

Team Future

Making Every Mile Count

Running Gear Checklist!

*Most importantly is a good pair of running shoes!

-Visit a local specialty running store where they watch you run and fit you accordingly.

*Order your Official Team Future jersey!

-Write your name on it so people can cheer for you

*Your running clothes should all be moisture-wicking material

-So it does not soak up sweat and helps you stay cool. Cotton is NOT a good option!

*Quality running socks to prevent those nasty blisters

*Tights and Lubrication to prevent chafing!

-Wear your tights under your running clothes to prevent rubbing and use anti-chafing products if needed.

*A watch will help you keep track of your pace and progress

*Nip guards or band-aids when the runs start to get long

*On those cold runs; wear a dry-fit shirt underneath and a hat to keep the heat in

-Add gloves if it is below 40 degrees, layers are always best!

*Packs for carrying your running nutrition

-Put your gels, gu, shotblocks, or sport drinks in your pack!