

## How to Stay Warm at Orcas 100!

A quick primer on running successfully in the cold and wet

- **Absolutely NO COTTON!** As our friend and long-time RD John Pearch is fond of saying: "Cotton is rotten." Go with high-quality technical, synthetic or wool socks, shorts, shirts, etc. **Wool will keep you warmest.**
- **Wear and carry with multiple layers with you at all times**, including a truly waterproof jacket, a warm hat, warm (waterproof, if you have them!) gloves, and a dry shirt. A neck gaiter/buff is a great item to have, as well.
- We will have donated **emergency ponchos** at the Cascade and Mt Constitution Aid Stations. Please consider taking one with you whether you think you'll need it or not. The two sections after those aid stations are usually the coldest and windiest on the loop, and it takes a long time to go from aid station to aid station. Carrying a large black trash bag with you in your pack is also a good idea, as you can use it as an emergency poncho if you need to.
- **Make sure you do everything you can to keep moving fast enough to generate your own warmth.** Pace yourself well for the entire loop. Stay hydrated, eat enough to avoid bonking/slowing too much, take care of your feet so you don't get blisters, stay awake and alert, have a very bright
- flashlight (over 100 lumens at the very least, and 200-300 lumens is even better), and make sure you have spare lights and batteries.
- **Change clothes/put on extra layers sooner rather than later.** Once you get too cold or too wet it's going to get harder to do everything, and if you start becoming hypothermic, your mood will plummet alongside your judgment potentially becoming impaired.
- **Eat hot foods/drink hot liquids at the aid stations, and consider running with hot water in your hydration bladder or bottles.** Maybe even carry a thermos full of hot liquid if you have one and it fits in your pack.
- **We'll have chemical handwarmers at each of the aid stations that you can take with you as you run, but please bring some from home too.** They are good for putting inside your pockets/gloves/and if you're a lady: in your sports bras.
- **Put extra clothes, DRY SHOES, food, hand-warmers, and extra lights/batteries in ALL of your drop bags.** You can have drop bags at all of our aid stations except the Mt. Pickett Aid Station.