



# Outside Running/Walking For Fall & Winter Months

Just because the weather turns colder and the days are shorter doesn't mean you have to stop running/walking outside. With a few minor changes and taking safety precautions your training can continue through the fall and winter months.

## Protect Yours Hands and Feet

Thirty percent of body heat escapes through your hands and feet. On warmer fall/winter day wear running gloved that wick the moisture away. For colder days mittens would be a better choice to keep your fingers warmer. The mittens help you fingers share their body heat. You can also tuck heat packs into your mittens. For your feet you would want to add a wicking sock liner under a warm fleece or wool sock. Just keep in mind that you want to have enough room in your running shoes to accommodate the thicker socks.

## Dress in Layers

Start with a thin layer that wicks the sweat away from your body. Stay away from cotton because it holds the moisture and will keep you wet. You would want to wear an outer layer of weather resistant material such as breathable nylon or Gore-Tex. This will help protect against the weather elements such as wind, rain, or snow, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out you would need a middle layer, such as a fleece, for added insulation.

## Avoid Overdressing

Always remember you are going to warm up once you get moving, so you should feel a little bit chilly when you begin your run. A good rule of thumb: Dress as if it's 20degrees warmer outside than it really is.

## Don't Forget Your Head

Approximately forty percent of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it is really cold, wear a face mask or scarf over your mouth to warm the air you breathe and protect your face.

## Get Some Shades

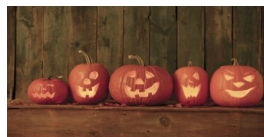
The glare from the snow can cause snow blindness, so wear sunglasses to avoid this problem. Polarized lenses are best when there is snow on the ground.

## Don't Stay in Wet Clothes

If you happen to get wet from rain, snow or sweat in the cold temps, you're at an increased risk for hypothermia. If you're wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia (characterized by intense shivering, loss of coordination, slurred speech, and fatigue) get emergency treatment immediately.

## Stay Hydrated

Even though it is cooler or very cold outside, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run.



### Recreation Services Contacts:

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### What To Look For At The KLARC:

- \* **New Group Fitness Classes:**  
**Water Aerobics** Offered Every  
Tues/Thurs in Kinney Natatorium  
11am-12pm
- \* **H2OFitness** Offered Every Monday  
Evening In Kinney Natatorium  
7pm-8pm

# New Group Fitness Offering This Fall!!!!

**Personal Training:** Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a workout rut? Schedule sessions with our personal trainer. Contact Derek Wetzel, Fitness Specialist via e-mail [dlwetzel@me.com](mailto:dlwetzel@me.com). **There is a fee.**

## Fitness/Wellness Programming for September, 2010

### 12 Days of Fitness Program: Runs Monday, November 14—Tuesday, December 1

Here is a short and sweet program to keep you working out during the hustle and bustle of the holiday season. **Sign Ups begin Monday, October 31 and will end Friday, November 11.** Each person will sign up at the front desk of the KLARC when at that time they will receive a 12 Days of Fitness Activity card. On the card there will be 12 fitness tasks, which all have to be completed by Thursday, December 1. When a participant completes the activity they **MUST** put the date next to the finished activity. When all 12 fitness activities are completed the participants will give the card to the front desk monitor to put in the rewards box. On Friday, December 2 three names will be drawn to receive prizes. If you have any questions please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu) or by phone (570)577-1465.

## Group Fitness Schedule August 24— December 6

	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am	SPINNING Phil		SPINNING Phil		SPINNING Phil
8am-9am	PILATES Katrina	STEP Michelle	PILATES Katrina	STEP Michelle	PILATES Katrina
9am-10am		YOGA FLOW Elizabeth			
11am-12pm		WATER AEROBICS Corinne		WATER AEROBICS Corinne	
12pm-1pm	HIT Kari		HIT Kari		HIT Kari
4pm-5pm	ZUMBA Grace	ZUMBA Grace	ZUMBA Grace	TAI CHI Steve	ZUMBA Grace
5pm-6pm		POWER YOGA Morgan	SPINNING Laura	POWER YOGA Morgan	
6pm-7pm	YOGA & ABS Morgan	KICKBOXING Tony		KICKBOXING Tony	
7pm-8pm	H2O FITNESS				

