



Winter Running: The gear you need to brave the elements

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Old Man Winter can dish out some tough conditions, making your run down right nasty (and dark) if you are not prepared. However, some of my most rewarding runs have been done in the rain. I truly enjoy being encapsulated in a gentle rain...when dressed in the right gear.

Every year, our running gear becomes more sophisticated thus allowing us to run in conditions that send most to the couch with hot cocoa and a fire. In 50-55° weather, a simple tech shirt will do but as the temperatures drop we need to invest in additional layers to prevent losing over 50% of our body heat to the elements.

I scoped out some of the latest winter gear at Fleet Feet in Roseville.

Outer Layers:

- **Waterproof Jackets:** With waterproof gear, the seams are sealed to prevent the water getting in but they are made of wicking fabric that keeps your skin dry. Great for colder runs in Tahoe like conditions. (Asics \$110, Brooks \$100)
- **Weather Resistant Jackets:** These jackets will keep you protected for 30-45 minutes in the elements. Great as a wind barrier and have venting to allow the body to breathe. (Nike \$85)
- **Vests:** These lighter layers allow runners to feel a bit less confined while still keeping the core warm. (Brooks \$75)
 - You can partner a vest with arm warmers that can be rolled down as you warm up. (Mizuno \$30)

Inner Layers:

- Long sleeve technical shirts will allow you to start your run with a layer of warmth but can easily be shed as the body heats up. (Run Rocklin and Beyond shirts \$20)

Gloves:

- While many will opt for a pair of \$1 gloves, Mizuno has patented a new technology called Breath Thermo which utilizes the moisture in your sweat to

activate heat fibers. They do demos of this product in the store. (\$20) Also available in hats and other products

On the lower half

- Tights or capris will keep the legs warm while encapsulating the lower body in a microclimate (various \$70-100)

Socks

- On wet days, a pair of trail socks will keep the feet dry. The Balegra sock is 71% Drynamix which wicks moisture out. (\$9)

Hats

- Top it all off with a beanie or cap to keep the rain off your face.

Not only are the elements adverse but the season brings darkness and running with a reflector band (\$7) or an LED light (\$13) is smart. Reflector vests (\$15) are also available to allow passing cars to notice you more easily.

Old Man Winter might like to lock you up inside for a few months but with this kind of gear available you are ready to brave the elements.