http://www.youtube.com/watch?v=uGZ_pi22a98

• Milwaukee Lakefront Marathon 2011
Proper Attire For Runners

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Overview

• Clothing Apparel
• Proper Footwear
  – Orthotics
• Temperature
  – Extreme Weather
  – Layering
• Recommendations
• Future Talks
• Invest in “technical running gear”
  • Pulls away or “wicks” moisture
    – Dries quickly
    – Breathable
  • Avoid cotton
    – Evaporation/Cooling
  • No chafing
    – Body Glide
• Safety:
  • Wear bright, contrasting colors
  • Reflective clothing at night

• Prevention of Blisters
  • Appropriate socks (synthetic blend)
  • Vaseline
  • Double Up
  • Sweat=blisters!
Proper Footwear

• Great Tips:
  • Minimal heel-to-toe drop
  • Neutral shoes
  • Lightweight
  • Change every ~350 miles
  • Wide toe box
Things to Avoid:

- Excessive cushioning
- High heel to toe drop
- Store bought orthotics
- Buying after walking only
- Brand loyalty
• Commercial orthotics provide little protection
  • Dr. Scholls

• Orthotics should be custom made for your foot and shoe
  • Podiatrists
  • Physical Therapists
Extreme Weather

• **Heat:**
  - Sunglasses, visor, hat to provide protection
  - Less is more
  - Loose fitting

• **Cold:**
  - Compression under, windbreaker over
  - Running tights
  - Hat/Gloves-heat loss from head
Layering in the Cold

- **Base layer**
  - Dry as possible, transports moisture from skin
  - Wool and synthetics are best options

- **Mid layer**
  - Insulation
  - Fleece
  - Venting
Layering in the Cold (cont.)

- **Outer Layer**
  - Soft shells (wind resistance)
  - Waterproof
  - Breathable

- **Hats, Gloves, etc.**
  - Importance of keeping extremities warm
• Add 15-20 degrees to outside temperature
  – 50 degrees and up:
    – Summer running attire (short sleeves, shorts, hat)
  – 35-50 degrees:
    – Long tights, long sleeves w/ arm warmers, thin gloves
  – 20-35 degrees:
    – Wool underwear, high socks, double up or thin jacket
  – 0 to 20 degrees:
    – Wind/water blocking fabric, insulated jacket, neck gaiter
Recommendations

- Find what works for you!
  - Comfort
  - Performance

- Be open to change!
  - Brands switch styles/fabrics

- Support local stores!
  - Fewer and fewer exist
Future Talks

• April 22\textsuperscript{nd}: How Weather Impacts Performance: Hot and Cold
• April 29\textsuperscript{th}: Optimal Marathon Fueling
Questions??