The ‘Right’ equipment/ gear when you run in the Good Irish Weather…………

Most races are not cancelled because of rain and therefore few tips here to make sure you are prepared for training or running a race in the rain.

Hat with a brim- this is super handy during a rainy run, particularly in Ireland. The hat will keep the rain off your face so you can see. If you are running in the winter with rain and wind, choose a thicker hat.

Clothes- If it’s very cold and rainy, you may need to dress in layers. Please remember the most important layer is the one closest to your body. Materials such as polypropylene absorb water and sweat away from your skin. It is also important not to overdress as wearing more layers will not keep you dry. Dress for the temperature, your outer layer should be a wind- and water- resistant jacket or vest. Outer layers should also be bright or light-coloured and have reflective strips if running in the rain or in the dark due to poor visibility.

Majority of us would run with our phones or iPod. Cleverly store your electronics in a ziplock or a waterproof carrier.

One will feel warm when you finish training or a run, but make sure you change out of your wet clothes immediately as to prevent hypothermia (lowering of your body temperature). Always have an extra set of clothes with you. Also carry extra pair of socks. Changing into a dry pair of socks can help to prevent blistering.

If you are out training, pull on a well-fitted pair of runners. Good quality shoes will minimise blistering and abrasion as well as reducing lower limbs injuries. Most sports stores will advise you on the best type of exercise shoe for your proposed goal. In many cases they will get you to try on a number of different brands of shoe and may even get you to run or walk on a treadmill so that they can evaluate the shoe and so that you can see how it feels when you are on the move. It’s also worth remembering that you should consider replacing your shoes after approximately 450/800 kms (300-500 miles) to ensure they still meet your needs.

Check it out how other runners reviewed, ranked and compared their shoes

<https://runrepeat.com/>

So how do you dry out your shoes if they are wet?

Remove your shoes immediately when you finish your run and stuff them with crumpled newspaper. This actually helps to keep your runners in their shape and the paper draws moisture away from them. Do not put your runners near the radiator or in the dryer- your runners will shrink or warp the shape and they won’t fit you properly anymore.