. They're also available with prescription lenses for runners who wear glasses or contacts.

[Buy From Amazon »](#)

Shokz OpenRun Bone Conduction Headphone...

**LIST PRICE:**

✓ \$129.95

[Buy From Amazon](#)

Most runners enjoy listening to music while training, but earbuds can be unsafe when running in high-traffic areas. With Shokz OpenRun Bone Conduction Headphones, runners can stay motivated with their favorite tunes while keeping their ears open and staying aware of their surroundings. Bonus: They're sweat-resistant.

[Buy From Amazon »](#)

Oofos OOaah Slides »

**LIST PRICE:**

✓ \$59.37

[Buy From Amazon](#)

Aptly named, these slides will make any runner say “ooh, ahh” as they slip them on. Available in several colors and made from sturdy but squishy closed-cell foam, these slides offer relief to tired, post-race feet.

[Buy From Amazon »](#)

BibBoards bibSNAPS »

**LIST PRICE:**

✓ \$15.95

[Buy From Amazon](#)

Say goodbye to safety pins – and holes – in running shirts. BibBoards bibSNAPS are an innovative solution for race days: These snap-and-lock fasteners keep race bibs secure without puncturing clothing.

[Buy From Amazon »](#)

Amphipod RunLite Xtech Hydration Belt »

**LIST PRICE:**

✓ \$60

[Buy From Amazon](#)

Carrying water for long runs can be cumbersome and tedious. Make it easier for the runner in your life with the Amphipod RunLite Xtech Hydration Belt, which comes equipped with two or four water flasks, plus space for small personal items.

[Buy From Amazon »](#)

SALOMON ADV SKIN 5 Running Vest »

**LIST PRICE:**

✓ \$145

[Buy From Amazon](#)

If a [running belt](#) isn't their style, a running vest is another option. SALOMON is a beloved brand among runners, especially long-distance runners, and this unisex ADV SKIN 5 Running Vest has ample space for fluids, snacks, keys, a phone, and other small items.

[Buy From Amazon »](#)

Garmin Forerunner 165 »

**LIST PRICE:**

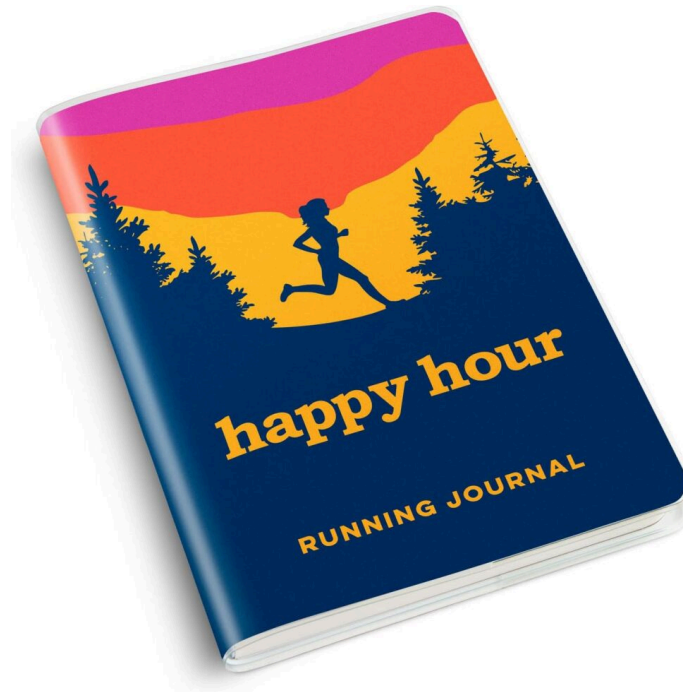
✓ \$249.99

[Buy From Amazon](#)

For runners who are ready to take their performance to the next level, the Garmin Forerunner 165 [running watch](#) can help them keep track of the most important stats. From training metrics to recovery insights to programming and GPS (global positioning system), this sophisticated fitness tracker can handle it all.

[Buy From Amazon »](#)

Happy Hour Running Journal »

**LIST PRICE:**

✓ \$19.99

[Buy From Amazon](#)

A running log, a motivational tool, and a training journal, the all-in-one Happy Hour Running Journal is a great gift for runners who run for more than just the physical health benefits. Those who see each run as a personal journey will adore this thoughtful gift.

[Buy From Amazon »](#)

TriggerPoint Foam Roller »



LIST PRICE:

✓ \$36.99

[Buy From Amazon](#)

Tired of hearing your runner friend complain about sore legs? Get them this TriggerPoint Foam Roller as a gift to them (and yourself)! A [foam roller](#) helps ease sore muscles by loosening tight fascia, a connective tissue in the body. Any runner – and their calves – will thank you.

[Buy From Amazon »](#)

Balega Socks »

**LIST PRICE:**

✓ Starting at \$16

[Buy From Amazon](#)

Recommended by a running coach who we interviewed for this piece, Balega socks are some of the best running socks out there. Take a peek at your runner's feet to see if they usually wear no-shows, ankle socks, or crew socks, because Balega has them all.

[Buy From Amazon »](#)

Nathan Luna Fire 250 RX Run Chest/Waist LED ...

**LIST PRICE:**

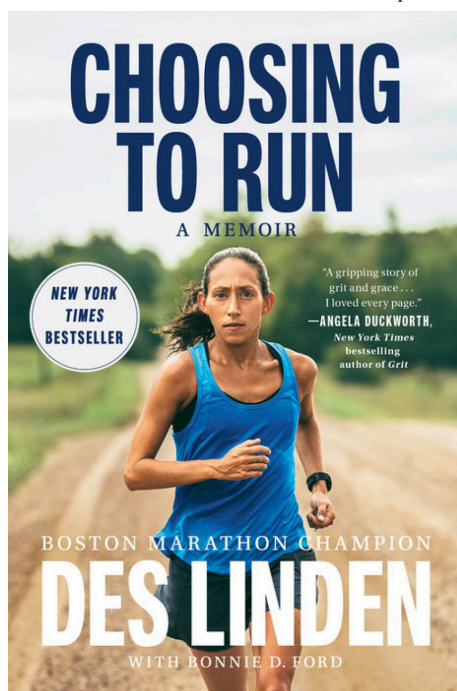
✓ \$39.32

[Buy From Amazon](#)

Safety is of the utmost importance when running on roads or trails, especially when running in low-light conditions. Consider giving a runner this safety light that they can comfortably wear around their chest or waist; it'll come in handy when running early in the morning, at night, or in rainy weather.

[Buy From Amazon »](#)

Choosing to Run: A Memoir by Des Linden »

**LIST PRICE:**

✓ Starting at \$15.82

[Buy From Amazon](#)

Does your runner also love to read? If so, a good running book makes for an excellent gift. *Choosing to Run: A Memoir* by Des Linden details the inspirational and motivating story of the Olympian who, in 2018, was the first American woman to win the Boston Marathon in 33 years.

[Buy From Amazon »](#)

RunnerBox from Fuel Goods »

**LIST PRICE:**

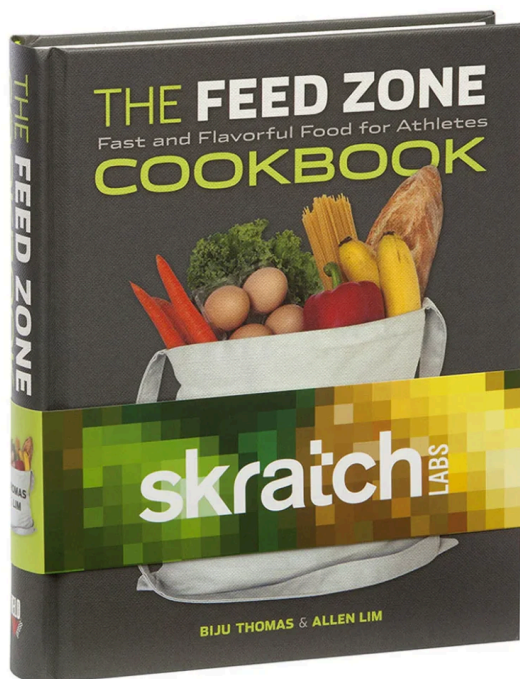
✓ \$48.95

[Buy From Amazon](#)

This box full of runner goodies is sure to please any runner, from the casual 5K-er to the ultramarathoner. Stacked with snacks, electrolyte drinks, a [water bottle](#), and anti-chafe balm, it's a runner's dream box.

[Buy From Amazon »](#)

The Feed Zone Cookbook by Skratch Labs »

**LIST PRICE:**

✓ \$24.95

[Buy From Amazon](#)

Runners who love to cook meals at home will appreciate *The Feed Zone* by Skratch Labs, a prominent running nutrition company. The recipes feature simple ingredients and simple instructions and were developed with endurance athletes in mind. It's a win-win-win.

[Buy From Amazon »](#)

Marathon Map & Medal Frame »

**LIST PRICE:**

✓ Starting at \$121

[Buy From Amazon](#)

A sentimental runner will be delighted with this Marathon Map & Medal Frame, a unique and thoughtful gift that will allow them to showcase their greatest accomplishment. It may be hard to keep this one a surprise, though, as you'll need the runner's bib, medal, and map to make it.

[Buy From Amazon »](#)

Smells Like a Marathon Runner Candle »

**LIST PRICE:**

✓ \$22.99

[Buy From Amazon](#)

This isn't what you think it is! No, this candle doesn't smell like sweaty feet and salt sticks. Instead, you can choose from five yummy scents: clean cotton, sea salt & orchid, white sage & lavender, apple harvest, or cinnamon vanilla. Made with soy wax and sporting a humorous label, this candle is sure to be a hoot.

[Buy From Amazon »](#)

Personalized Mug With Race Map or Finisher P...



LIST PRICE:

✓ \$14.99

[Buy From Shutterfly](#)

If you can get your hands on a race map or finisher photo, you can create a custom gift with a great deal of sentimental value. Many places offer custom mug printing, but Shutterfly is a reliable and affordable option.

[Buy From Shutterfly »](#)

Race Entry »



LIST PRICE:

 Varies[Buy From UltraSignup](#)

Running is considered to be an affordable hobby in some regards, but race entries are not cheap. Consider gifting your favorite runner an entry into their dream race – it's a gift they'll never forget.

[Buy From UltraSignup »](#)

Things To Consider When Buying Runner Gifts

Runner's Experience Level: A new runner may appreciate a more simple gift like good [running socks](#), whereas a longtime runner may love a sophisticated [fitness tracker](#) to help improve their runs. It's a matter of personal taste, too: Some runners are all performance-oriented, while others run just for fun and may love to receive a sentimental gift, like a medal frame.

Material Quality and Durability: Understandably, you probably have a gift-giving budget. However, it's almost always worth it to pay a bit more for quality items from a reputable company. Look into things like a warranty to get an idea of how much the company stands by its products.

Return Policy and Customer Service: When buying gifts, it's always important to consider the return policy and any specific gifting policies they may have. Get a gift receipt if you can, and let the recipient know about the company's return policy should they want to return or exchange the gift.

How We Chose the Best Runner Gifts

[Jena Brown, RD, CSSD](#), sports dietitian for endurance athletes at Victorem Nutrition, and [Kristen Hislop](#), high school track coach and certified triathlon coach, contributed to the creation of this guide by offering gift ideas they've loved as runners – and gifts that their recipients have loved as well.

WHY SHOULD YOU TRUST US?

The author, [Amanda Capritto](#), is a triathlete and a trail runner who drew on her own experience for this piece. Additionally, she's a certified personal trainer and a sports nutrition coach. [Marlo Jappen Porto](#), who edited this piece, is the Fitness editor at U.S. News 360 Reviews.

About Our Team



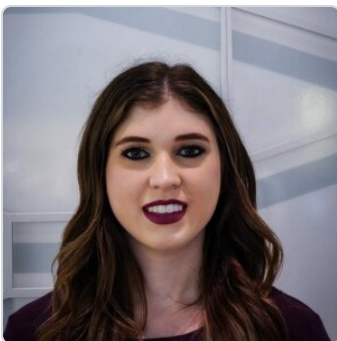
Amanda Capritto

Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In

addition, she has spent years working as an editor and
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