



Winter joggers prepare for cold toes

By Kelly Laughlin
Of The Print

Jogging in sub-freezing temperatures, to most, may be termed as temporary insanity. But to the pensive health enthusiast, what the thermometer states should not interfere with an exercise program.

For me, a good amount of contemplation had to be experienced before high-stepping it into one of Oregon's worst winters in years. I must have stood before our living room window at least 20 minutes before suiting up.

Unaware of the proper attire to wear under the conditions, I put on two shirts, the usual undergarments and a sweatsuit (not recommended by most running experts). I guess now that I'm somewhat of a masochist because the experts do recommend wearing a cap and gloves, which I did not. But at last the living room door was opened and as naive as I was, I foolishly rushed out. (The following symptoms may not occur if you follow the experts' directions.)

The first sensation I ex-

perienced was a slow numbness of the body. Of course, the initial chill hit my flesh and bones first. After about 20 yards, I perceived that the numbing was acting as a natural protection to ward off the effects of the cold. At the one, I didn't feel a thing.

Remaining exposed, my toes were not so lucky. The biting wind had no sympathy, and gave a tendency to lock my mouth shut. Resorting to my nose for respiration was to no avail. Whether I breathed through my mouth or nose, my lungs froze regardless. I then felt the wind etching at my face like a dull razor.

I received some strange reactions from a more sensible crowd: car drivers, warm and protected behind headlights and four doors, and bundled in sweaters and gloves, they showed everything from a grin to bug-eyed surprise.

If you must jog in the cold, your health should be nothing to do with it. If you want to torture yourself just to write a newspaper article, however, the fun will come after the initial strife.

If a jogger is as devoted to the sport as this nameless runner, he will have to take some extra precautions in this present chilly weather. Warm sweater and sweat pants are a must along with 2 or 3 pairs of socks to keep the jogger from succumbing to "joggers cold toe."


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