

# What to Wear.

## Cold

feet

wicking socks

legs

thin tights or pants

undergarments

wicking underwear

baselayer

baselayer long sleeve crew

upper body

wind vest

hands

technical gloves

head \* neck \* gloves

headband or earband

accessories

handheld water bottle

# Wind, Snow, Ice?

## Colder

feet

← plus traction device (in ice/snow)

legs

midweight tights or pants

undergarments

wind brief

baselayer

half-zip long sleeve top

upper body

wind jacket

hands

lined technical gloves

head \* neck \* gloves

wicking hat & neck gaiter

accessories

hydration waist pack

# Bring It On!

## Coldest

feet

heavy wicking socks and water resistant shoes

legs

windpants (over tights)

undergarments

← plus a wicking undershirt

baselayer

middle insulating top layer

upper body

lined or waterproof jacket

hands

convertible gloves or mittens

head \* neck \* gloves

fleece hat and balaclava

accessories

insulated water bottle

# Ten Winter Running Tips

## Tip 1: Safety First

There are a lot more hours of darkness during the winter and reflective apparel and safety lights will help drivers identify you if your running on the street or crossing any streets. Most winter running jackets and some tights already have reflective material as part of the design. Supplement with blinking armbands or small reflective lights that clip on to the back of a hat or your waistband.

## Tip 2: Get Technical

The number one rule to work with when purchasing running apparel is that "cotton kills".

Winter running apparel should all be made of technical, synthetic material. Every apparel vendor has their own name for it, but they are all "moisture wicking," type products. They will wick the moisture away from you skin as you sweat to help keep you warm and dry. These fabrics also dry much more quickly than cotton so that when you stop running you have less of a chance of getting chilled for a long period of time.

## Tip 3: Layering – top heavy

Layering your running apparel is key especially if you are going to be for an hour or more. In winter months the weather can change quickly and when you're running and your body temperature changes dramatically. It is good to start out with at least a base layer and a jacket, as you warm up the jacket can come off and be tied around your waist. As the temperature drops just add more base layers to your starting wardrobe. There are many different moisture wicking pieces that can make winter running comfortable and fun.

## Tip 4: Layering – bottoms up!

What to wear on your legs – that is an often-asked question. There are many choices and depending on how hearty you are will depend on when the shorts come off and the pants/tights go on. There are many different weights of moisture wicking pants and you have a choice between tights and loose fit pants. It is also best to wear moisture wicking undergarments. Wind pants are a good addition to the winter running wardrobe if you are running in heavy snow or rain.

## Tip 5: Head, Fingers, Hands & Toes

Be sure to cover your head since over 20% of body heat escapes through your head. Great technical pieces complete with face and neck coverings are also available. If it is not that cold but your ears get cold fast – try an earband. As with ears – other extremities tend to get cold quickly - a good pair of gloves is a must for winter running. Gloves made of technical fabrics can really make a winter run great!

## Tip 6: The Right Shoes Can Make the Run

There are some water resistant running shoes out there that are very good but be sure to have your local running specialty store work with you on your biomechanical fit. Socks – a little thicker than your summer running socks but keep them moisture wicking – no cotton please.

## Tip 7: Running on Ice and Snow

It is a good idea to shorten your stride when running on ice. Smaller steps will help prevent those nasty falls on the ice. This is also a good time of year to change your training program to cover time instead of distance. For example instead of going out for a 6-mile run – go out for an hour (if you are a 10minute miler). During that hour you will be running less distance but exerting as much if not more energy. There are also ice joggers and other things you can attach to your shoes to make them more like snowshoes.

## Tip 8: Hydrate, Hydrate, Hydrate

It may be cold but your body still needs to be hydrated. On the lakefront path of Chicago the water fountains all are turned off in the winter so we have to find alternate watering holes. It is important during this time of year to carry your water or sports nutrition drink; there are packs that you can strap on to your waist that hold water bottles. Bathrooms are also a bit of challenge to find during the winter - so search out the local gas stations, McDonald's, hospitals, hotels, or construction sites with porta-potties.

## Tip 9: Gotta' Wear Shades

Finally, keeping with fighting the sun's potential damaging effects while out on your run, always make sure to wear the proper eye protection. Mainly a good pair of running sunglasses, to fight off the double whammy you'll get as the sun's rays will also reflect off any snow on the ground. However, good eye protection is a must when there is blowing or drifting snow, sleet or rain. Glasses come in differing shades, and are also available with clear lenses, just to offer protection from wind and the elements when it is dark outside.

## Tip 10: Be Prepared!

Often it's the little things that will make or break your winter run, think tissues and lip balm. Also, you never know when the weather is going to take a turn for the worst or if it might take its toll on you midway through a run. consider bringing you ID, cell phone, bus fare or money to get you back home safe and sound in case something comes up.



What to wear when it's cold outside



What to wear when it's colder outside



What to wear when it's coldest outside



Plus Ten Winter Running Tips



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