

Cold Weather RUNNING

HOW TO RUN IN THE COLD SO IT'S ALL GOOD

YOUR ROUTE

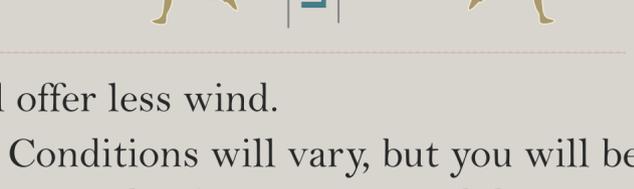
START OUT INTO THE WIND



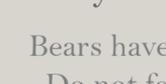
This usually means heading **NORTHWEST**

You will start out cold but will be sure to make it home.

Best to get it over with.



Trails will offer less wind.



Conditions will vary, but you will be amazed at how many good days you will get on the trails.

And you might see some cute wildlife!

Bears have a powerful sweet tooth.

Do not feed the bears your sugary sweet energy chews.



FABRIC

STAYING DRY IS STAYING WARM

COTTON is a hollow fiber that traps heat and gives that great cotton feeling...until it gets soaked.



Then it sucks up water and turns from soft and fluffy to **heavy, cold, and wet.**

Just remember:

COTTON IS ROTTEN

POLYESTER has multi-sided fibers with a lot of surface area. This helps move away moisture away from the source (you,) down the fibers, out to the surface of the garment so it can evaporate away.



Many companies hold patents on polyester fibers. They all work a little differently and you will like one over the others.

WOOL is pricey but has similar qualities to that of polyesters.

More care is needed but wool is cool — wool fibers naturally neutralize odors!

So worth it.



CLOTHING

FASHION HAS NO PLACE OVER FUNCTION

FUNCTION

It's dark most of the winter, wear what works best.

FASHION

BASE LAYERS

The base layer should fit snug to keep drafts out and to help wick. Thin tops and tights are more versatile than heavy clothes. It's easy to layer up as it gets colder.



FOR MEN ONLY: Consider wind briefs to protect yourself on those super cold, windy days.

This way you will not have to resort to shoving your gloves down your shorts. Because you'd rather lose a finger.



GLOVES, MITTENS, & HATS

The options are endless! There are tons of glove/mitten combos, chapeaus with bills and ear flaps...you're sure to find something to suit your fancy.



Balaclavas can be worn almost every cold weather day and adjust easily from full head cover to a collar. Get one!

Bonus: black balaclavas make you feel like a ninja.

SOCKS

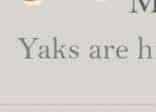
Some bulk is preferred to help trap the heat. If you have cold feet, try lacing your shoes a bit looser, or try some duct tape over the toes.



Neoprene booties can be worn with traction for severe days. Speaking of traction...

TRACTION

Don't let the snow and ice keep you indoors!



Strap-on shoe spikes will let you get some needed traction.

Make you sturdy like yak.

Yaks are highly friendly in nature, just like runners!

And last but not least...

JACKETS

Jackets stop the wind and allow for evaporation from the base layers.



The pricier jackets fit better and have storm flaps, adjustable cuffs, and lots of other nifty features. Jackets last forever so you might as well get a nice one!

Now you can handle those icy roads, gusting winds, and sub-zero temperatures with ease and enjoyment!

Happy Running!



CREATED BY JOCELYN ANDERSON.

INFORMATION FROM A RUNNING FIT WINTER RUNNING CLINIC.