

## Running a 5K: What to Wear?

If you are a seasoned runner, you more than likely have the proper running gear and if you are a new runner, you probably have some questions about what type of shoe is best or what do I wear to be comfortable? The clothes and shoes you wear while training for a race are very important. Wearing too much or too little clothing can make it uncomfortable if you're overly warm or too cold. The wrong shoes can make running hard on your knees, legs and ankles. Keep these tips in mind:

- Go to a running shoe store and find the best shoes for your feet and your stride. Shoes should be well cushioned, offer good stability and be designed for running. Always shop for running shoes later in the day, when your feet are swollen a bit and are larger. Make sure there is extra room (about an inch or so) in the shoe, between the end of your toes and the tip of the shoe. Don't wear brand new shoes the day of the race, but wear the ones that you've used for training.
- For proper clothing, always dress for warmer weather and in layers. When the weather is cold make sure your skin is covered while you run, but don't pile on heavy clothing, which can cause you to sweat too much. The layer closest to your skin, should be made of material that draws sweat away from the skin (polypropylene or thermal material works well). The next layer should help insulate you and keep you warm, so go for cotton. The outer layer should help protect you from wind and rain. One hint regarding clothing is to wear whatever you will be comfortable in ten minutes after you've started running.

For more helpful hints, you may want to visit these websites:

<http://runeatrepeat.com/2011/02/04/your-first-5k/>

<http://www.everydayhealth.com/fitness/running-a-5k-race.aspx>

<http://www.5ktrainingschedules.com/getting-started/starting-to-feel-nervous-about-your-5k-race.html>

<http://run.runandbecome.com/running-product-advice/what-wear/racing-2m-5k-10k-half-marathon/>

Again, we recommend Dick Pond Athletics for all your running needs. They also have a free 10 week Walk/Run program. Visit their website, [www.dickpondathletics.com](http://www.dickpondathletics.com) for more information, helpful hints and for the location nearest you.

### **You can support this year's 5K Run-Walk in several different ways.**

- Register at our race website: [www.2nd2None5K.com](http://www.2nd2None5K.com) (register early for a discounted rate)
- "Like Us" on Facebook at **Like our Run**
- **Become a sponsor.** Contact Marilyn Weisner at 630-897-2127

Make a donation to the *Food For Thought* program. Each \$10.00 donation provides food for one family from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Go to [www.aurorafoodpantry.org](http://www.aurorafoodpantry.org), click on **2013 2nd 2 None 5K Run & Walk, Food For Thought Program**, scroll down to the secure link at the bottom of the page to make a donation.

Thank you for helping us meet the needs of students and their families.

Sincerely,

Theresa Shoemaker

Executive Director

Communities In Schools

Marilyn H. Weisner

Executive Director

Aurora Area Interfaith Food Pantry

