

Make Winter Your Friend!!!

- **Wear clothing in layers** so that warm air can be trapped between the layers. Depending on the weather conditions, 2-4 layers on the trunk of the body, 1-2 layers on the legs. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days, the outer layer should be wind resistant.
- **Clothing made of material which carries the sweat away from the body is best.** Dri-fit, Cool Max, Under Armor are some brands to try. Avoid cotton as it tends to hold sweat.
- **Hats and gloves are crucial** as these regions play a big role in regulating our body's temperature.
- **Avoid overdressing.** Feel a bit chilly as you start. It will feel 20 degrees warmer once you begin exercising.
- **A good pair of running shoes** helps supply a little extra traction on snow and ice.
- **Keep drinking!** Just because we aren't as hot and sweaty as we were last fall, doesn't mean we stop drinking. Although it's cold outside, you are still sweating when you exercise and need to drink your water. For your best performance, you must stay hydrated.
- **Toasty Toes and fingers!** If your toes are always cold, use ski boot toe warmers in your shoes. Or duct tape the larger ones to the top of your shoe and place hand warmers in your mittens.
- **Watch for cars.** Not everyone clears the snow off ALL their windows. So be aware of cars. They may not be able to see you, because of slippery roads. Drivers may not be able to maneuver around you as well.
- **No Headphones!** One day at the firehouse I was dispatched to a "woman down" on the bike trail. While running a snow heavy branch cracked, fell, and landed on her. Broke her collar bone! Leave the headphones at home! You might hear the branch crack
- **Wear reflective clothing**
- **Bring Extra Clothing.** If you drive a longer distance to your running area. Bring a set of clothing to change into. Otherwise, the sweaty clothing will cause you to feel cold while waiting for your car to warm-up.
- **Cover all skin!** Check those ear lobes! Once saw someone running with ski goggles on.
- **Stop Hypothermia.** If you start shaking and shivering like my dog waiting at the groomer. You may be getting hypothermic. Get in a warm area and get the wet clothing off.
- **Have fun!** Enjoy the cold weather. It is a lot more comfortable to run in the cool weather than it is when it's hot and humid. The hardest part of cold weather running a lot of times is getting out the door. It takes more preparation, but it's worth it!