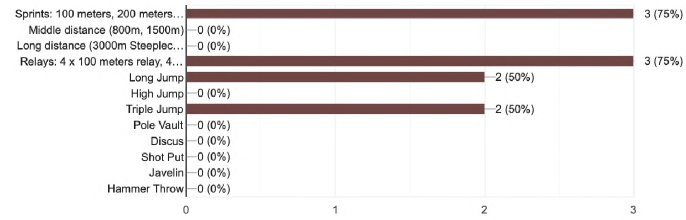


Appendix A: Athlete Survey

What is/are your track event(s)?

4 responses



How would you describe your body type as an athlete?

4 responses

When I was growing up people at competitions and on my team would call me "Long Legs". I was also always assumed to be a basketball player instead of a track athlete because of my height. I'm not sure of the words I would use to describe my body type, other than long and lean.

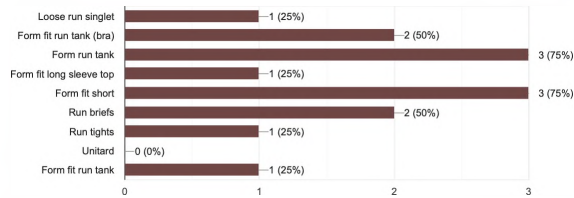
Slim

A big Y !!

Slim and muscular

From the drawings below, select all of the pieces you currently wear for track competitions.

4 responses



Of all of the items listed in #5 what is your favorite outfit to wear for a track meet? Why?

4 responses

My favorite is definitely the form fit shorts. I think this is mostly because it's a track uniform classic and what I've been wearing since I first started when I was running AAU in elementary/middle school. It just keep the originality of the sport.

Sports bra and panties. The less clothes I have on the faster I run

Fitter shorts and bra

My favorite is the unitard but west georgia track doesn't have that type of uniform.

What items would you never wear for a track meet?(your least favorite) Why?

responses

My least favorite is probably the long sleeve one. Some track meets can be really cold, but I find that the long sleeve ones would impact how loose I feel in my range of motion.

Least favorite is something baggy like a loose top bc it slows me down

Panties ! Girl I don't feel like shaving all the time 😬

Loose items because they cause issues while running.

What apparel items are missing from the track uniform? Why?

4 responses

The only apparel items that I would consider missing are the half tights (the ones that stop at your knees) and for the tank I would keep in mind that there's a difference between the form fitting ones that are sports bra types and the ones that are still form fitting but don't show your stomach.

Nothing

Hum maybe cuter stuff

N/A

If you could have any track uniform color, what colors would you like to wear?

4 responses

Lime Green or a superhero blue

All white !

Brown

Highlighter green

Do you believe color affects your mood /track performance? Why or why not?

4 responses

I do think that what we wear can determine how confident we are. Track is such a solo sport and when you are running people are watching everything you do. Your form, your facial expressions. . . so what you wear can contribute to how you want to represent yourself out there on the track. For some, a more form fitting uniform can make them feel sexy and for others a loose jersey can make them feel less restricted.

No

Neuwww

Yes, because if you feel confident in what you wear you'll be confident in what you do.

How do you prepare mentally for a track meet?

4 responses

Listening to music, being surrounded by positive energy, and reminding myself of my goals and why I am doing what I am doing are 3 things that I prioritized before a track meet. I tried to not think too much about the actual meet itself and even found that hanging out with friends the night before or playing cards as an example was a great way to balance my nerves with staying focused.

I just chill and relax

Relationship with Jesus !

Talking to God, myself, and music.

What one of the toughest battles you've faced being a woman of color in track?

4 responses

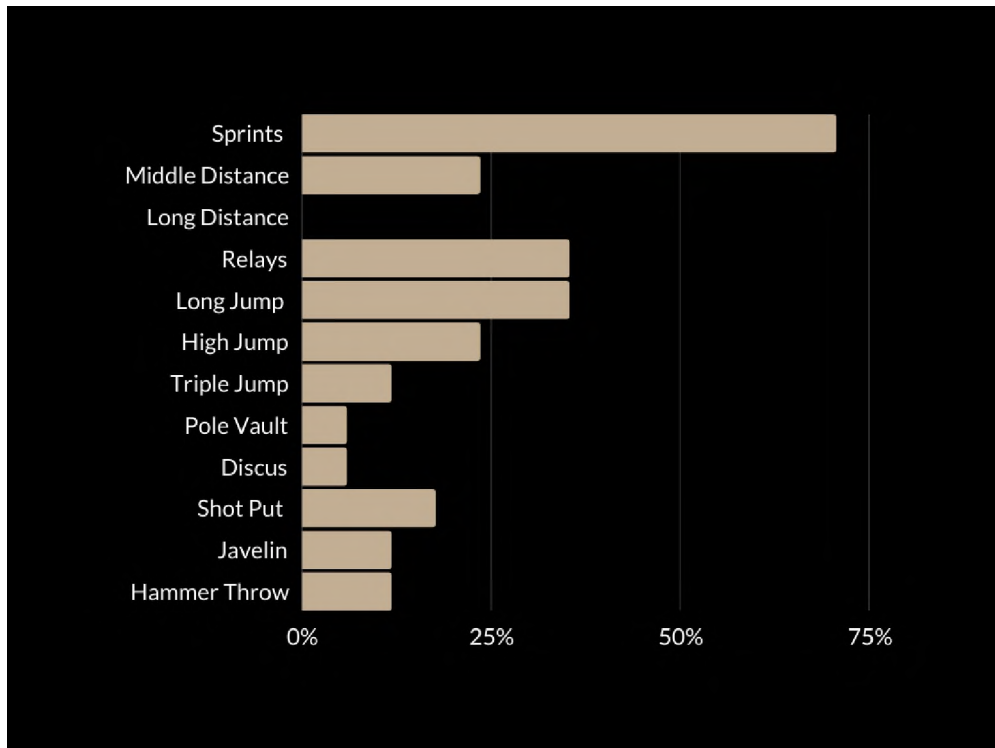
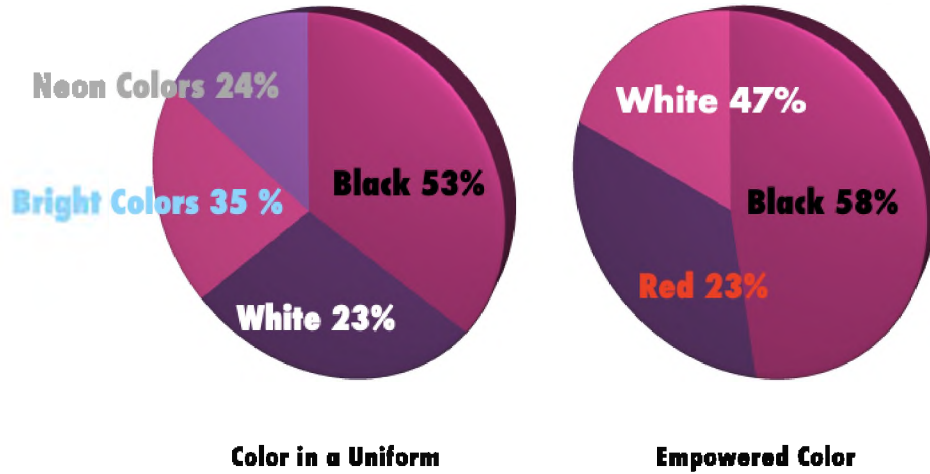
Being a woman alone and playing a sport already comes with its own battles, but ONE of the toughest battles I've faced being a woman of color and running track honestly was appearance and figuring out how to be confident in my physical appearance. So starting with my hair and making sure its not straightened because it'll sweat out or get wet if its an outdoor meet and its raining as an example. "Should I get a weave?" "Ugh, I'll just wear it natural!" "I don't want my hair to sweat out when I run!" Another example is with our bodies and not being compared to looking like men with our muscles. Lifting in the weight room was interesting. Times have changed and women's athletic bodies have been praised more but there's still a battle that exists in that realm.

I haven't had any battles due to being black without the sport of track and field

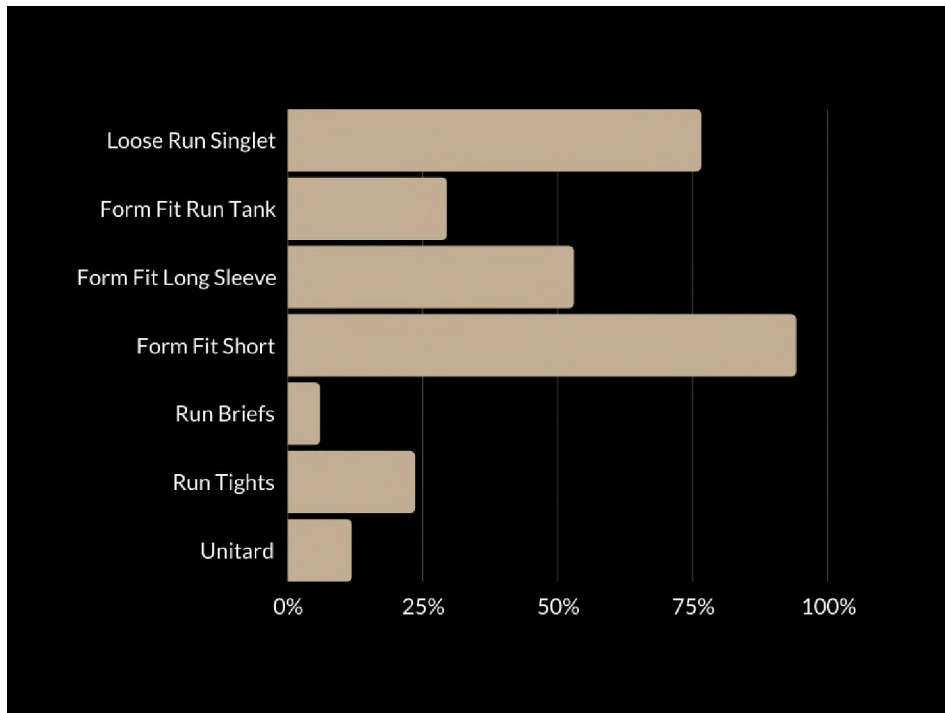
Promotion

Not being able to wear certain uniforms because of the color.

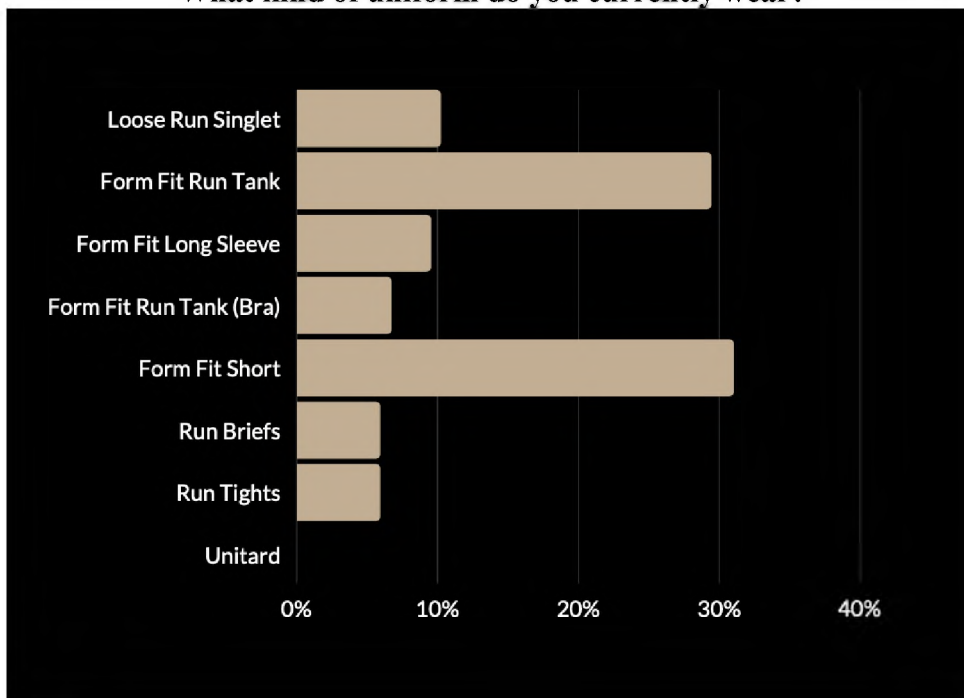
Appendix B: Insights Data



What are your events?



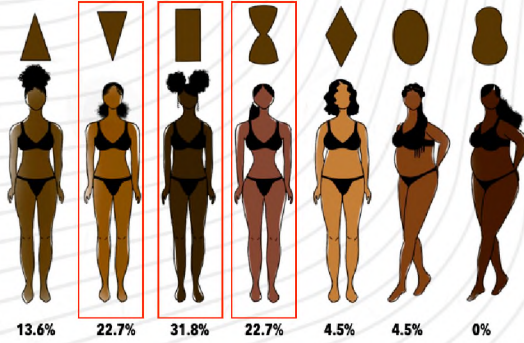
What kind of uniform do you currently wear?



If you could choose, what uniform type would you prefer to wear?

ATHLETE DATA

30+ SURVEYED PARTICIPANTS



Current Metric
Scaled from 1-5 (1=worst,5=best)

I feel confident in my uniform.

3.25/5

I feel empowered in my uniform.

3/5

I feel like my uniform is easy to run in.

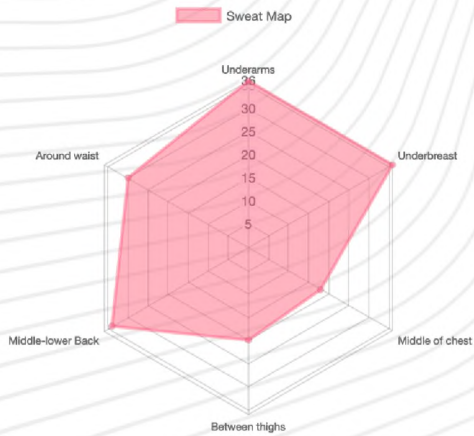
3.5/5

THE BRAND OF UNEXPLORED TERRITORIES

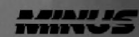


SWEAT MAPPING

30+ SURVEYED PARTICIPANTS



THE BRAND UNEXPLORED TERRITORIES



ATHLETE INSIGHTS

30+ SURVEYED PARTICIPANTS

FOCUS GROUP: HHS ATHLETES

PRIMARY CONCERNS:

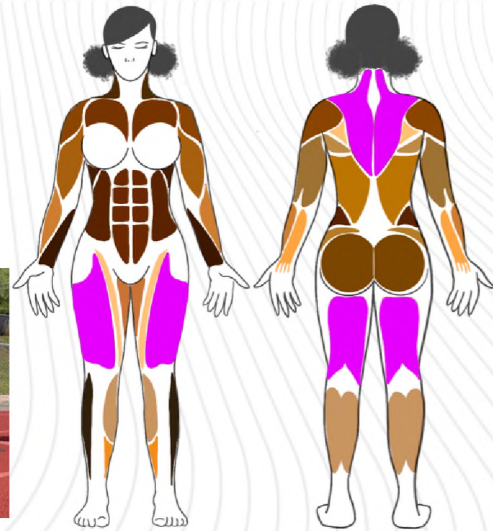
- "THE TOP IS TOO LOOSE TO DO OUR EVENTS IN."
- "I DON'T LIKE THE LENGTH OF MY SHORTS & WOULD WANT THEM A TINY BIT LONGER."
- "MY THIGHS RUB TOGETHER."
- "I WOULD WANT THE WAISTBAND TO BE MORE COMFORTABLE TO WARM-UP/RUN IN."
- "I WOULD LIKE MORE DESIGNS."
- "SOMETHING BETTER TO WEAR ON COLDER MEET DAYS THAN OUR SWEATSHIRTS OVER THE UNIFORM"



THE BRAND OF UNEXPLORED TERRITORIES



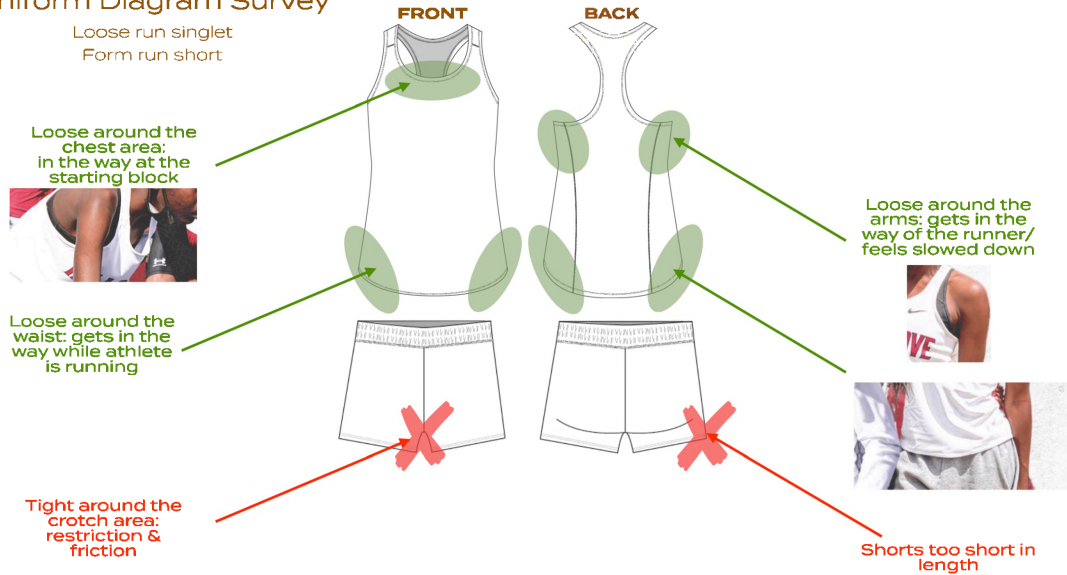
BODY MAPPING



THE BRAND UNEXPLORED TERRITORIES



Hillgrove High School T&F Uniform Diagram Survey



Appendix C: Flex-Fit

WAISTBAND TESTING



BENCHMARK ADJUSTABILITY
ON A LIKERT SCALE: ATHLETES RATED THIS ADJUSTABILITY COMFORT LEVEL AT A 2.75/5

THE BRAND OF UNEXPLORED TERRITORIES



FLEX-FIT VALIDATION TESTING

Athlete Insights:

Top #1
"Feels like I have nothing on; it's so
lightweight"
Able to move arms freely
Bra support-no chafing
Easy to adjust
Straps could be tighter



Figure 1 First protos-winter term

FLEX-FIT VALIDATION TESTING



PROTOTYPE ADJUSTABILITY

PROTOTYPE IN MOTION SECURITY

ON A LIKERT SCALE: ATHLETES RATED THIS PROTOTYPE ADJUSTABILITY OVER DRAWSTRINGS COMFORT LEVEL WITH AN INCREASE OF 65%

THE BRAND OF UNEXPLORED TERRITORIES

MINUS

FLEX FORM VALIDATION TESTING



Figure 2 First protos-winter term

FLEX-FORM VALIDATION TESTING



Placement of zones

THE BRAND OF UNEXPLORED TERRITORIES

MINUS

Figure 3 Engineered knit compression zoning

Appendix F: 0 Gravity

0 GRAVITY VALIDATION TESTING



THE BRAND OF UNEXPLORED TERRITORIES



0 GRAVITY VALIDATION TESTING



THE BRAND OF UNEXPLORED TERRITORIES



Appendix G: Knit Bra and Method of Manufacture Thereof Patent Claims

CLAIMS What is claimed is:

1. A bra having enhanced performance and comfort, the bra comprising:
a first region having a three-dimensional structure and a first structural property, and a second region having a second structural property, the first and second regions being joined by a seamless transition, and wherein the three-dimensional structure is formed via a dual bed, v-bed knitting machine such that both front and back beds of the machine are used to knit the three-dimensional structure.
2. The bra of claim 1, wherein the bra comprises two or more three-dimensional structures.
3. The bra of claim 1, wherein the fabric is formed of a first type of yarn.
4. The bra of claim 3, wherein the first type of yarn comprises strands of a single material.
5. The bra of claim 3, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
6. The bra of claim 1, wherein the fabric is formed of a first type of yarn and one or more additional yarns.
7. The bra of claim 6, wherein the first type of yarn comprises strands of a single material.
8. The bra of claim 6, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
9. The bra of claim 6, wherein the one or more additional yarns comprises strands of a single material.
10. The bra of claim 6, wherein the one or more additional yarns comprises strands of a first material and one or more additional materials.
11. The bra of claim 6, wherein the yarns are identical.
12. The bra of claim 6, wherein the yarns are different.
13. The bra of claim 1, further comprising a second region having a second fabric.
14. The bra of claim 13, wherein the second fabric is formed of a first type of yarn.
15. The bra of claim 14, wherein the first type of yarn comprises strands of a single material.
16. The bra of claim 14, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
17. The bra of claim 13, wherein the second fabric is formed of a first type of yarn and one or more additional yarns.
18. The bra of claim 17, wherein the first type of yarn comprises strands of a single material.
19. The bra of claim 17, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
20. The bra of claim 17, wherein the one or more additional yarns comprises strands of a single material.
21. The bra of claim 17, wherein the one or more additional yarns comprises strands of a first material and one or more additional materials.
22. The bra of claim 17, wherein the yarns are identical.
23. The bra of claim 17, wherein the yarns are different.
24. The bra of claim 13, wherein the fabrics are identical.
25. The bra of claim 13, wherein the fabrics are different.
26. The bra of claim 2, wherein the bra comprises two three-dimensional structures, each shaped to conform to a different three-dimensional shape of an individual wearer.

27. The bra of claim 26, wherein the three-dimensional structures are shaped to conform to breasts of the wearer.
28. The bra of claim 1, wherein the bra is seamless.
29. The bra of claim 1, wherein the bra is an athletic bra.
30. A method for producing a bra having enhanced performance and comfort, comprising:
 - a) obtaining dimensions of a three-dimensional shape of a wearer of the bra; and
 - b) generating the bra, wherein the bra comprises a first region having a three-dimensional structure having a shape conforming to the three-dimensional shape of the wearer and having a first structural property, and a second region having a second structural property, the first and second regions being joined by a seamless transition, and wherein the three-dimensional structure is formed via a dual bed, v-bed knitting machine such that both front and back beds of the machine are used to knit the three-dimensional structure.
31. The method of claim 30, wherein the bra comprises two or more three-dimensional structures, each shaped to conform to a different three-dimensional shape of the wearer.
32. The method of claim 30, wherein the fabric is formed of a first type of yarn.
33. The method of claim 32, wherein the first type of yarn comprises strands of a single material.
34. The method of claim 32, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
35. The method of claim 30, wherein the fabric is formed of a first type of yarn and one or more additional yarns.
36. The method of claim 35, wherein the first type of yarn comprises strands of a single material.
37. The method of claim 35, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
38. The method of claim 35, wherein the one or more additional yarns comprises strands of a single material.
39. The method of claim 35, wherein the one or more additional yarns comprises strands of a first material and one or more additional materials.
40. The method of claim 35, wherein the yarns are identical.
41. The method of claim 35, wherein the yarns are different.
42. The method of claim 30, further comprising a second region having a second fabric.
43. The method of claim 42, wherein the second fabric is formed of a first type of yarn.
44. The method of claim 43, wherein the first type of yarn comprises strands of a single material.
45. The method of claim 42, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
46. The method of claim 43, wherein the second fabric is formed of a first type of yarn and one or more additional yarns.
47. The method of claim 46, wherein the first type of yarn comprises strands of a single material.
48. The method of claim 46, wherein the first type of yarn comprises strands of a first material and one or more additional materials.
49. The method of claim 46, wherein the second type of yarn comprises strands of a single material.
50. The method of claim 46, wherein the second type of yarn comprises strands of a first material and one or more additional materials.
51. The method of claim 46, wherein the yarns are identical.
52. The method of claim 46, wherein the yarns are different.
53. The method of claim 42, wherein the fabrics are identical.

54. The method of claim 42, wherein the fabrics are different.
55. The method of claim 31, wherein the bra comprises two three-dimensional structures, each shaped to conform to a different three-dimensional shape of the wearer.
56. The method of claim 55, wherein the three-dimensional structures are shaped to conform to breasts of the wearer.
57. A method for producing the bra of claim 1, comprising manufacturing the bra using a dual bed, v-bed knitting machine to produce a region of the bra having a three-dimensional structure, thereby producing the bra.
58. A method for producing a bra, comprising manufacturing the bra using a dual bed, v- bed knitting machine, wherein a yarn having a denier of about 20 to 300 is used on the knitting machine to produce the bra, and wherein the bra has a first region having a first structural property, and a second region having a second structural property, the first and second regions being joined by a seamless transition.
59. The method of claim 58, wherein the yarn is treated via one or more of the following methods: being fully drawn, draw texturized, false twist texturized and air jet texturized

