

WHAT TO WEAR

Feels Like	90° - 80°		70° - 60°		50°		45° - 35°		30° - 0°	
Top	None/Sports Bra	Tank	Short Sleeve		Long Sleeve + Base Layer (Optional)		Light Jacket + Long Sleeve		Heavy Jacket + Long Sleeve	
Bottoms	Shorts					Tights		Tights + Pants		
Accessories						Gloves			Heavy Gloves/Mittens	
Head						Beanie/Ears Covered				
What to Buy - ALL DRI FIT/POLYESTER BLEND - NO COTTON!!!!										
Tops	SS/LS Shirts	Tank/Sports Bra	Light Jacket	Wind/Waterproof Jacket			Compression Base Layer		1/4 Zip Long Sleeve	
Bottoms	2"-9" Shorts (Boys) / 2"-4" SHORTS/3"-5" Compression (Girls)					Long Tights	Sliders (Boys)		Running Pants - Lightweight	
Accessories	WATCH	Beanie	Vest	Gloves	Foam/Stick Roller		Hat/Visor	Sunglasses		Arm Sleeves