**Winter Running Tips**

When it comes to winter running, many runners need a little help. So, here are my top winter running tips. These are extremely useful for runners whose first winter is approaching, but even old-timers can use a refresher every fall.

**1) Stay Hydrated**

This is more important than you think. You should drink plenty of water before, during, and after your run. Even if you are not sweating, you are losing a lot of water.

**2) Be Known While Running In Winter**

I suggest you take an ID with you every time you run, but it is even more important during bad winter weather. Also, let someone know where you will be and for how long. It is not a bad idea to take a cell phone along, especially if you will be going very far.

**3) Layer for Winter Weather**

There are three important layers when it comes to cold weather running. A base layer of snug, wicking material, such as polypropylene, polyester, Thermax, or wool. A mid-layer of looser material that carries moisture from the base layer, such as down, polyester, or fleece. And, an outer layer to block wind and allow moisture to escape, such as Gore-Tex.

**4) Dry Off Quickly**

If you finish your runs at home, that’s great! Change into dry clothes as soon as you get in from your run. On the other hand, if you finish your run anywhere that you don’t have the luxury of changing, you should be sure to bring a couple pair of dry socks (at the least) to change into in the interim.

**5) Dress for Weather 20 degrees Warmer Than It Feels Outside**

This is a common tip for runners. After a minute or two of running, your body will warm up. It is just as uncomfortable to get overheated as it is to be too cold.

**6) Start Your Run Into the Wind When Possible**

If you start your run into the wind, then hopefully you will be finishing your run with the wind at your back. This means it will be easier to get home, in case you are struggling due to the cold, and you can avoid being chilled by the wind hitting you after you have been sweating.

**7) Bring A Friend**

Make your winter training more social. Go out in groups, often found free at large running stores. Find a running buddy and go out together. You not only get to talk and have the extra motivation to get out and run in the winter cold, but you also have someone around to help if something goes wrong.

**8) Know What Color to Wear**

If it is dark, wear light colors and reflective gear. If it is snowy, wear bright colors. If it is dark and snowy, perhaps you should find a new time to run. If you must run when it is dark and snowy, where bright colors with reflective gear. Those orange reflective vests are great for this purpose.

**9) Add Dark Sunglasses**

The glare off of snow can lead to snow blindness. Sunglasses fix this problem in an instant.

**Getting Started**

Running empowers us to narrow the gap between who we are and who we want to be, who we believe ourselves to be. Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life.