



Winter Clothing

Today's high-tech running fabrics make it easy to enjoy winter running. Here are the things you need to know.

- 1) Dress in layers. This will allow you to peel off or add layers as the temperature, wind, and other conditions change.
- 2) 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. There are many of these on the market. One of the key goals of cold-weather running is to avoid excess sweat build-up (which often occurs if you wear cotton clothing). The problem with sweat is, that it can cause a severe chilling effect if the temperature turns cooler and windier if you slow down or have to walk.
- 3) On the coldest of days, add another layer. You will only need this in the coldest weather. Wear a looser, second layer of breathable material (like fleece or similar fabrics). This layer will add extra insulation between your base layer and your outer layer.
- 4) Wear an outer layer of breathable, wind-resistant, water-resistant material. It is very important to wear a windbreaker as your outer layer, since wind is often the biggest contributor to winter coldness. You don't need a waterproof outer layer, but it is good to have a significant degree of water resistance. Your outer layer should be thin and lightweight.
- 5) Select second layers and outer layers with zippers and other vents. These will allow you to zip them up and down, which give you maximum comfort in a wide range of temperatures.
- 6) 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. An appropriate hat is an absolutely essential piece of winter running gear.
- 7) Protect the extremities. That means your ears and your hands. Mittens are better than gloves for hand protection. That is, they keep the hands warmer. Of course, gloves are a lot more convenient for many things, like dealing with your car keys. Still, in the coldest, windiest weather, choose mittens.
- 8) Take care of your face. Remember moisturizer and sunscreen, particularly if there's a lot of snow on the ground. And don't forget to protect your eyes with sunglasses.
- 9) Remember to stay well hydrated and well fed. Many runners overlook the fact that staying well hydrated is just as important in winter as in summer. Because it is cold and dry, you don't notice that you are sweating. When you head out for a long run, be sure to take sports drink such as E-load.
- 10) Consider an indoor workout. In the worst and darkest of weather, it makes good sense. We don't think you're a wimp if you skip your outdoor run on certain, particularly bad days. We call that "smart". The number of indoor training alternatives keeps growing. You can't go wrong with a treadmill, an indoor bike, a strength-training workout, or a pool workout (whether running in the pool, or swimming).

RUN!

Benny