



## COLD WEATHER WALKING TIPS

As many of you are new to this sport, we'd like to give you some tips on walking during the fall/winter months.

Firstly, the best way to stay warm is to layer your clothing. Starting from your base layer, begin with one of the newer synthetic fabrics (i.e. Coolmax, Thermolite, etc.) that will wick the moisture/perspiration away from the skin where it can evaporate. Cotton is not a good choice for working out – it merely traps the moisture against the skin, does not allow it to evaporate, and you're going to feel chilled, wet and uncomfortable.

The purpose of your second layer is for insulation against the cold. Fabrics such as microfleece and polypro are good for lightness and warmth as well as breathability. Again, that sweatshirt may feel awfully good until you start your workout. Then, it will get heavy and feel bulky and uncomfortable.

Your final layer should help block the wind. Fabrics such as GoreTex, fleece and some of the heavier microfibers work well for this purpose. Our CWC club jackets are made of a nylon lined supplex and work well for this layer.

And don't forget to layer on the bottom as well. Wear tights under your nylon warm-up pants (lined or unlined) for additional warmth and absorption. Don't forget the synthetic socks and in really cold temperatures, two layers or better than one. Sock liners come in silk and synthetic fibers, and although they are thin, they do provide an added layer for warmth.

There are some great gloves that convert to mittens, and watch caps and/or headbands are a must. Remember that you lose 70% of your body heat through your extremities in cold weather. There are also neck gaiters and facemasks that provided additional coverage during weather extremes. Believe me when I say I have purchased it and have worn it all over the years.

Remember, the key to being comfortable is layering. You can always take layers off as necessary, but you really don't want to be lugging around that old parka for three miles, do you? And use the 20-degree factor. If the temperature is 20 degrees outside, it will feel like 40 degrees once you begin your workout.

Be prepared for what's ahead and you'll be able to enjoy the great outdoors all winter long with Chicago Walkers.

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