

# CHOOSING YOUR RUNNING CLOTHES



When you are thinking about buying running clothing, there are several things to consider:

# 1

## COMFORT

Your clothing should fit well and feel comfortable while you run. Look for materials that are lightweight, breathable, and moisture-wicking, as these will keep you cool and dry.

# 2

## WEATHER

Consider the weather conditions you'll be running in. If it's hot and sunny, choose lightweight and breathable clothing. If it's cold or raining, look for materials that will keep you warm and dry. It is easy to wear clothing that is too warm if you dress for the ambient temperatures before you start running, particularly in winter. Wearing layers rather than a single item of thick clothing will allow you to remove some as you heat up during the run. Also consider a snood which can keep your neck and even your lower face warm but is easily stuffed into a pocket.

# 3

## VISIBILITY

If you run in low-light conditions, choose clothing with reflective elements to help you stay visible to motorists and other runners. Kenilworth Runners require all our members to wear high visibility clothing during the darker evening runs.

# 4

## FIT

Look for clothing that fits well and allows for freedom of movement. Avoid clothing that's too tight or too loose, as it can affect your comfort and performance.

# 5

## DURABILITY

Choose clothing made from high-quality materials that will last through multiple runs and washes.

# 6

## STYLE

Whilst style may not be the most important factor when choosing running clothing, it can still play a role in your decision-making process. Choose clothing that you feel good in and that makes you feel confident while you run. Our club shop sells a choice of kit in our club colours so that you can become part of the green army!

# 7

## BUDGET

Running clothing can be expensive, so consider your budget when making your choices. Look for sales or clearance items to get the best value for your money. Don't feel that you need to have the latest styles, your running is what is important, not what you wear.

**Remember that you may be able to use the club's monthly discount code to get reductions on clothing at [SPORTSHOES.COM](https://www.sportshoes.com). See the club's Facebook page for more details and the latest code.**