



Cold Weather Running

Here are a few tips that will make cold weather running/walking a joy!

- Dress in layers. This will allow you to peel off or add layers as the temperature, wind, and other conditions change.
- Choose a highly breathable base layer. This is the layer of material that you wear closest to your skin. It should be made of high-tech polyester that "wicks" sweat away from your body. One of the key goals of cold-weather running is to avoid excess sweat buildup (which will occur if you wear cotton clothing.) The problem with sweat is that it will cause a severe chilling effect when the temperature turns cooler and windier or if you slow down or walk.
- Wear a looser, second layer of breathable material (like fleece or a heavier polyester). You will need a heavier second layer in the coldest weather, as it adds extra insulation between your base layer and your outer layer.
- Wear an outer layer of breathable, wind-resistant, water-resistant material. It's very important to wear a wind-resistant outer layer, since wind is one of the biggest contributors to winter coldness. You don't need a waterproof outer layer, but you want to have a significant degree of water resistance. Your outer layer should be lightweight. Also, rest assured, that a high quality outer layer WILL perform despite its lightweight characteristic.
- Another option is to select second layers and outer layers with zippers and other vents. These will allow you to zip them up and down, which will afford you maximum comfort in a wide range of temperatures.
- Wear a breathable hat that can be pulled over your ears. During cold weather, you lose up to 50 percent of your body heat through your head. A good hat is an absolutely essential piece of winter running gear. Take it off as you warm up. Pull it down as far as you can if you start to get chilly.
- Protect your hands. Gloves or mittens will do the trick!
- A runner's legs stand up better to cold and wind than the torso and extremities. Tights or looser fitting, moisture wicking pants, are enough. As it gets colder, try heavier pants/tights made with breathable materials.
- Protect your eyes with sunglasses. You'll be glad you did, in both windy weather and when there's a lot of snow glare.