



What to Wear for Winter Running

Gear for the brutal winds, snowy conditions, and plunging mercury: Dress in layers, as if it's 15 to 20 degrees warmer. Think moisture wicking fabric to cover from your head to your toes. Cotton fabric will not wick away moisture from your body and it will not evaporate moisture fast enough. This leaves you at risk for hypothermia since you are cold and wet from your cotton clothes. It is also a good idea to bring a dry shirt to change into after your run, especially if you get sweaty easily or if you have a longer drive home.

Shoes (properly fitted/not worn out) + socks: Most important gear you'll need plus wool blend socks to keep toes warm

Base-layer: first layer touching your skin that will wick moisture away from your body and keep you warmest

Mid-layers: the middle layer as insulation between the base-layer and outer-layer for extra warmth

Outer-layer: think thin, light shell jacket to resist wind and water to protect you from mother-nature. Use the zipper as a thermostat, zip up or down.

Running Tights: Learn to love them because they will be your best friend for winter running. Through the magic of 'compression', tights will keep you warm in the winter and cool in the spring/fall due to better blood circulation.

Wind Resistance Pants: For situations where running tights are not enough or not suitable due to the weather conditions. Wear them on top of tights for those frigid or windy days. You can also wear them with running shorts or long underwear underneath.

Neck Gaiter (or buff): For those that do not like the tight confines of a balaclava, but still want that wind protection for their nose, lower face, mouth and neck.

Balaclava: For those frigid runs when old man winter is howling at you. Take the edge off the cold by protecting your ears and face.

Hats/Head Band/Gloves/Mittens: Prevent heat loss from your head, protect your ears and extremities

Reflective Gear/Head Lamps/Blinking Lights: The reflective gear will let on-coming traffic SEE YOU. The head lamps will let you SEE WHERE you are running and not trip or slip on black ice or potholes or road debris.

A quick guide to dressing for winter running (courtesy of RunnersWorld)

SUN 35° to 45° F and clear: Wear tights or thin running pants, a long-sleeve shirt, and a vest. You may be able to keep your hands warm using the thumbholes of your long-sleeve shirt when it's 45° F outside, but you should put on gloves when it's closer to 35° F.

RAIN 35° to 45° F and rainy: Slim-fitting tights fare better than pants in rain since they won't get as wet and droopy. And a wool base layer will keep you warmer than a synthetic top since the natural fiber retains warmth when wet. Finally, a water-resistant jacket is fine for a drizzle, but you'll want something waterproof in a deluge.

SUN 10° to 35° F and clear: Wear technical underwear under your tights or pants and a long-sleeve shirt underneath an insulated vest or jacket. Thin gloves are essential, and at the lower end of the temperature scale, you should switch to thick gloves or mittens and add a thin beanie.

RAIN 10° to 35° F and sleet: Wearing tights, a water-resistant jacket, and a cap will keep you dry, top to bottom. Add water-resistant mitts to keep your hands from getting cold and damp.

SUN -10° to 10° F and clear: Focus on covering every inch of your body at least once (maybe even twice) by wearing wool underwear and thick socks underneath tights and running pants. To keep your core warm and dry, go with a long-sleeve base layer under an insulated vest and windproof jacket. Round it out with a beanie and mitts over gloves.

RAIN -10° to 10° F and snowy: Use the same cover-every-inch strategy as above for the bottom half. Up top, wear an insulated vest and a water-resistant or waterproof hooded jacket over your wool or synthetic base layer. Also, make sure your hat and gloves are water-resistant.