

rain gear



[anncallis](#) 5 posts since

Jul 9, 2007

I am running in the Houston Marathon on Sunday and the forecast is thunderstorms and a high in the 50's. I am not sure how to dress for the weather. Any suggestions?



[irungrl](#) 153 posts since

Jul 3, 2007 1. **Re: rain gear** Jan 9, 2007 3:21 PM

1st get a BIG garbage bag to keep you dry before the start. Just poke a hole in it for your face and stay warm & dry underneath...you will be so jealous of the other garbage bag wearers if you don't have one!!

I have done two 1/2s in on & off rain and a 10k in a MAJOR down pour!! Layer (disposable/good will clothes) to keep warm at the start and make sure your clothing fabric is wicking from head to toe. I also suggest a running cap to keep the rain off your face.

Good luck & Happy running!