

Make sure you are prepared for the weather at your local Jingle Bell Run/Walk!
Some advice to consider:

Prepping for Cold Weather

Avoid overdressing. You want to be warm without sweating so much you get a chill. You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. If you're warm and comfortable when you first start, you're going to start sweating very early in your run. A good rule of thumb: Dress as if it's 20 degrees warmer outside than it really is.



Dress in thin, wicking layers. Think layers of technical fabrics, to wick sweat, with zippers at the neck and underarm area to vent air as you heat up. Assume you always wear gloves or mittens and a hat.

- **30 degrees:** 2 tops, 1 bottom. Long-sleeve base layer and a vest keep your core warm. Tights.
- **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.



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.



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.

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 or a sports drink before, during, and after your run.



Wear running sunglasses. The glare from snow can cause snow blindness, so wear sunglasses (polarized lenses are best) to avoid this problem.

Remember sunscreen. Sunburn is still possible in the winter because the snow reflects the sun's rays. Protect your lips with lip balm, too, to keep them from getting burned and chapped.