

West Stride

What do I wear????

We often field this question at West Stride. Here are some recommendations that many of you should be able to incorporate with items you currently have in your closet. Remember that it is okay to be cold for the first couple minutes (good rule of thumb- if running or run/walking, dress like it is 20 degrees warmer). You will warm up quickly if you are running or walking briskly. Layers are great when it is colder, as they provide extra comfort and can be peeled away as you warm up. For you gals, don't forget to always wear a quality running bra beneath on the shirts, jackets etc.!

60 degrees Fahrenheit	Short sleeve and shorts, singlet if you wish. Avoid overdressing above 60 degrees, your body functions beautifully at this temperature.
50-59	T shirt or light long sleeve and shorts or light capris
40-49	Long sleeve shirts, some like a vest, capris or tights, mittens if prefer
30-39	Warmer long sleeve or long sleeve with short sleeve over, vest also works. Tights or running pants. Gloves, mittens and hat/headband
20-29	Warmer long sleeve with vest or lighter jacket. Tights or running pants. Gloves, mittens and hat/headband.
10-19	Warmer long sleeve with fleece type layer and/or jacket. Tights with light pants or warmer running pants. Gloves, mittens and hat/headband.
0-9	Ok—you can still run in this, but it involves layers, covering face and limiting prolonged exposure. Atlantans are not used to these temps, so be careful!