**Tips for Running In the Cold**

Don’t let the cold hold you back from your New Year’s Resolutions! Below are tips on how to keep your run going outside in the cold weather.

1. ***LAYERS!*** You want to be warm without sweating so much you get a chill. The rule of thumb is to dress as if it is 20 degrees warmer. You should be slightly cool when you start. Think layers of technical fabrics, to wick sweat, with zippers at the neck and underarm area to vent air as you heat up. Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

You'll learn your own preferences, but here are some general guidelines.

***\*\*30 degrees***: 2 tops, 1 bottom. Long-sleeve base layer and a vest keep your core warm. Tights (or shorts, for polar bears).

***\*\*10 to 20 degrees***: 2 tops, 2 bottoms. A jacket over your base layer, and wind pants over the tights.

***\*\*0 to 10 degrees***: 3 tops, 2 bottoms. Two tops (fleece for the cold-prone) and a jacket.

***\*\*Minus 10 to 0 degrees***: 3 tops, 2 bottoms, extra pair of mittens, 1 scarf wrapped around mouth or a balaclava.

***\*\*Minus 20 degrees***: 3 tops, 3 bottoms, 2 extra pairs of mittens, 1 balaclava, sunglasses. Or stay inside!

1. ***Protect your hands and feet:*** As much as 30% of your body heat escapes through your hands and feet. On mild days, wear running gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens. Add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.
2. ***Don't forget to cover your head***: About 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.
3. ***Warm Up:*** Move around inside enough to get the blood flowing without breaking a sweat. Run up and down your stairs, use a jump rope, etc. The cold doesn't feel so cold when you're warm. If you're meeting a group of running buddies, don't stand around in the cold chatting before you run.
4. ***Deal With Wind:*** Start your run into the wind and finish with it at your back, so the breeze doesn't blast you after you've broken a sweat. To avoid a long, biting slog, you can break this into segments, running into the wind for about 10 minutes, turning around to run with the wind at your back for five minutes, and repeating. You can also seek available wind protection (buildings, trees). Use BodyGlide or Vaseline on noses and cheeks to prevent frostbite.
5. ***Stay hydrated***: Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water before, during, and after your run.
6. ***Change Quickly Postrun:*** Your core body temperature drops as soon as you stop running. To avoid a lingering case of the chills, change your clothes–head to toe–as soon as you can. Put a dry hat on wet hair. And drink something hot.

Happy Running!

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

***Laura Markuly, MSE, ACSM HFS, NASM CES/PES/GFS, is the owner of Bodyology Sports Performance, LLC. She also serves as the Fundraising Chair for Shocker Track Club.***