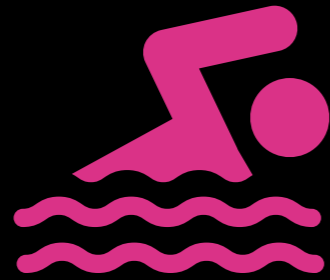


TIPS AND TRICKS FOR WINTER RUNNING



TEAM GO BIG!

HOW TO DRESS FOR WINTER RUNNING

Winter Running

what you should wear when the temps change



50-55 Degrees

Shorts/Skirts
and t-shirts

RAIN-
tank and light water
resistant jacket



40-50 Degrees

Long sleeve
tech shirt,
capri or
tank with light half zip

Optional: light gloves



35-45 Degrees

Full length
tights, long
sleeve • vest or
light jacket • thermal
headband • gloves



25-30 Degrees

Lined tights • turtleneck
• Medium weight fleece
or jacket • thicker gloves •
hat



Under 25 degrees

2 pairs of tights •
fleece lined long sleeve
• Running jacket • neck
gaiter balaclava



DOS AND DON'TS FOR DRESSING FOR WINTER RUNNING

▶ Do's

- ▶ Dress for the average temperature
- ▶ Wear breathable wicking materials
- ▶ Layers are key
- ▶ Wear sunscreen even if it isn't sunny
- ▶ Sunglass are key even if it isn't sunny
- ▶ Bring a change of clothes

▶ Don'ts

- ▶ Don't dress for the coldest temperature
- ▶ Don't wear cotton
- ▶ Don't forget hat and gloves
- ▶ Don't forget the body glide
- ▶ Don't forget water
- ▶ Don't forget lip protection
- ▶ Don't go out if weather conditions are not favorable

WINTER RUNNING PRODUCTS

▶ Tops

- ▶ Under Armour ColdGear Base 3.0: https://www.underarmour.com/en-us/p/tops/womens_coldgear_base__3.0_crew/1343320.html?dwvar_1343320_color=001&start=12&breadCrumbLast=UA%20ColdGear®
- ▶ Women's Cold Gear 1/2 Zip: https://www.underarmour.com/en-us/p/tops/womens_coldgear_1-2_zip/1370199.html?dwvar_1370199_color=001&start=12&breadCrumbLast=UA%20ColdGear®
- ▶ Nike 1/2 zip Running Top Running Top: <https://www.nike.com/t/element-womens-1-2-zip-running-top-plus-size-JGvKfj/CZ2849-08>

▶ Jacket/Vests

- ▶ Women's Heavenly Vest - https://www.columbia.com/p/womens-heavenly-vest---plus-size-1738142.html?dwvar_1738142_color=472&pos=7
- ▶ Women's Heavenly Hooded Jacket - https://www.columbia.com/p/womens-heavenly-hooded-jacket-1738151.html?dwvar_1738151_color=472&pos=15
- ▶ Summit Convertible Soft Shell Jacket - <https://www.rsportlife.com/collections/jackets/products/soft-shell-jacket?variant=42950385354>

WINTER RUNNING PRODUCTS

▶ Bottoms

- ▶ Under Armour Cold Weather Leggings - https://www.underarmour.com/en-us/p/bottoms/womens_ua_cold_weather_leggings/1370939.html?dwvar_1370939_color=001&start=36&breadCrumbLast=UA%20ColdGear®
- ▶ Independence Blue Next Level Pocket Leggings - <https://www.grrrl.com/product/independence-blue-next-level-pocket-leggings/>
- ▶ CVG Pocketed Leggings - <https://www.constantlyvariedgear.com/collections/workout-leggings/products/exotic-leggings>

▶ Socks & Shoe Accessories

- ▶ Wool Performance Socks - https://www.amazon.com/SmartWool-PhD-Ultra-Light-Micro/dp/B07FBHCL6H/ref=sr_1_6?crid=2TZ25SL33X7AA&keywords=wool+running+socks&qid=1638746498&srefix=wool+run%2Caps%2C196&sr=8-6
- ▶ Yaktrax Cleats - https://www.amazon.com/Yaktrax-Traction-Cleats-Walking-Jogging/dp/B0094GO6ZG/ref=sr_1_6?crid=1Y9LOEUO53WVL&keywords=yaktrax&qid=1638746586&srefix=YA%2Caps%2C185&sr=8-6

WINTER RUNNING PRODUCTS

▶ Hat & Gloves & Scarves

- ▶ Wicking Running Beanie - https://www.amazon.com/TrailHeads-Ponytail-Performance-Running-Reflective/dp/B01LDTZZI8/ref=sr_1_3_sspa?crid=1JWTGLTTR8ME&keywords=moisture+wicking+winter+running+hats+for+women&qid=1638752727&srefix=wicking+winter+running+%2Caps%2C191&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyWExYVEpRVkdJUE1DJmVuY3J5cHRIZEIkPUEwNjcyMDExRDZPRUI4OUg4STJLJmVuY3J5cHRIZEFkSWQ9QTA1ODk4MDExWTcyVVVPMEtVVUdVJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==
- ▶ Wicking Running Headband - https://www.amazon.com/TrailHeads-Ponytail-Headband-Earband-Running/dp/B002U1VQXC/ref=sr_1_1_sspa?keywords=moisture+wicking+winter+running+headband+for+women&qid=1638752847&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzQVo0STRaNEENVSkHJmVuY3J5cHRIZEIkPUEwOD A0ODU5MktQQUdYSFVZV0ZTNyZlbnNyeXB0ZWZRBZEIkPUEwNTI1MDU3Nkw3WENGRFNESUZaJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==
- ▶ Balaclava - https://www.amazon.com/Balaclava-GearTOP-Premium-Motorcycle-Cycling/dp/B00PQ2AXMC/ref=sr_1_2_sspa?crid=2HDHJD3XZ8N1E&keywords=balaclava+face+mask+women&qid=1638753154&srefix=balaclava%2Caps%2C224&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVldPNTA4RzVOS1U4JmVuY3J5cHRIZEIkPUEwOTM5NTI0MINPNIBLR1FRVDJWRiZlbnNyeXB0ZWZRBZEIkPUEwNjg5MzZMIQ1UE4zMVNSNEo5QiZ3aWRnZXROYW1lPwY2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=

WINTER RUNNING PRODUCTS

▶ Accessories

- ▶ Mylar blankets - https://www.amazon.com/Primacare-HB-10-Emergency-Thermal-Blanket/dp/B00DZ1NFSK/ref=sr_1_3_sspa?crid=3BYWH1N3Z3J5S&keywords=mylar+blankets&qid=1638746769&sprefix=Mylar+blanket%2Caps%2C206&sr=8-3-spons&pssc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFKWINHUzFBSE4zRkMmZW5jcnlwdGVkSWQ9QTA1MDY0OTNXNjJVOUMzRUFEQmZW5jcnlwdGVkQWRJZD1BMDkxOTUzMtFYQzRWWkZVUTUxWDEmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNRUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl
- ▶ Hand Warmers - https://www.amazon.com/HotHands-Hand-Warmers-Odorless-Activated/dp/B0007ZF4OA/ref=sr_1_5?crid=8XNM1GBB4ODU&keywords=hand+warmers&qid=1638747632&sprefix=Hand%2Caps%2C196&sr=8-5
- ▶ Noxgear Illuminated Vest - https://www.amazon.com/Tracer360-Visibility-Vest-Medium-Large/dp/B00GI993YG/ref=sr_1_2_sspa?crid=195AN13QYOYEC&keywords=running+vest+light&qid=1638753390&sprefix=running+vest%2Caps%2C199&sr=8-2-spons&pssc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFYWE41Rlk3UVM0NzQmZW5jcnlwdGVkSWQ9QTA2NTU2MjIzN0pDV DJIRUc1UDk4JmVuY3J5cHRlZEFkSWQ9QTA2NTE1OTY0RVVQRDhEVlhCTkgmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNRUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl
- ▶ Headlamp - https://www.amazon.com/Rechargeable-Flashlights-Headlights-Lighting-Comfortable/dp/B07WP393CS/ref=sxin_13_pa_sp_search_thematic_sspa?cv_ct_cx=Headlamp&keywords=Headlamp&pd_rd_i=B07WP393CS&pd_rd_r=115726a9-bd5c-429f-8606-4647d566d1a6&pd_rd_w=y4CuS&pd_rd_wg=QRU6R&pf_rd_p=c940b975-c41f-47e5-b607-532cde6df608&pf_rd_r=A0B5NEQ7B52WT8C7Y5PG&qid=1638753443&sr=1-3-a8004193-6951-43f6-852a-aff7dbba9115-spons&pssc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExODRNVTVWQVRUMUZMjMmVUyY3J5cHRlZElkPUExMDIzNzQ3MU45SDFFU0NSQTILNyZlbnNyeXB0ZW5jcnlwdGVkQWRJZD1BMDkxOTUzMtFYQzRWWkZVUTUxWDEmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNRUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl

SAFETY WITH WINTER RUNNING

- ▶ Watch for black Ice
 - ▶ Acknowledge your winter runs may be slower
- ▶ Be aware of your surroundings
 - ▶ Don't wear headphones or wear headphones where you can hear ambient sounds (and keep the volume low)
 - ▶ Run with a partner
 - ▶ Run with a tracking device
 - ▶ If you are suspect someone is following you - call a friend or family member. If they are tracking you they can call 911
 - ▶ Carry some sort of protection
 - ▶ Personal alarm
 - ▶ Knuckle keychain (be aware this is illegal in some states)
 - ▶ Run during daylight hours
- ▶ Don't Forget to stretch when you get home

SIGNS OF FROSTBITE & HYPOTHERMIA AND WHAT TO DO

▶ Signs of Frostbite

- ▶ Redness or pain in any skin area
- ▶ A white or grayish-yellow skin area
- ▶ Skin that feels unusually firm or waxy numbness

▶ Signs of Hypothermia

- ▶ shivering
- ▶ Exhaustion
- ▶ confusion
- ▶ fumbling hands – memory loss
- ▶ slurred speech – drowsiness

▶ How to treat

- ▶ Seek medical attention
- ▶ Get into a warm room or shelter
- ▶ Remove any wet clothes
- ▶ Warm under layers of blanket or clothes
- ▶ Place areas affected by frostbite in warm to touch water

▶ What Not to Do

- ▶ Do not walk on feet or toes with frost bite (unless necessary)
- ▶ Do not use a fireplace, heat lamp, radiator or stove for warming
- ▶ Do not use heating pad or electric blanket for warming
- ▶ Do not rub or massage areas with frostbit

WINTER RACES - HOW DO I STAY WARM?!?!

- ▶ Bring layers to wear while waiting to run and toss when you start to run
 - ▶ May races collect items and donate to local shelters
- ▶ Bring a Mylar blanket to wear until your race begins
- ▶ Bring hand warmers to put in your gloves & jacket
 - ▶ These can be tossed after you started the race