

THE LONG RUN CLUB

By following these five simple tips, you'll extend the life of your activewear, save money, and reduce textile waste!

WASH WITH CARE

01

Use a gentle, eco-friendly detergent like ecoswash, which is designed specifically for activewear.

Regular detergents can break down the performance fibers, but ecoswash cleans effectively without harsh chemicals, keeping fabrics breathable and stretchy.

COLD WASH ONLY

02

Always wash your activewear in cold water. Hot water can damage the fibers and cause shrinkage, which affects the fit and functionality of your gear.

AVOID FABRIC SOFTENER

03

Fabric softeners can clog the fabric's pores, reducing breathability and moisture-wicking abilities.

Skip it entirely to keep your gear performing as it should.

AIR DRY

04

Avoid the dryer, as heat weakens elastic fibers and shortens the life of activewear.

Hang or lay flat to air dry instead.

STORE PROPERLY

05

Keep your activewear in a cool, dry place away from direct sunlight, which can fade colors and degrade fabric over time.

Information kindly supplied by our friends at

