

## Winter Running Essentials:

Winter days can get cold and rough, but for the most part, it's actually quite enjoyable running in the winter. No heat or humidity or bugs to worry about and after the initial cold blast, your body warms up just fine. However, we need to have the boys protected from the cold! Here are some tips.

- **Safety first!** Cars will not see you as well in winter, be smart when traveling near busy streets. Better to wait a bit than try to push through a workout.
- **Wear bright and reflective clothing.** Night falls fast in winter. Bright clothes are good for cars to see you.
- **Hat and Gloves are key!** We have found the best gloves are the cheap 2-3 dollar pair of mittens you can buy at Wal-Mart or Target! Having a couple hats is a great idea, and again don't need to be anything special. Kids should not be going outside on cold days without a hat or gloves.
- **Protect the groin area.** That's the best way to say it I think. Double and triple layer to avoid any problems.
- **Running tights** are great! Basic running pants can be found most places for cheap. Target and Wal-Mart have good options for running pants as well.
- Hoodies are a nice option, on top of a t-shirt and lighter long sleeve.
- For the nasty and windy days, a hat with a pull down face mask is nice. They are cheap and can be found at most stores.
- **Thick snow gloves** are great to wear over your lighter gloves on the cold wind chill days.
- Bring a dry shirt and clothes for after, you will want dry clothes for heading home.