

Selecting Running Equipment

Physical therapy in Upper Marlboro, Largo, Prince George's County for Running

Welcome to Physical & Sports Rehab's resource about running - from the new runner to the experienced marathon runner.

While we often hear all we need are shoes and shorts to run, we do need a few more items to get out the door. Knowing what you need before you go shopping will help save you a lot of time and money! Selecting the right equipment is important for comfort, safety and injury prevention.

Equipment Tips

SHOES

- Running Shoes are separated into different categories based on the way the foot is made. Find out if you fit into a category such as Neutral, Stability, or Motion Control.
- Your category is determined by how your foot and arch move while running.
- For the most part, spikes and racing flats are not differentiated into categories.
- Most running shoes have about 400-500 miles in them. Therefore, save your running shoes only for running.
- It is not a bad idea to have 2 pairs which you alternate.
- Running shoes typically go up half a size over normal shoes because your feet elongate during a run.
- Insoles will assist with minor problems and are cheaper than specialty shoes.

APPAREL

- Wicking materials which move moisture away from the skin are ideal
- Singlets, jackets, running shorts and running tights should all be purchased based on fit, not looks.
- Cotton socks are a big cause of blisters; choose lightweight socks which also breathe
- In colder weather, remember to layer as such:
 1. Base layer should be tight fitting, next-to-skin (lighter fabric)
 2. Second layer is for warmth
 3. Outside layer protects against wind, water
 4. Wear a hat and gloves

HYDRATION

A hydration system (http://www.ausport.gov.au/sportscoachmag/nutrition2/pre-event_nutrition) of some sort is essential and there are plenty to choose from.

- Hand-held with a strap to keep the bottle in place
- Fanny pack type waist bottles
- Backpack like units which keep the hands free and carry much more liquid

SAFETY

- Reflective vests and lights for night running
- Identification, like ROAD ID which contain your personal and medical information
- A whistle or pepper spray (especially for women)
- Sunglasses and hat to keep the wind, snow or sun out of your eyes and face.
- Sunscreen and lip balm
- Key or ID holder

DEVICES

- Heart rate monitors help maintain pace
- GPS devices will track your mileage
- MP3 players to help you get lost in music
- Wristwatches are essential
- Pedometers are a little older but some still use them