

Paris Pacers

November Newsletter

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Running Outside in Winter by Sarah Mitchell

This winter has been exceptionally snowy and cold compared to last year. Last winter we had a mild winter and I was able to run outside without thinking much about running attire. This year I've had to be more mindful about my dress and accessories.

Head & Neck

When it's under 50 degrees or so, I like to have my ears covered. Depending on the temperature, I may have an ear warmer or a stocking cap on. Either is helpful to keep my ear buds in place too. When the temperature is less than 20, I add a baklava or a neck buff. They are both easy to remove and carry on my arm if overheating occurs. Another place that most people don't consider is your lips. I always wear plenty of lip balm and try to reapply every 6 miles or so. It never hurts to have too much.

Upper Body

The temperature has been around zero quite a lot lately so I've been dressing in 3 layers. I like to have a short sleeve dri-fit shirt to wick sweat as a base layer. I then put on a long sleeve shirt and some

kind of running jacket or heavier outer layer. What a pain it is to take all of those clothes off when you're sweaty! Don't forget those hands! Gloves are sufficient but you may consider mittens if the temps are really low.

Lower Body

When the temperature is 25 and below or if just feels windy, I break out my fleece running tights. They are nice and fuzzy on the inside but can cause you to overheat if they are not needed. You can also find running tights that are thermal lined. They are almost as warm but not as thick.

I typically wear my outside running shoes in the winter unless there is snow on the ground or the road is slick. I also have a pair of trail shoes with more aggressive tread. You can also purchase spikes that fit on the outside of your shoes for extra traction. You may also look into waterproof shoes. Don't forget about the socks! If your height is "regular" you have to worry about a little leg peeking out of your running tights. During the winter, you may need taller socks. For really cold temperatures, I

break out the wool socks. They aren't the typical scratchy heavy wool, though. They are some kind of supernatural wool that's not only warm, but soft too.

I also wear extra lights in the winter. The roads are usually not as clear as in the summer and I have to run closer to traffic. Sometimes I can't even get to the sidewalks. In order to stay safe, I wear a light vest and a tail light. It gets dark in the winter sooner so a headlamp is needed at times.

Don't forget to stay hydrated. You may feel like you don't sweat as much in the winter and that you don't thirst like you do in the summer but you are still losing water that needs to be replaced.

Please submit your 2018 registration to Sarah Mitchell if you have not done so yet.

An email was sent with a copy and you should have received a copy in the USPS mail.

Important dates

- February 3rd Charleston, IL: Mid Winter Classic
- February 10th Terre Haute: Heart Throb 6K & 1 mile
- February 17th Terre Haute: Ivy Tech Game Show 5K

If you renewed your membership before February 1st, watch the mail for an order form for Pacer apparel.

Trick or Trot 2017

Betsy still has leftover long sleeve tech shirts from TOT. They are black with orange and white writing. If you would like one, please contact Betsy @ 251-5533. They are \$10 each.