

Runners Companion

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Skills needed to complete this project:

Knitting/purling in the round, picking up stitches, mattress stitch

I had been using the armband that was made for my iPod and the Nike+ attachment, but I could not see the screen and had difficulty using the touch pad while on my runs. I either had too light a touch or too hard when trying to adjust the volume as I was trying to do this through a layer of fabric. Also the armband was designed to be worn around the upper arm; I prefer to have it around my wrist. After searching endlessly for something that was comfortable, functional, and stylish, I had to take matters into my own needles. As a result the Runners Companion was born.



The Runners Companion is knit in the round using two strands of a cotton and elastic blend yarn held together forming a sturdy fabric which can help wipe away the “glow” you may get while jogging.

Though this pattern is designed for the iPod Nano and Nike+ running attachment, you can easily adjust the pattern for other mp3 players by simply making the sleeves wider to accommodate your favorite listening device.

SIZE

XS [S, M, L] (emerald (version 2) shown in small, black (version 1) shown in large)

FINISHED MEASUREMENTS

Wrist: 6 [6.5, 7, 7.5] inches around

Length: 5.25 inches

MATERIALS

Cascade Fixation [98.3% cotton, 1.7% elastic; 100yds per 50g skein]; 1 skein; color 5363 – emerald, 8990 - black

One set US 4/3.5mm double-point needles

or

Two US 4/3.5mm circular needles

or

One US 4/3.5mm circular needle 30 inches or longer

The needles you choose depends on the method in which you prefer to work in the round.

Notions required

cable needle

tapestry needle

GAUGE

22 sts/# rows = 4" in stockinette stitch

PATTERN NOTES

- When measuring for this pattern, measure approximately two inches above the smallest part of the wrist.
- All knitting for this pattern is done using two strands of the yarn held together.

Wristband (version 1)

Using the long-tail method of casting-on, CO 28 [32, 36, 40] sts

Join to work in round being careful not to twist.

Work in 2x2 rib for 7 rnds.

Next rnd: k around

Continue to work in st st until measures 4.75 inches from the beginning

Next rnd: * work in 2x2 rib* repeat for 7 rounds

BO loosely in pattern.

Wristband (version 2)

Using the long-tail method of casting-on, CO 28 [32, 36, 40] sts

Join to work in round being careful not to twist.

Work in 2x2 rib until wristband measures 5.25 inches.

BO loosely in pattern.

Top Sleeve (version 1)

With the ribbing at the bottom, pick up and knit 10 sts where the ribbing and stockinette meet making sure to leave at least an 8 inch tail.

Work in st st for 8 more rows.



BO loosely, leaving at least an 8 inch tail.

Top Sleeve (version 2)

Pick up and knit 10 sts 7 rows from the top edge of the wristband, making sure to leave at least an 8 inch tail.

Work in 2x2 rib for 8 rows.

BO loosely, leaving at least an 8 inch tail.

Bottom Sleeve (version 1)

On the opposite side of the wristband, pick up and knit 10 sts where the ribbing and stockinette meet making sure to line up the sts evenly with the sts from the top portion of the sleeve and also making sure to leave at least an 8 inch tail.

Next row: p across

Next row: k2, BO 2, k6

Next row: p6, CO 2, p2

Next row: k across

Continue working in st st for 8 more rows.

BO loosely, leaving at least an 8 inch tail.

Bottom Sleeve (version 2)

On the opposite side of the wristband, pick up and knit 10 sts 7 rows from the bottom edge of the wristband, making sure to line up the sts evenly with the sts from the top portion of the sleeve and also making sure to leave at least an 8 inch tail.

Next row: [p2, k2]2 times, p2

Next row: k2, BO 2, k2, p2, k2

Next row: p2, k2, p2, CO 2, p2

Next row: [k2, p2]2 times, k2

Continue working in established pattern for 8 more rows.

BO loosely, leaving at least an 8 inch tail



FINISHING

Using your tapestry needle and the tails from the CO and BO edges, seam the sides of the sleeves to the wristband using the mattress st. Weave in remaining ends.