Gazelle Sports

Winter Running Tips

1. **Dress in layers.**
   - Choose a highly breathable base layer. This is what you should wear the closest to your skin. A wicking material will move the moisture away from your skin, making you feel more comfortable on your run.
   - Wear a looser, second layer of breathable material. Fleece would be a good choice for this layer on a cold day. This adds insulation between your base layer and outer layer.
   - The outer layer should be breathable, wind-resistant and water resistant material.

2. **Wear a hat.**
   - Your uncovered head is responsible for 40% of heat loss. Try wearing a head band if a hat feels too hot.

3. **Protect your hands.**
   - Mittens are warmer than gloves because the body heat from the other fingers warm each other.

4. **Wear warm socks.**
   - Socks made of synthetic fibers wick moisture away from your skin. Smartwool socks are a great option. Never wear cotton socks!

5. **Shoes.**
   - Yak Trax are a great investment for winter running. These are like snow tires for your shoes.

6. **Don't forget the sunscreen.**
   - The sun is still strong, even in the winter.

7. **Wear reflective clothing.**
   - Buy clothing with the reflective material already on it. Extra reflective gear is always a good idea. The more visible you are, the safer you are. Vests, arm bands and blinking lights are great choices.

8. **DON'T OVERDRESS!!!**
   - Dress like it is 20 degrees warmer than it really is. You will warm up after you get moving.