



# Running Gear

Running is a simple sport. Yet it is very important to have the Right Gear to make it enjoyable. Wearing the right gear not only makes one feel comfortable and motivated but also increases the efficiency and performance of the athlete. It also minimizes injuries. It is very important to keep functionality and comfort in mind when choosing the Gear.

**Shoes:** The most important investment in this sport is a good pair of right-fitting Running shoes. While Running-Walking, our feet take the brunt of our body weight and the resistance coming from the ground, which in turn gets transferred to the ankle, knees, and hips. So it is very imperative that we invest in a good pair of running shoes that not only protect our feet but also support and fix any instability/imbbalances. Right shoes also minimize injuries, increase the run efficiency, and makes the run more enjoyable.

We recommend you go to a Running shoe store to find the shoes that suit your Run and Feet needs. The shoe professionals at the Running shoe store will analyze your gait and fit you into the shoes that suit your feet and run goals.

**Running Socks:** It is crucial that you wear the right Running socks to avoid the heat, friction, hotspots, and blisters. Good running socks are either synthetic or wool. Synthetic material is moisture-resistant hence dissipating the sweat and heat quickly, which in turn minimizes the heat and the blisters. Wool is a natural and controls the temperatures pretty well too. But it may get warm if it is very hot outside.

**Run Shirts:** Running t-shirts are available in several styles, lengths, colors, and materials. Whatever kind you may choose, be mindful that you pick synthetic technical t-shirts that are made of high-quality, moisture-wicking material, which spreads the sweat and dissipates the moisture/heat quickly, keeping the body cool and minimizing the friction/chafing.

Be sure to dress to suit the weather. And be sure to pick something that is not too tight or too loose. Just snug enough to wick the sweat and comfortable enough to move and breathe.

**Running pants:** Just like Running tops, there are many styles, lengths, materials, and colors available in Running pants too. Be sure to pick high-quality synthetic moisture-wicking material. It is recommended that you wear a Liner under your shorts or skirt. This helps minimize rubbing and chafing between thighs. Comfortable and functional apparel makes the sport fun.

**Sports Bra:** Independent of breast size, Running causes breasts to move up and down, as much as six to eight inches. This puts a huge strain on Cooper's ligaments, the thin connective tissue that supports the breasts. Without the correct support, it could lead to soreness and lasting damage. So it is very important to wear a sports bra that provides good support. Here is how to find your fit:

~A sports bra should be snug but not too tight. It is tighter than a regular bra but shouldn't restrict breathing.

~The fabric of the cup should be smooth. Wrinkles in the fabric are usually an indication that the cup is too big. Conversely, if the tissue is spilling out of the cup, it's too small.

~The underwire should lay flat against the rib cage, below your breast tissue, and should not pinch or dig in.

~Broad Adjustable straps give good support than the thin ones.

~Adjustable hooks help make adjustments with small changes.

Jump up and down and imitate the run activity in the bra you want to buy. If there is any discomfort when doing so, then it is not the one for you. If snug, comfy, and fulfills all the above criteria, then that is the one for you.

**Cap/Visor/Hat:** A good running hat/cap/visor should have a brim to keep the sun off your face. It should be made of synthetic, lightweight, breathable

material. A good Running cap keeps the head cool, sweat out of the eyes, and keeps the road ahead free from glare. It should also be easy to wear and remove when needed.

**Sunglasses:** Wearing running sunglasses can help with sun protection, and can safeguard their eyes from wind, sand, dust, and other debris. Be sure to pick lightweight, snug, antifog, antiglare, sunglasses with 98-100% UV protection.

**Sunscreen with SPF 50+:** We recommend you choose Sunscreen with SPF 50 and above. It gives more protection from the sun's harmful rays. Be sure to first try the product on a small area on the neck or back of your hand, to ensure you are not allergic to it, before putting it on your face. If it suits you, apply sunscreen liberally on the face and all sun-exposed areas before hitting the trails.

**Chapstick:** Pick one with SPF for Lip protection. This could also be used as Lube, if and when needed on the trails.

**Lubrication(Lube):** Grease the area that rubs against each other, with either. vaseline, petroleum jelly, mineral oil, or body glide to prevent chafing and bruising. Areas prone to chafing are underarms, groin, inner thighs, nipple, shoulders, buttocks, feet, between toes, under the sports bra's underwire, and shoulder straps.

**Water bottle:** It is advisable to carry water if your runs are more than 30min long. There are various options available to carry the water. A handheld water bottle(with grip) is recommended for shorter runs. If your run is going to be longer than an hour and there are no refilling stations en route, it is better to carry a Hydration pack which gives the option to carry more water and other accessories required.

**Fanny pack:** Goes around your waist to accommodate accessories like keys, phone, gel, credit card, money, snacks, chapstick, etc

**Running Jackets:** There are various running jackets available to suit different weather conditions. There are thin windbreaker jackets for windy days, waterproof rain jackets for wet days, lightweight spring jackets for

cooler days, and insulated winter jackets for cold days. Make your selection to suit the weather. Make sure that your running jacket is flexible, light, and breathable so it won't restrict your movement, weigh you down, or cause you to overheat.

**Running gloves:** Running gloves help keep your hands warm and make running more enjoyable. The modern running gloves are made with technical performance fabrics that can wick sweat and regulate temperature without compromising breathability, touch ability, and other functions.

**Running beanie:** Running beanie helps stop heat loss through the head and keeps the head and ears insulated. It helps regulate body temperature and reduces the risk of hypothermia and helps one run comfortably. Find a hat that provides the perfect balance of warmth, lightness, durability, softness, and moisture-wicking property. Wool is the best option for very cold weather.

**Reflective jacket:** It's important to wear reflective gear when out for runs, especially in the dark. The purpose of this high visibility gear is to be seen by the vehicles and prevent any accidents that could happen due to low visibility.

**Head Lamp:** If running in the dark or dim light,(early morning or late evening), wear a headlamp to give good visibility of the trail and the surroundings. Check the battery and functionality of the lamp beforehand.

**PS:**

1. Please remember, "We are Experiment of One". So try out the stuff, before settling for one.
2. Please learn and know-how of things(your gear).
3. Please break into your gear well ahead of time, before using them for longer runs or races.

If you have any questions, please let the Coaches know. Thank you.