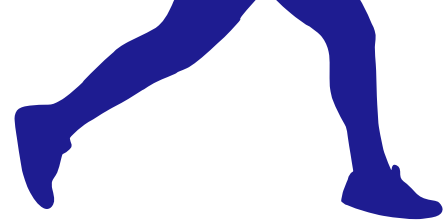




What to Wear



"Your Guide to Running Outside"

1

The "Rule of Thumb" is to dress as if it is **15 degrees warmer** than it actually is.



2

All Weather Essentials

- Sunscreen
- Sunglasses
- Non-Cotton Socks
- Reflectivity
- Anti-Chafe

3

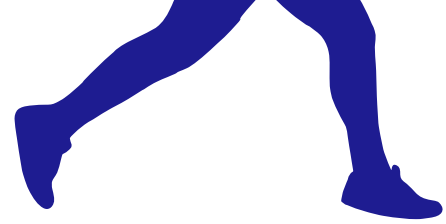
Elements

Actual Temperature is only part of the formula. Consider these elements when deciding what to wear:

- Humidity
- Wind Chill
- Cloud Coverage
- Time of Day
- Precipitation
- Run Intensity
- Personal Feel Preference



What to Wear



Temperature Gauge (in Farenheit)

Refer to this temperature start as a foundational guide for deciding what to wear on your run outside. Always take into consideration the elements listed on the previous page.

- 
- Above 90** 1 layer. Tank & Shorts. Consider running early and reducing your intensity. Bring water & stay hydrated.
 - 80-90** 1 layer. Tank & Shorts.
 - 60-80** 1 layer. Capris or Shorts. Short sleeve or tank.
 - 40-60** 1-2 layers. Capris or Shorts. Short sleeve or light long sleeve. Optional hand and ear covering based on additional elements & preferences
 - 20-40** 1-2 layers. Pants/Tights. Light long sleeve base layer & outerlayer. Hand & head covering.
 - Below 20** 2-3 layers. Pants/Tights. Consider layering pants over tights. Long sleeve base layer & outer-layer. Mid layer when colder. Hand & head and face covering. Warmest socks.

Layering:

Base layers: A next to skin layer. It helps to manage moisture to keep you dry and your temperature regulated

Mid-layer: has moisture management properties and is a thermal addition

Outer-Layer: Protects you from the elements - extreme cold, precipitation and wind.