

You can run in the cold we do it all Winter long year after Year - Here are some tips to Help



Always run into the wind first on a cold day. It's better to be cold first and then feel warmer coming back rather than to get hot and maybe sweaty on the way out and then have to return into the wind.

- Wear mittens instead of gloves. Mittens keep your fingers together which increases the chances that your hands will stay warm. This is important when it is below 20 degrees or when you are out for several hours in the winter.

- Try to dress in multiple thin layers with a windbreaker-type outer layer and a wicking inner layer (polypropylene and / or Gore-Tex.) These clothes are designed to keep your body warm and dry.
- Apply petroleum jelly to your face to keep it warm.
- When it is below 20 degrees, wear a scarf to cover your mouth and to keep your throat from getting overly dry and irritated. Great head masks are not available too.
- Wear a good pair of Thorlo brand or wool socks on winter runs.
- Wear a hat or at least a headband.
- Always run into the wind first on a cold day. It's better to be cold first and then feel warmer coming back rather than to get hot and maybe sweaty on the way out and then have to return into the wind.
- A heavier jacket should only be worn when the temperature is below 15 degrees. You will

Running in the Cold

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overheat in heavy jackets and if start sweating mid run, you could really get cold.