

Walk/Run

# Fall Run Wardrobe



## Dressing for Fall Running

By TNT Coaches Dan & Kelly McCann

The pumpkin spice is a-brewin', which means it's almost time to start making that transition from summer to fall running/walking.

We've attached a handy grid (above) to help ensure you're properly outfitted as temperatures start to drop. Generally, for fall run/walks, think synthetic fiber, breathable, non-cotton tops (short- or long-sleeve); capris, shorts or running pants; and a lightweight jacket.

For rainy fall run/walks, which can be some of the finest you'll ever have, a few tips (courtesy of [running.about.com](http://running.about.com)):

### - Don't Overdress

This is one of the biggest mistakes we make when heading out for rainy miles. Wearing more layers will not keep you dry. Unless you're running with an umbrella over your head, you will definitely get wet. If you have tons of layers on, you will just be wearing more wet, heavy clothes. Dress for the temperature, as if it were a dry day.

Remember -- the layer of clothing closest to your body should be made of a technical fabric such as polypropylene or CoolMax, which wick water and sweat away from your skin. Later in the season, if temps warrant it, consider a wind- and water-resistant jacket or vest. Don't wear a waterproof rain slicker because it will trap moisture and heat.

### - Wear a Hat

A hat with a brim can be your best friend during a rainy run. It will keep the rain off your face.

### - Prevent Chafing

If you're running long, lube up with Body Glide, Sports Slick or Vaseline on parts of your body where you would normally chafe or get blisters -- such as your feet, inner thighs, underarms, sports bra lines.

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## - Dry Out Your Shoes

When you get back from a wet run, take off your running shoes and stuff them with crumpled balls of newspaper. This helps the shoes keep their shape, and the paper draws moisture away from the shoes. Enjoy those fall run/walks!

### Typical Running Attire Based on Approximate Temperature

Use your judgment and knowledge of your personal tendency to feel cold or warm based on the environment. Shed attire needed when cold early enough to avoid profuse sweating and having your remaining attire become too wet. Use loose fitting outer garments if standing in a cool or cold temperature before starting your activity that you can easily remove when activity starts.

	Above high 60s	Mid 50s to mid 60s	Mid 40s to mid 50s	Low 20s to mid 40s	0 to low 20s
Shorts	√	√	√		
singlet	√				
Cotton long sleeve T		√			
Coolmax long sleeve T			√	√	√
Short sleeve T or singlet			√	√	√
gloves			√		
tights				√	√
mittens				√	√
Headband or stocking cap				√	√
GoreTex or nylon jacket					√

Notes:

1. Avoid causing sweating with no or little activity.
2. With wind, start heading into it, and finish with it at your back. Use Vaseline on exposed face surfaces for warmth and to avoid chaffing.
3. If raining add a billed cap and GoreTex type waterproof (preferably unlined) jacket and CoolMax gloves to the above articles.
4. Adjust articles from above as appropriate based on periods of walking for Combined Run/Walk or Walk Volunteers.