



RUNNING GEAR:

**THE ESSENTIAL,
THE USEFUL,
AND THE
PURE FUN**

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Table of Contents

Introduction

Chapter I: The Essential

1.1 Running Shoes

How to Choose the Right Running Shoes

1.2 Running Apparel

Running Tops

Running Bottoms

Socks

Sports Bra

1.3 Water Bottle/Hydration Packs

Chapter II: The Useful

2.1 Running Watch

2.2 Smartphone & Apps

2.3 Runner's Belt

2.4 Energy Packets

2.5 Foam Roller

Chapter III: The Pure Fun

3.1 Good Music & Wireless Earbuds

3.2 Running Accessories

3.3 Running Costumes and Capes

3.4 Personalized Apparel and Gear

Conclusion

INTRODUCTION



So you have picked up running and are excited to get yourself all geared up? Or you may be a more experienced runner who still gets lost in the deep abyss of running gear lingo and the sheer enormity of products offered on the market.

Whatever your predicament—fear not, we got you covered. This eBook will take your hand and guide you through the running gear jungle, aiming to clarify which items the smart runner absolutely must have, which ones are helpful and highly recommended, and what gear to pick up just for the fun of it!

Running shoes, apparel, various gadgetry, and accessories can all have a place in your collection, but it is important to distinguish what is worth investing in first and foremost, before spending money on nonessential minutiae. The right gear will keep you safe, help prevent injury, and reduce the stress on your body while running.

Become a better, faster and more furious runner than ever before, with the proper gear and the right attitude.

Let's go for it.

CHAPTER I: THE ESSENTIAL



This chapter will go over a runner's essentials—such as shoes, outfit components, and extras such as water and hydration packs. It is important to note that what is essential also depends on your level of ability as well as your running level. Perhaps not every single item on this list is required for your first run, but they should definitely stay at the top of your list as you accumulate more miles.

1.1 RUNNING SHOES

The running shoes are the most important part of your running gear, period. No surprise here. The right shoe for you depends on the shape, size and biomechanics of your foot, your running style, where you run, and the amount of running you do. Hence, there is no perfect running shoe to match everyone but, at this stage of your running journey, there is a perfect running shoe for you.

Many experienced runners use as many as five pairs of running shoes a week, depending on their daily objectives. However, if you are just starting out, you don't have to go that far. Follow the advice enumerated below on how to choose your first pair of running sneakers, and that will probably be enough to get you started on your first couple of runs.

How to Choose the Right Running Shoes

[Picking the perfect pair of running shoes](#) is more akin to art, than science—you may need to try a few on before deciding. Regardless, have these few considerations in mind while shopping.



1. Buy shoes designed for running

Firstly, shop in the running shoe section. That may go without saying, but shoes specifically designed for running absorb the shock of 2.5 times your bodyweight, easing tension on your joints and tendons. For this reason, you require cushioning on both the front and back of your foot. Running shoes have special features that reduce the impact of frequent landings, allowing you to run comfortably daily.

2. Know your arch

Based on the type of your foot arch, your feet can be categorized as either low, high or neutral. To see which one you are, step down on the floor, with your weight evenly distributed between your legs. Look at your feet and determine how your arches are.

Some people have very low arches, and their feet can seem almost flat. Don't worry if that's the case; you can still make a brilliant runner. Notice if your ankle or foot seem to roll in. If so, remember to buy running shoes that cater for over-pronation.

On the other hand, if your arches are too high, you might face stability issues such as your foot and ankles rolling to the outside (or overly supinating). In this case, the right running shoes for you should cater for supination.

If your feet have normal arches, you are considered lucky and should go for neutral-arch running shoes. That means you will probably get away wearing a wide variety of designs.

Now head out to your favorite sports store or look online for your first pair of running shoes!

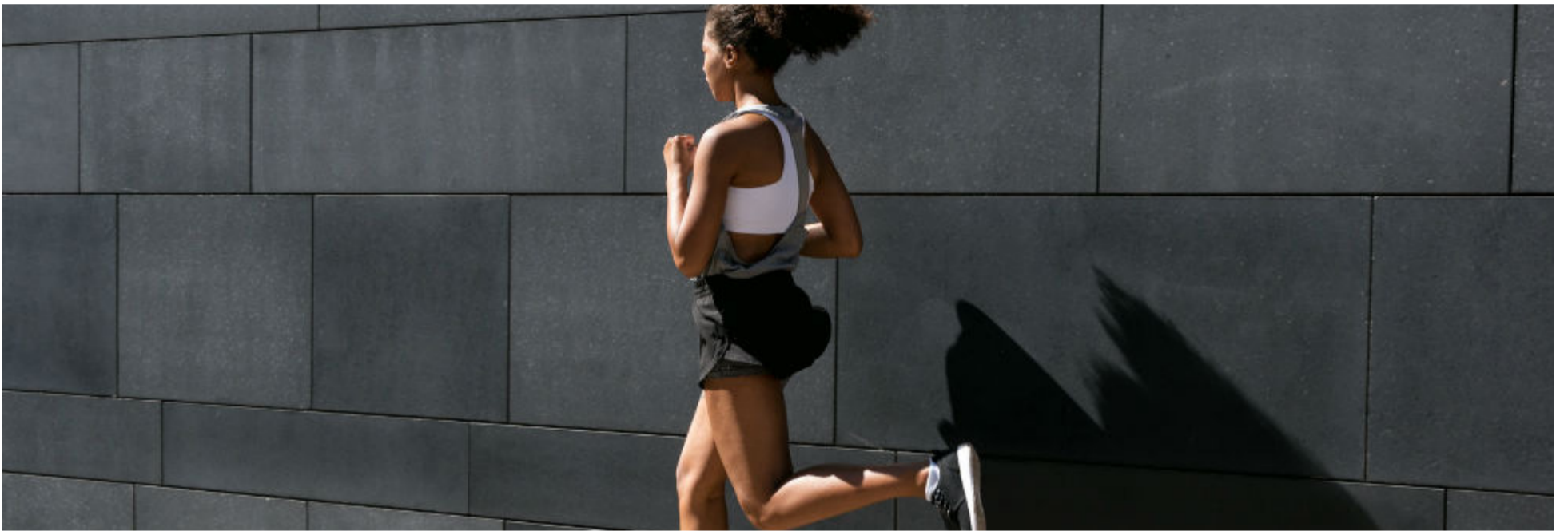
1.2 RUNNING APPAREL



When it comes to running apparel, there's a whole lot of choice out there. Below we will discuss the absolute essentials, covering your top (shirts and sleeves), bottom (shorts and leggings), feet (running socks) and if you're a lady, the crucial sports bra.

Running Tops

If it's your first run or you're just getting started, you can get away wearing any old shirt in your closet. However, you will be much more comfortable investing in a shirt or two designed for running. The fabric those tops are made of wicking, which means they draw the moisture away from the body. They dry faster, and unlike cotton, absorb very little water, so you don't feel as sweaty and uncomfortable.



Running Bottoms

Similar to the tops, you want to get a pair of two of running shorts, leggings, tights, or even skirts. The length and thickness of these will depend on the season you plan to run in. During summer, you can get away with more, but winter months require special winter running gear such as thermal tights.

Choose whatever feels comfortable and allows you to move freely. Again, if just starting, at running during good weather, you can get away with whatever sports bottoms you have at home.

Socks

You'd be surprised how important running socks are when it comes to running, which is particularly applicable to long-distance running. You see, regular cotton socks get warm and wet while you run, soaking up your sweat and creating a perfect breeding ground for bacteria and fungi. Additionally, warm socks and friction quickly lead to the highly unpleasant development of blisters and calluses.

Running socks protect you from all that because they are made of special breathable anti-bacterial wicking fabric that draws moisture away from your feet and lets air circulate. This keeps your feet dry and comfortable while preventing bacteria and fungi from multiplying. Consequently, you enjoy the freedom of no longer experiencing blisters, soggy feet and/or unpleasant foot odor.

What's more, running socks not only aid your comfort but further provide support and protection to your feet while running. The good ones have cushioning, stretchy parts that prevent them from slipping and give warmth during colder months. Go get a good pair of running socks and watch your running experience transform for the better.



Sports Bra

A good, supportive, well-fitting sports bra is a must-have for every active lady. This is especially important for an intensive high-impact activity such

as running.

Breasts don't have muscles but ligaments (called Cooper's) that hold them into shape. Physical exercise, and particularly running, results in breasts bouncing up and down, and sometimes in figure eight. Those continuous repetitive motions can lead to pain, discomfort, and sagging of the breast tissue due to consequent damage to the Cooper's ligaments.

Sports bras protect your ligaments from stretching out and your breast from losing their shape. Additionally, the support they provide reduces and even eliminates any pain you might be used to experiencing while working out.

Female runners, go ahead and invest in a good sports bra. Let's take good care of the ladies.



1.3 WATER BOTTLE/HYDRATION PACKS

Aside from shoes and outfit, the number one essential on your running to-do list is to take care of your hydration. This gets increasingly important the longer you run for. Keeping your body hydrated ensured your performance remains optimum while reducing the risks associated with dehydration.

When running shorter distances infrequently, it might be enough to get bottled water from the store. The more serious you get about running though, the better water bottle and/or hydration equipment you should consider purchasing.

You can start off buying a high-quality refillable plastic running bottle with a sports top and rubber hand strap. You want it to be as easy as possible to hold and drink from while you are running.

Once you start covering significant distances, and especially if your list of hobbies also includes hiking, trailing or climbing, you might want to consider investing in a hydration pack to supply you with water during your activities. Hydration packs look like a small backpack full of water featuring plastic tubing that goes to your mouth.

When choosing a hydration pack, get one that is easy and light to carry, durable, made of high-quality plastic, keeps water cool and has the appropriate size for your needs. To find out more, check out this guide for purchasing the best hydration packs for long running.

1.4 BODY GLIDE

This is not an essential for every runner but makes our “Essentials” list as it is 100% crucial to have when you are covering distances longer than 10 miles. Body Glide is an agent that reduces chafing. The balm is designed to create a protective layer between your skin and clothing, reducing irritation due to frequent friction (as when running). Apply as and when needed. You could also use Vaseline for the same purpose; however, Body Glide features a handy applicator to make your life easier on the go.

CHAPTER II: THE USEFUL



The sheer amount of available running gear that can be considered useful is enormous. In this chapter, we will discuss items that are popular among runners for their proven benefits in enhancing their running experience. However, these are not strictly essential, as you can comfortably go on without them, especially in the beginning stages of your journey as a runner.

2.1 RUNNING WATCH

A running watch is a device that can track your pace, record your running sessions, measure your heart rate, remember your route and help you run faster by keeping you accountable to your goal completion and tracking your progress. There's a variety of running watches available that come with different features and cost ranges. You can pay as little as \$20 for a simple watch and go as high as a few hundred for a GPS-enabled split-tracking running watch. Make sure to [check this list of best running watches under \\$100](#).

2.2 SMARTPHONE & APPS

Smartphones nowadays can do almost everything. You can download a bunch of running apps that help you with your running agenda, and even use a smartphone as a substitute to a running watch, especially as a

beginner.

Apps exist that keep track of your runs, suggest routes and rank your achievements compared to other runners in your area. You can even raise money for charity while running with the right app. All you need is a regular smartphone and internet access.

You may want to purchase an armband to keep your smartphone in place while running. There are many options available online and in dedicated sports stores, so choose one that suits your style best.

2.3 RUNNER'S BELT



Have you wondered where to keep your phone, keys, ID, pocket money and other small items you need with you while running? You can tie your keys to your shoelaces sure, stuff your ID down your tights, and hold your phone in your hand, but isn't there a better way? The answer to your issues is the running belt—a waist pack with pocket openings that can hold all your small personal belongings in place.

Using a good running belt ensures you got plenty of pocket space and experience superior comfort during your running sessions. Not fiddling around with your energy gel and eliminating the risk of dropping your phone means fewer distractions and unnecessary interruptions.

Before choosing a running belt for you, consider what you really need to have with you while running. This may depend on the length of your runs. You want to invest in a waist pack that can hold all you need it to hold, has a secure fit (measure your waist to know your size), and is comfortable for you to wear.

Once you find the perfect running belt for you, your runs will never be the same! It is unlikely you would want to go out without it ever again.

2.4 ENERGY PACKETS

We got your hydration covered in the essentials section. However, if you are going for longer runs, you may also need to consider nutrition. When endurance training, you want to have access to some quick carbohydrates to fuel your body and maintain your performance.

Energy gels are little packets of sugary substances that your body absorbs quickly. You simply slurp one while running when you need to. A variety of energy packs exist on the market, and you should find a flavor you prefer.

You could even stack up a few jelly beans in your runner's belt for easy access, but make sure to stay away from fatty treats like chocolate.

2.5 FOAM ROLLER

When running frequently and for longer distances, you might experience muscle aches and pains, and find yourself needing a longer recovery. A foam roller is a fantastic self-massage tool that you can use pre and post run in order to increase your mobility and speed up your recovery.

You use a foam roller on rolling different muscles groups over it. The massaging action decreases muscle tension by loosening up tight spots, providing some of the benefits of getting a deep-tissue massage. Additionally, foam rollers can focus on so-called trigger points—places

where muscles tend to form knots and loosen them.

You can foam roll on the floor or against a wall. The common areas runners need to roll include your calves, quadriceps, iliotibial band, and hamstrings. Those get quite a lot of use and straining during a run, so make sure to look up some proper foam rolling exercises online and target your problem areas accordingly.

Doing foam rolling consistently can help improve your range of motion and reduce muscle soreness after a workout. Additionally, they have been found useful in helping prevent injury due to the reduced muscle tension caused by releasing trigger points.

CHAPTER III: THE PURE FUN



After covering the essential and the useful for a good run, now it's time to turn to the pure fun! Whether you are running for a special occasion, or simply want to pick yourself up, check the below items to spice up your routine.

3.1 GOOD MUSIC & WIRELESS EARBUDS

Runners fall into two categories when it comes to music—some swear they feel their bodies best without tunes blasting in their ears, while for others

music takes away from the boredom of long runs.

If you are from the latter group, you may want to load up your MP3 player, or smartphones with your favorite tunes. Music can revitalize and energize you while keeping your running to an upbeat rhythm and stable pace.

To make listening to music while running even more comfortable and fun, you may want to invest in a pair of wireless Bluetooth earbuds. This way, you won't have to deal with wires getting in the way of the movement of your arms or fiddle around if one falls out of your ear.

There is no strict guide to getting the perfect wireless earbuds, but you should pick the ones that suit you best. Head online to do some comparison shopping and find the perfect pair for you.



3.2 RUNNING ACCESSORIES

There's a whole world of fun running accessories out there, from bright sleeves and socks to fluorescent shoelaces, bracelets, and fun t-shirts. You can go for a sparkly headband, or a bright belt matched with some cool running gloves.

Ladies and gentlemen alike often invest in a fun running hat—not only does it keep your hair in place and keeps your head warm and protected from the wind, but it absorbs sweat, so it doesn't drip down to your eyebrows and face. Convertible running caps can turn into wristbands, hair ties, bands, and scarves as well! They come in a variety of fun colors and patterns to choose from, so fun is guaranteed as well as functionality.

3.3 RUNNING COSTUMES AND CAPES

Whether you are running for charity, or want to celebrate a special holiday, running costumes and capes are also available on the market. Showcase your festive spirit during Christmas, Halloween, St. Valentine's or the 4th of July with a themed running costume. Anything from headbands and bracelets to arm sleeves, tutus and runner's capes will ensure you stand out in your next race. You can get creative picking and choosing bits and pieces to assemble your outfit yourself or invest in a pre-assembled costume.

A runaway bride? A princess breaking out from her castle? Captain America on a mission racing the Flash? You can pick who you want to be during your next big race. Fun is guaranteed, and your lifted spirits may very well contribute to an enhanced running performance.

3.4 PERSONALIZED APPAREL AND GEAR

Should you wish to showcase your love and dedication to running, even more, you can invest in getting personalized running outfits and gear. Apparel and products can be customized with the logo of the club you train with, the running organization you are a member of or used to promote a local race.

If you are fundraising for charity, you can also reflect that on your running outfits and accessories. You can get creative with it—look for personalized shoelaces charms, bag pins, performance headbands, arm sleeves, or anything else that comes to mind.

CONCLUSION



From the essential to the useful and the pure fun, there is running gear available galore to suit your every need, and make sure you run smarter, faster and for longer. If you are a beginner, make sure to stock up on the essentials before heading out for a session. Get a good pair of running shoes, some socks and a comfortable outfit, combined with a water bottle and you are ready to do.

More experienced runners and those covering longer distances can surely benefit from a proper hydration pack, runner's belt containing some energy packets, a watch to track progress, and a foam roller to relieve soreness.

If you are feeling funky, get your groove on by loading up some kick-ass tunes on your wireless earbuds, put on your brightest accessories on along with that huge smile on your face, and head out to the horizon.

The world is yours, my friend. Happy running!