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Subject: Earphones for running  
Posted by [BeccaH](#) on Wed, 18 May 2016 19:39:22 GMT  
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I took up running recently and one of the first things I discovered is that I simply can't do it without music to keep me going. But I've tried a bunch of different earphones and none of them stay in my ears! The up and down motion jiggles them and within seconds they fall out, unless I constantly poke them further into my ear. I'm virtually running around with my fingers in my ears, looking crazy - has anyone got any recommendations?

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Subject: Re: Earphones for running  
Posted by [Finn](#) on Thu, 26 May 2016 11:10:28 GMT  
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Have you tried using the ones that hook around your ears? They work really well for me if you can stand things attached to your ears. They even sell wireless ones now so you don't get all tangled up in the cord.

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Subject: Re: Earphones for running  
Posted by [gofar99](#) on Fri, 27 May 2016 02:57:48 GMT  
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Hi, I have been running for over 20 years now and would never consider using ear phones while doing it. I don't believe it is a good survival concept. I personally would like to keep going for a long time and having your hearing compromised while running (ie can't hear outside sounds well) is IMO a very bad thing. Some phones are worse than others, but all diminish your awareness of what is going on around you. I have seen too many close calls to even consider it. YMMV

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Subject: Re: Earphones for running  
Posted by [drake](#) on Sun, 19 Jun 2016 09:36:08 GMT  
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You bring out a really important point. I have always had a problem with earphones not sticking to my ears. How would a wireless option look like? It appears to be the the best way out.

I prefer to have my earphones on while running in a place where there is little or no activity at all. They have the disadvantage of making you unaware of everything going around in the surrounding.

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Subject: Re: Earphones for running  
Posted by [dreamer13](#) on Wed, 22 Jun 2016 07:35:52 GMT  
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I agree about going wireless. I've used both types while running and obviously the wireless headphone wins. I feel that this type of earphone fits in my ear better in various activities compared to other type, though.

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Subject: Re: Earphones for running  
Posted by [moss24](#) on Wed, 13 Jul 2016 04:00:42 GMT  
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dreamer13 wrote on Wed, 22 June 2016 02:35 I agree about going wireless. I've used both types while running and obviously the wireless headphone wins. I feel that this type of earphone fits in my ear better in various activities compared to other type, though.

How is the sound quality of this earphone compared to the others especially in terms of stereo and bass? I came across some good wireless ones going for around \$25.

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