

Running in the Rain – Tips

April Showers bring May Flowers! Embark on your workout and enjoy Mother's Nature's showers! But keep on mind tips to balance comfort with physical fitness:

Tips:

1. Wear brighter and /or reflective gear.
2. Apply Vaseline or Body Glide to body parts that chafe in the rain: thighs, chest area.
3. Walk or run near your house—head out 15 – 30 minutes, and then turn around.
Head straight for a warm shower!
4. Get a water resistant hat to keep rain out of your eyes and head dry!
5. Stay on walking routes you know- and think ahead for potential flooding corners or underpasses.
6. Slow pace down. This is usually not your fastest time.
7. Avoid intersections that flood!
8. Tell someone where you are walking. Carry a cell phone!
9. Dress in layers:
 - a. Bottom/ closest to skin: try to use a technical fabric such as polypropylene or CoolMax, and wick water and sweat away from the skin
 - b. Outer layer: wind- and water-resistant jacket or vest
 - c. Avoid: waterproof rain slicker causes you to trap moisture and overheat.
10. Use waterproof jacket or even trash bag to keep rain out.
11. Use a hat or head cover that will keep your head dry
12. Avoid cotton if you can. Lycra or technical tights are fine. .
13. Bring a towel for your car seat.
14. Bring a change of clothes for immediate change after the walk or run.
15. Let sneakers air dry. Hair dryer or artificial air can erode the glue.
16. **Avoid lightning.** Stay safe in thunderstorms!! Calculate the distance between thunder and lightning: count the seconds between the flash and thunder and divide by five. So, if you see the flash and count to 10 seconds before you hear the rumble, the lightning struck about two miles away.