



RUN BEANIE

whatrunnersdo X woolventures

by Orsi Vincze

DIMENSIONS

Small: 40.5 cm / 16 inches

Medium: 44.5 cm / 17½ inches circumference at brim

Large: 48.75 cm / 19¼ inches circumference at brim

Length: approx. 21.5 cm / 8½ inches

GAUGE

20 stitches and 32 rounds = 10 cm / 4 in stockinette
stitch on 4.5 mm / US 7 needles

YARN

Approx. 50g (125m) of Retrosaria Beiroa – main
colour

Approx. 5g (12m) of Retrosaria Beiroa – text colour

NEEDLES

4 mm / US 6 double pointed needles or circular
needles using magic loop technique

4.5 mm / US 7 double pointed needles or circular
needles using magic loop technique

OTHER

8 stitch markers (1 unique to mark the beginning of
the round), tapestry needle

Show off your passion for **running** when heading to a race or just out on a walk in the cold with this cool beanie.

If you are a crafty **runner**, this is your perfect project for rest days, your taper week before a marathon, or – God forbid – while injured. You can also just gift it to a **runner** in your life; what better to express your love and care than a handmade item.

I knitted my own **RUN BEANIE** when I was heading to the Budapest Marathon last year. I thoroughly enjoyed the moments spent knitting on the days prior to the race – mostly in local cafes. You can read about my – not so glorious – experience at this event, and my **running** in general at whatrunnersdo.com

If in doubt about knitting this beanie or want to know more about my knitting adventures, find me at woolventures.com

I used the lovely Portuguese Beiroa wool for my beanie. You can find it at retrosaria.com

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RIBBING

With 4mm / US 6 needles and main colour yarn cast on 80 (88, 96) stitches using the long tail cast on method.

Without joining to knit in the round, knit set up row for ribbing: knit 2, purl 2

Without joining to knit in the round, knit first row of the ribbing: knit 2, purl 2

Join in the round, placing unique stitch marker to mark the beginning of the row, and being careful not to twist the stitches.

Continue with ribbing pattern for 5 more rows (knit 2, purl 2).

When finished you should have a total number of 8 rows of ribbing counting the set up row.

MAIN PART

Switch to 4.5 mm / US 7 needles and continue knitting in the round in stockinette stitch (knitting all stitches) through 40 rows.

CROWN SHAPING

Set up round: Knit all stitches placing a stitch marker after every 10 (11, 12) stitches

Round 1: *Knit to 2 stitches before first marker, knit 2 together, slip marker; repeat from * to end (you have to repeat a total number of 8 times until you have slipped the beginning of round marker). You have decreased 8 stitches, a total of 72 (80, 88) stitches remain.



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Round 2: Knit all stitches

Rounds 3-16 (3-18, 3-20): Repeat rounds 2 and 3. By the time you are done 16 stitches remain.

Round 17 (19, 21): Knit 2 together 8 times. 8 stitches remain.

Break the yarn, leaving an approx. 15 cm / 6" long tail. Using the tapestry needle, thread the yarn tail through the remaining 8 stitches, pulling tight to close the hole.

Bring the yarn tail to the interior of the beanie and weave in.

TEXT

Cut a length of yarn in text colour and thread the tapestry needle. Using the duplicate stitch technique, embroider the letters on the beanie as shown in the pattern below.

For determining the position of the letters, lay the beanie flat with the yarn tail left at the ribbing

centred at the back. Start the duplicate stitch pattern from the lower right corner of letter N. This should be situated 10 stitches from the ribbing and at the right edge as the beanie is lying in front of you.

See woolventures.com for a duplicate stitch tutorial if needed.

Finishing

Bring the yarn tail left at the beginning of the work through the last stitch of the set up row and back through the first stitch. Secure and weave in on the wrong side of the work. Trim yarn end.

Weave in and cut all yarn tails left at the duplicate stitch pattern.

If you have any questions or comments, contact me at: orsi@woolventures.com

CHART

