Cold Weather Guide

PNC Bank Charleston Half Marathon

Dress in Layers!

We recommend dressing in layers starting with a base layer that is made of sweat-wicking material and then adding a layer or two that you can shed if you get warmer. If you have a running jacket or vest, this is the perfect weather to wear it in. Don't forget to tuck your base layer into your shorts/pants to add a little extra warmth.

Utilize Gear Check!

Gear check will be open from **6:00 AM - 6:45 AM** for ALL DISTANCES on race morning, so we encourage you to drop off a cozy set of clothes and maybe even a blanket for after the race. Don't forget a change of socks, a warm hat, and maybe some feet warmers for after the race. **5k participants, if you are planning to use gear check, please note that it will closely promptly at 6:45 AM.**

You may want to bring a sweatshirt to discard at the start line to keep your warm after you checked your bag. We are unable to return discarded items, so please make sure it is an item you are comfortable leaving behind.

Keep Your Hands Warm!

Wear gloves! If you do not have running gloves, we recommend buying an inexpensive pair of gloves before race day. Make your gloves extra warm by adding hand warmers. If you do use hand warmers, we ask that you dispose of them at aid stations.

Wear Clothing that Allows You to Adjust Mid-Race

Think about how you will adjust as you get warmer throughout the race. For example, you may want to wear arm sleeves or gloves, and tuck them into a pocket during the race. If you decide you need to shed a layer and leave an item of clothing on the course, **please do this at an aid station.** Our wonderful volunteers will clean up the area around aid stations, including discarded clothing, which will allow us to keep the streets of Charleston clean.

Keep Your Head Warm!

Keep your head, neck, and ears warm with a hat, gaiter/buff, headband, or earmuffs.

Block the Wind!

If you have a windbreaker jacket or vest, we recommend wearing it. You may also want to wear lip balm to prevent windburn.

Dress for Warmer Conditions

The general rule of thumb is to dress for 10 -15 degrees warmer than it actually is which will allow you to be comfortable as your body heats up during the race.