

What should I wear?

COTTON IS ROTTEN. Get rid of the sweat pants and sweat shirts. They may be heavier giving you the illusion that they are warm, but when they get wet, they stay wet and hang on you like a wet rag making you colder and colder. Wickable clothing may be lighter and confusing when you first purchase it, but trust me, I have run with a lightweight fleece lined hoodie and that is all I need for some of my winter runs.

THE LESS YOU WEAR THE BETTER. Dress like it is 20 degrees warmer outside. Your body temperature rises as you run. A 20 degree morning, when dressed appropriately, will soon feel like a 40 degree morning after about a mile. If you are a little cold at the start, you are dressed right. **If you are warm at the start, you have on too many clothes.**

EVERYONE IS DIFFERENT. What is going to work for me, may not work for you. Start out with a wickable base layer, and dress yourself from there.

Comparisons:

1. If you were like my husband you wouldn't put as much on your head as I do. My husband gets by with a thin wool or fleece hat.

1a. I wear ear warmers **and** a hat. If my head is warm, I am warm. On colder days I will put on a balaclava to keep my neck warm as well.

2. My husband wants his chest to be warm; he wears two layers of shirts and a jacket.

2a. I need to be able to zip down my torso, can't have it too hot, so a base layer and a jacket is

fine for me as long as I can zip down my jacket. On days below 30 degrees I will add another layer, but the middle layer has to zip down as well. **(I want to be to zip down when the wind is at my back)**

3. I wear a fleece lined tight and a looser fleece lined tight as soon as the temps drop below 40 degrees. **(I want my legs to be toasty; I feel they work better that way)**

3a. My husband can run with shorts up to 40 degrees and then starts wearing tights after that. He will wear heavier tights when the temps drop below 30 degrees.

4. I have to wear gloves that are light weight. Go figure. My hands get real hot and I usually take them off after a mile or two even at temps in the high 20s.

4a. My husband wears heavy gloves even in the 40s and when it drops to below 30 – he pulls out his heavy woolen mittens.

5. My husband runs in one pair of running shoes that he has had for over a year now. Hardly any traction left on them, but that is what he does. Snow, ice, sleet – he has no fear of falling.

5a. I on the other hand have a **fear of falling**. I have **four different pairs** of running shoes. I also have two pair that I have flat head screws in and I also own two pairs of **yak traxs**. I have wear the yaks or the shoes with screws for any surface that is not dry or free of snow and ice.

Running Fit has an agglomeration of winter running clothes and accessories. Talk with the staff at the location near you. Believe you me, if you have the right gear, you will run faster and farther in the dead of winter and you won't even mind a bit.

