



Winter Running



What to Wear.	Wind, Snow, Ice?	Bring It On!
COLD	COLDER	COLDEST
feet	feet	feet
wicking socks	plus Stabilicers (for snow & ice)	heavy wicking socks & (Stabilicers or winter running shoes)
legs	legs	legs
thin tights or pants	midweight tights or pants	thermal fleece tights or pants
undergarments	undergarments	undergarments
wicking underwear	wind brief	plus wicking undershirt
baselayer	baselayer	baselayer
base layer long sleeve top	plus half zip long sleeve top	middle insulating top layer
upper body	upper body	upper body
wind jacket	wind/water resistant/proof jacket	insulated thermal weather resistant jacket
head*neck*face	head*neck*face	head*neck*face
head band/ear band	wicking hat	wicking hat &/or balaclava
hands	hands	hands
liner gloves	lined wicking gloves	mittens or lined wicking gloves

ROCHESTER: ARMORY: 155 Culver Road, (585) 697-3338

RIDGEWAY: 2522 Ridgeway Ave, (585) 270-4334

VICTOR: 237 High St Ext, (585) 433-0320

BUFFALO: 2290 Delaware Ave, Buffalo, (716) 332-3501

STORE HOURS: Mon-Fri 10-7, Sat 9-5, Sun 12-5

FleetFeetRochester.com