

Winter Running Club Frequently Asked Questions

What is the winter running club?

“Hardcore Runners” from Fischer meet Tuesday and Wednesday at 3:15 in the fitness room (next to room 104) and go on short runs (1 to 2 miles) to parks, lakes, and playgrounds in the area. We finish at 4:00 and you can be picked up by parents at the school or walk home.

Why do you run outside in the winter? Isn't too cold?

Running outside all year long is a great way to maintain a good fitness level, connect with friends, and get in shape for sports you like to play. Honestly, the first few minutes of a run can be cold, but you will warm up quickly. There is no such thing as bad weather, just bad preparation! If it is dangerously cold (sub-zero), we will do a conditioning workout in the building.

What clothes should I wear?

Because we will not be running long distances and will only be outside for 45 minutes, a sweatshirt, sweatpants, running shoes, and normal winter gloves and hats are perfectly fine. If you want to extend your winter runs, here are some suggestions:

The best strategy for winter running is to dress in layers – the saying goes “wind over warm”. A general rule of thumb is to dress like it is 20 degrees warmer outside than the real air temperature. For example, if it is 20 degrees, dress like you are going for a walk at 40 degrees. If you dress too warm, you will overheat, sweat buckets, and end up cold and wet. Ick! Dressing in layers allows you to adjust by taking off a jacket or windpants if you discover that you have too much on as you get into the run.

The first layer should be a base layer against your skin that keeps you warm and does not collect sweat. Nylon or technical (wicking) fabric shirts work the best as this layer. Shirts (long or short sleeve), tights, arm warmers, compression shorts, calf sleeves, etc. all fall into this category.

The outer layer should be wind resistant and may be water resistant as well. Jackets, windpants, sweatpants, etc. can be used as an outer layer. How heavy this layer is depends on how much of a base layer you have and how cold the weather is.

Shoes that are snug fitting and have good traction are all that are needed for winter running. Unless you are going on icy or treacherous trails, Yak-Traks or other traction devices are not necessary.

The most important bits of the body to cover are your head, hands, and feet. Ear warmers, hats, gloves, and warm socks that cover your ankles will do wonders for keeping you warm and comfy on a winter run. Balaclavas (a head covering that goes over your head, face, and neck) are also a good choice for those very cold days. These should be wicking as well to keep you from building up excess moisture.

To dry out those moist shoes and clothes, put them on or above a heat vent when you get home and they will be good to go the next day.

Is running club fun?

YES! We play games in the snow, go on hot chocolate runs, and play games in the gym on days that are really cold.

Do I have to come every day?

You don't have to come every day, but if you come 90% or more of the time, you get a coveted “Hardcore Runner” technical t-shirt. The top 3 attendees will get another special award in addition to the shirt.