

OHIOHEALTH SPORTS MEDICINE

Gearing up for Winter Weather

Winter weather comes with dropping temperatures, wind, sleet, and snow. Finding motivation to run in winter weather can be a challenge, but with proper preparation will keep you running strong as the temperature drops.

Many runners overdress for winter weather, causing them to overheat and sweat. Perspiration can freeze and make you feel even colder. Try to dress as if the weather was 20 degrees warmer than it actually is. You should be a little chilled at the start of exercise. You will warm up quickly once you start moving.

Base Layer

Your base layer should cover as much skin as possible without adding bulk. You will sweat when you start running, so choose fabrics that keep you dry by wicking sweat from your body. Synthetic fabrics like polyester and polypropylene help pull moisture away from the skin better than cotton. Wool keeps moisture near your skin but adds warmth.

Thermal Layer

The thermal (middle) layer should provide warmth and insulation to the body. Choose fabrics that trap body heat and continue wicking moisture. Fabrics like polyester, micro fleece and merino wool are great choices. Thermal layers can vary from vests to full shirts, depending on the temperature.

Outer Layer

Your outer layer should be water resistant or waterproof to help protect against wind and moisture. Look for a lightweight jacket that won't cause you to overheat mid-run. Consider jackets with vents that allow excess body heat to escape and zippers that allow you to regulate airflow in and out of the jacket. This will keep you comfortable, in spite of changing temperatures and wind conditions throughout your run.

Hats, Gloves and Mittens

Wearing a hat and gloves will protect your skin from frostbite and keep you warm. Nearly a quarter of your body heat is lost through your head, so wearing a hat is a simple way to stay warm. Hats and gloves can easily be removed or added to control your body temperature. In extreme temperatures, choose mittens instead of gloves, because keeping your fingers together will keep them warmer. Wearing a facemask is recommended anytime the temperature drops below zero degrees.

Shoe Traction

When the roads are icy, consider taking it off road or moving to the trails or track. Crampons or YakTrax can be worn on the shoes for added traction.



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