

## Running and Walking in Winter Resources

### 7 Traits of Mentally Tough Runners

[http://womensrunning.competitor.com/2014/03/training-tips/21661\\_21661](http://womensrunning.competitor.com/2014/03/training-tips/21661_21661)

### Mental Toughness

<http://www.scienceofrunning.com/2014/05/the-psychology-of-mental-toughness.html>

### Environment Canada Wind Chill Chart

[http://www.candac.ca/candac/Outreach/Teacher\\_Resources\\_Index/tri/31.pdf](http://www.candac.ca/candac/Outreach/Teacher_Resources_Index/tri/31.pdf)

### How to make screw shoes

<http://www.skyrunner.com/screwshoe.htm>

### Ice Spikes

<http://www.icespike.com/>

### Yaktrax

<http://www.yaktrax.ca/>

### Reusable hand warmers

<http://www.handsonheat.com/hand-warmers.html>

### Winter Running Tips

<http://www.runnersworld.com/the-starting-line/winter-weather-exercise-tips>

### Tips for Night Time Running safety

<http://www.runnersworld.com/race-training/nighttime-safety-tips-for-runners>

### Road ID

[www.roadid.com](http://www.roadid.com)

### Circuits

<http://www.coachjayjohnson.com/2010/08/running-times-circuits-parts-1-2-and-3/>