

Best socks for cold weather running?



[IGottaRun](#) 43 posts since

Sep 5, 2008

I ran in 24 degree weather yesterday (ok, I did run/walk intervals 😊) and of course my muscles started out cold, but I warmed up after a while. EXCEPT for my feet, that is. I ran on grass next to a concrete sidewalk (my knees and concrete don't mix), and the grass was pretty frosty. I was wearing your run-of-the-mill athletic socks - some kind of poly blend, I think). Today I looked for some other socks, and I bought one pair of wool blend "multi-sport" socks. Can't remember the brand, but just by feeling them with my hands they don't look like they're gonna be real comfy (smooth/soft), although who knows. They were \$14.50 (for ONE pair).

What socks are best for cold weather running? (I'd prefer something a little less expensive, although I'm not a cheapskate if they're totally worth the \$).

Thanks in advance!



[runninglady2](#) 7 posts since

Nov 8, 2008 1. **Re: Best socks for cold weather running?** Feb 15, 2009 2:42 PM

I really like Smartwool socks. The temperature today was 8 degrees and my feet were fine with 1 pair of Smartwools.

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[cokoro](#) 22 posts since

Nov 16, 2007 2. Re: **Best socks for cold weather running?** Feb 19, 2009 11:09 AM

A few years ago, I wandered through Ross or Marshall's and found some fleece socks that claimed to be sweat-wicking and breathable. I paid no more than \$5 for them, and they work pretty great over my regular coolmax socks when it's freezing. I can't remember the brand, but you might check these stores. You might check overstock.com or ebay for good deals, if you find a pair that you like but are too pricey.

good luck!