

2007 ROCK AND ICE ULTRA- GEAR RECOMMENDATIONS

For this race, I wore the same thing that I had previously worn for other cold weather ultras. As my under layer I wear Craft base layers. Over the craft base layer I wear a pair of Sugoi running tights, and a Sugio running jacket both with the Sugoi "firewall" material on the front and a breathable material on the back. This Sugoi combo works great for me. The firewall material works great in really cold weather. It is still pliable, and stretches as the body moves, but is nearly (as far as I can tell) windproof.

These two layers (craft base layer + Sugoi jacket/tights) are all I wear when I'm moving, even at the coldest temperatures (-40). I find these two layers work great at keeping me warm, but not overheating. Even if I am feeling cold in the morning before I going and throw on an extra fleece, I will usually end up stopping after an hour to pull off the fleece as I am starting to sweat. In addition to this I have a good down jacket to put on immediately once I stop moving (stops, nights, etc)

I would start any arctic race with the Sugoi gear and a wool base layer and not worry too much about my core/major limbs (and I also have the down jacket just in case!!). Feet/Hands/Face are a lot riskier though. I bring a few pairs of mitts (not gloves) that I am able to layer and wear all three if necessary. As well, it never hurts to have some chemical heating packs!!!

-Mike Scherman, Diamond Ultra winner