

Winter Running and Setting Goals for 2014

With Jack Pilla and Pearl Izumi

- If the beginning of the New Year is any indication of how the rest of the winter is going to go, training outside will be challenging at best. Join Pearl Izumi Ambassador, marathoner and “ULTRA” runner Jack Pilla, in a discussion on how to set goals, gear up, and stay motivated and on track throughout the winter. A running coach, winner of the VT100 Mile Endurance Run and competitor in the Boston Marathon, as well as other ultra events including the Ultra Trail de Mont Blanc, the Tor Des Geants, Jack will also lead a FUN RUN at 5:30 and will have demo shoes from Pearl Izumi to try out. You don’t have to run to join in the discussion at 6:30. Lets get MOTIVATED!

Winter Running:

- ***# 1, get out the door!***
- ***But be Prepared!***

Gear to have:

- Trail shoes (for running in snow they have a more aggressive tread)
 - Road shoes will slip and slide more
- Winter weight socks but not too bulky
 - And one pair, not two
- Shoes – ½ size bigger if needed for heavier socks
- Screw Shoes for snow packed and ice covered roads
- Micro Spikes for snow and ice packed trails

- Wind blocker shell (breathable)
- Waterproof shell for when it's 35 degrees and raining
- Wind Pants or other insulated tights
- Wind briefs (men)
- Hat, wear one! You can always take it off.
- Balaclava , buff or other face protector
- Mitts and/or gloves: adequate hand protectors
- Hand warmers, if you get really cold hands, hand warmers are nice to have.
- Technical clothing to wick moisture away
- Wear layers so you can make adjustments on the run if needed.
- Bring dry clothes to change into after the run.

Night Time Gear:

Days are short, most likely you'll be running in darkness too.

- Bright headlamp and good batteries.
- Other reflective gear:
 - Reflective vest or
 - Clothing with reflective strips
- Rear blinking light

Run Smart – Listen to your body

- You should warm up shortly after you start running. If you feel your body temp is decreasing after a while or you're shivering, it's ok to cut your run short.
- Let others know where you are running and for how long, especially if you are running alone.
- Change into dry clothes as soon as you are done running.

Nutrition:

- Hydrate: You may not feel the need to drink as much in the winter but make sure to hydrate before and after. On long runs, bring fluids. Keep under clothing if sub zero or it will freeze.
- Eat: Snack before you go out in the cold to run. You will need the extra carbs
- For longer runs bring gels and other energy bars.
 - Keep from freezing or you can break a tooth. Keep in inside pocket or put in mitten before consuming.
- Credit Cards work great at convenience stores when you're bonking and have no food or drink.

Staying Motivated:

- Run with others. Many running groups in the area almost every day and night

GMAA

Long Trail Running Club

Local Running Store

- Treadmill and elliptical always an option on the really bad days and nights
- Music : some runners prefer to zone out
- Break up your long run into 2 runs.
 - change clothes, snack and out again before you get too comfortable
- Reward yourself Post Run: Dinner out, warm fire, chocolate, other favorite beverage, etc...

Staying Motivated

- Correct gear will help keep you happy.
 - Retail therapy 😊 Buy a new jacket.
- Cross Training: Don't just run.
 - Do some weight lifting, skiing, yoga, etc.
- Join a club/gym
- Hire a coach so you are accountable for your training.
- Travel to an away race, it's a great excuse for a vacation and to visit parts of the country/world you might never go to.
- Sign up for races
- Set Goals

Setting Goals

- Make realistic goals but also challenging.
 - Could be just to finish a race or go a certain distance.
- Sign up for races.
- Race new distances.
- Strive for new personal bests.
- Go for age group bests (as we get older, time goals may change).

Setting Goals

- Make sure to give yourself enough time to train.
- Make a chart and/or calendar with your training plan and have visible.
- Have weekly goals.
- Have monthly goals too.
- Chart how many weeks until event day
- Watch your progress. (Free online log at [Running Ahead.com](http://RunningAhead.com))
- Reward yourself at the end 😊