



Equipment for All Weather Conditions

SHOES – Dress from toe to head!

Walkers (true walkers, you are planning on only walking) – walking shoes

Walkers/Runners - running shoes

Walkers

- more distinct heel to toe striking pattern than runners
- need more flexibility in the shoe
- need a lower heel
- look for a shoe with no flare to the heel (common running shoes tend to have a flare at the heel)
- flexible forefoot
- roomy toebox (when you push off, your toes spread)
- lower profile heel – stops the slap down of the foot (a higher heel would cause a walker to slap down the foot which can cause shin splints)
- Stores: New Balance (one in Woodbury), The Walking Company (Mall of America), Schuler's Shoes (Woodbury Commons, Snelling/Roseville, Arden Hills/Lexington), Foot Solutions

Runners

- shoes are extremely important due to the impact of the sport, come down 3.5x body weight
- need shoes that support your arch
- flat feet: need a motion control shoe, well padded arch, tend to overpronate (put weight on the inside of the foot)
- high arches: cushioned forefoot, tend to put the weight on the outside of foot – supination
- normal arches: stability shoe, no motion control problems, pronate naturally

Fit of Shoe for Walkers & Runners

- deciding between 2 sizes, always go up (you can wear a thicker sock)
- shop in the afternoon when your feet a bit more swollen
- heel should fit snug, no slip
- allow toes room to breathe, “wiggle room.”
- feet should be immediately comfortable
- consider a specialty insole – more protection, stabilization, shock absorbency

Misc. Tips about Shoes

- never wear new shoes on race day – 1 month of training in them before race
- replace shoes every 300-500 miles
- Do not settle for less than best. No pressure from sales. Only you know how your feet feel in a pair of shoes.
- Bring socks, orthotics, and your old shoes with you when you go shopping for new shoes.
- Don't assume because you pay a high price for shoes you will not get injured. Shoes are high tech & all the tinkering they do to the shoes may correct 1 problem but create others.
- If shoes become wet, open tongue, pull out insoles, stuff with newspaper (helps wick out moisture & maintain shoe shape)
- do not expose the shoes to direct heat, this can crack and weaken the shoe
- most shoes can be washed by hand with a soft brush, mild soap, cold water, let them air dry
- this winter you may consider buying a second pair of shoes to alternate because of wetness, shoes take at least a day to dry when they get really wet

Next page is clothing.....

CLOTHING

Layering is GREAT! DO NOT LET YOURSELF OVERHEAT!

1st Layer – Next to skin

Example of fabrics:

Coolmax – great for hot weather running

Polyester is back!

Polypropylene – 1st worn by cross country skiers

- excellent insulation, breathes well, no dampness
- traps moist air next to skin & wicks moisture from it
- great for cold weather workouts
- mild days (Fall) – only layer you will need
- not waterproof or windproof
- fit snug so moisture passes thru to next layer

Drylete – made by Hind

- wicks moisture & inner layer pushes moisture away from body, outer layer pulls moisture to surface for quicker evaporation
- no second layer needed
- on very cold days, need this & wind proof jacket

2nd Layer – Middle layer or top layer

Example of fabrics:

Polyester fleece (Polartec)

- warmer than wool, quick drying, retains heat even when wet

Supplex – nylon

- popular outerwear in shorts, windshells
- wind resistance, quick dry, flexible, breaths, water repellent
- often blended with Lycra (mobility & comfort)

Outer layer

Example of fabrics:

Gore-Tex –

- waterproof, insulates, wind resistant, and allows water & vapor to escape
- great for very cold days

Tights

- add warmth in cold weather running/walking
- keep legs warm, minimize muscle tightness
- loose fitting is available, won't feel naked (Sport Hill or Hind Munich Tight)

Sports Bras

- look for comfort, wicking fabric, and double up if bigger chested

Gloves/Mittens

- no cotton, fleece ok, no wool (scratches nose)

Headgear – Yes! About 70% of heat loss thru head, hands, and feet.

- head gaiter for face (breathe, minimize asthma)
- neck gaiters
- turtlenecks are now being made in wicking fabrics
- scarves are ok, no wool

More on the next page.....

Trinkets

-Body Glide – a stick that works much like Vaseline but does not stain your clothes like Vaseline does. Rub the Body Glide on anywhere you think might have friction/rubbing (inner thighs, toes, heels, under arms, nipples for men)

-water bottle carrier – great for longer runs or walks

-reflective gear – you can purchase vests at any specialty store

-NO HANDWEIGHTS and NO MUSIC (you need your senses alert at all times, especially in winter)

Stores & Websites to Check out:

Specialty Running Stores for Running Shoes and Clothing

Run N Fun – 868 Randolph St., St. Paul, 651-290-2747, Hours:

M-Th 10-8pm, Fri 10-6pm, Sat 10-5pm, Sun 12-4pm

-great selection of clothing, probably the best I have seen so far

Marathon Sports – 2312 West 50th St., Minneapolis, 612-920-2606, Hours:

M-Th 10-8pm, F 10-6pm, Sat 10-5pm, Sun 12-4pm

-good selection of shoes and pretty good selection of clothes, great customer service, we really like these guys!

Sport mart has a good selection of Nike and Adidas apparel. Do not buy shoes here unless you already know the shoes that work best for you and Sport mart carries them.

Target – their clothing selection is getting more high tech, good fabrics, Champion brand is pretty good, not sure if they will carry good outerwear gear though, Do not buy shoes here.

Websites for Clothing and Shoes

Activa – www.activasports.com

Athleta – www.athleta.com

Title 9 Sports – www.title9sports.com

Road Runner Sports – www.roadrunnersports.com

Sport Hill – www.sporthill.com

REI – www.rei.com (sometimes can get some great deals at www.reioutlet.com)