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## 8 Best Running Sunglasses of 2024

By [Amanda Capritto](#)



Edited by [Marlo Jappen Porto](#)

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No one wants to squint as they race to the finish line. Running sunglasses can make your run more comfortable by protecting your eyes from dust, debris, and the sun's harmful rays. That's why it's important to choose the right pair for your face size and shape, as well as the environmental conditions in which you'll be running.

As an avid runner, triathlete, and certified personal trainer, I've narrowed down the options based on my first-hand experience wearing running sunglasses in different conditions and environments – and I tested six of the eight pairs on this list.

I also sought the expertise of Dr. Rahul Pandit, ophthalmologist and Vice Chair for Ophthalmic Surgery at the Blanton Eye Institute at Houston Methodist Hospital, and Stephanie Holbrook, longtime runner and endurance coach. Our list includes options for every runner, with the TYR Apollo HTS Polarized Sunglasses earning our best overall recommendation. This pair is durable and packed with lots of features at a reasonable price.

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## Best Overall

**TYR Apollo HTS Polarized Sunglasses »**

**PROS:**

- ✓ Resistant to smudges and scratching
- ✓ Polarized lenses
- ✓ Shatterproof lenses
- ✓ Grippy temple and nose pads
- ✓ UV 400 protection against ultraviolet A (UVA) and ultraviolet B (UVB) rays

**CONS:**

- ✗ Not the best option for smaller faces
- ✗ Lenses are quite dark

[Buy From TYR](#)

Durable in build and mid-range in price, I have loved running in the TYR Apollo HTS Polarized Sunglasses. The scratch- and smudge-resistant polarized lenses reduce glare in full sun conditions and protect from wind and debris.

At less than 30 grams, these running sunglasses are lightweight and offer complete protection from UVA and UVB rays. The frames feature a grippy

coating on the temples and nose pads to prevent slippage and increase comfort at high-pressure spots.

My one gripe with the Apollo Sunglasses is that the lenses are quite dark (at least on the styles with black lenses – there are other options to choose from), so they aren’t my favorite when running in shaded or lower-light conditions.

Otherwise, the Apollo glasses have proven to be a great tool in my running arsenal, providing clarity and great contrast while I’m on road runs. Costing about \$100, these glasses are mid-range as far as price, and they pack an impressive suite of features.

Specs

List Price:	\$99.99
Weight:	29.4 g
UV Protection:	UV 400
Polarized:	Yes

EXPAND LIST ▾

Buy From TYR »

Best Budget

GOODR OG Sunglasses »



**PROS:**

- ✓ Affordable at less than \$30
- ✓ Dozens of color options to choose from
- ✓ Classic wayfarer frame style
- ✓ UV 400 protection against UVA and UVB rays
- ✓ 100% polarized lenses
- ✓ Snug, no-bounce fit

**CONS:**

- ✗ People with thinner faces may experience some bounce (made for average/medium faces)
- ✗ Lenses are prone to scratches

[Buy From GOODR](#)

GOODR sunglasses are a long-standing favorite among runners for their variety of fun styles and bright colors. And, they cost just \$25 to boot. I have used GOODR sunglasses in the past and appreciate the low price point and comfortable fit.

However, I don't expect supreme durability or longevity – you'll have to replace your GOODRs more frequently than you would a higher-quality pair – but the price point makes that A-OK (especially for someone like me who's prone to losing sunglasses). In my experience, a pair lasts about a year before needing replacement.

These GOODR OG glasses have a stylish wayfarer design, and there are dozens of color options to choose from. Even at their low price, these glasses feature full-spectrum UVA/UVB protection and a grippy, no-bounce design. The lenses are also polarized to reduce glare and improve contrast.

Specs

List Price:	\$25
UV Protection:	UV 400
Polarized:	Yes
Prescription Option:	Yes

EXPAND LIST ▾

[Buy From GOODR »](#)

Most Comfortable

Maui Jim Rimless Sugar Beach Sunglasses »



USN&WR

#### PROS:

- ✓ Incredibly flexible
- ✓ Lightweight
- ✓ Scratch- and shatter-resistant
- ✓ Clear, warm tint
- ✓ Complete UVA and UVB protection
- ✓ Lenses are versatile in changing light conditions
- ✓ Ideal for larger faces

#### CONS:

- ✗ Thinner faces may experience bouncing/shifting
- ✗ Light warm tint can feel insufficient in very bright conditions

Buy From Target

I have tried various running sunglasses, and the Maui Jim Rimless Sugar Beach Sunglasses are by far the most flexible, lightweight, and comfortable

pair I have ever worn. Full stop. This is the pair for anyone on a mission to find the most comfortable running sunglasses.

These are the lightest pair on this list, weighing just 15 grams. The barely-there design features rimless lenses and ultra-flexible arms, plus rounded lenses that fit close to the face, preventing debris or wind from irritating your eyes.

On the downside, I find my hair getting caught in the small, grippy nose pads whenever I lift the glasses up from my face, even if just for a moment. But, it's only a minor issue.

Otherwise, I thoroughly enjoy the Sugar Beach sunglasses for most environments, including shadowy routes and on cloudy days. The light and warm tint sometimes feels insufficient in full-sun conditions on pavement, but it's not unbearable.

With complete UV 400 protection and scratch- and shatter-resistant lenses, I recommend these Maui Jim sunglasses to anyone looking for a no-bounce pair that's so comfortable you'll forget that you're wearing them.

Specs

List Price:	\$189
Weight:	15 g
UV Protection:	UV 400
Polarized:	Yes

[EXPAND LIST](#) ▾

[Buy From Target](#) »

Best Prescription

**GOODR Prescription Sunglasses** »

**PROS:**

- ✓ Several prescription styles available
- ✓ Purchasing process is simple and easy
- ✓ Glare-reduction technology in lenses
- ✓ Non-slip, no-bounce frame designs
- ✓ UVA and UVB protection
- ✓ Polarized lenses
- ✓ May be FSA- or HSA-eligible

**CONS:**

- ✗ Cost of lenses starts at nearly \$200
- ✗ May not be able to replace lenses locally

[Buy From GOODR](#)

GOODR's affordable, widely loved frames are available with a prescription via a partnership with Lensabl. These sunglasses feature the same non-slip, no-bounce frames and anti-glare technology as non-prescription GOODRs – but now near- or far-sighted runners can enjoy clear vision, too.

Let’s get the sticker shock out of the way: Prescription lenses for GOODR frames start at \$197. While expensive, it’s not far off from other prescription options, and the frames start at just \$25. Plus, you may be able to use a [\(Health Savings Account\) HSA](#) or a Flexible Spending Account (FSA) to pay for prescription glasses. If you have vision insurance, the frames and/or lenses may be covered.

When designing your prescription glasses, you not only get to choose the frame style, but you can select from regular tinted and polarized or mirrored lenses, too. (Mirrored lenses may take an additional two to three weeks to ship.) You may also opt for clear prescription lenses, reading lenses, or [blue-light blocking lenses](#).

GOODR offers a variety of frames for different face sizes with a prescription option. The exact weight and fit of your sunglasses will vary based on the frame and lens options you choose, but across the board, GOODRs are known for being lightweight and comfortable with no bounce.

### Specs

List Price:	\$197 for lenses; styles start at \$25 for frames
Weight:	Depends on style
UV Protection:	UV 400
Polarized:	Yes

[EXPAND LIST](#) ▾

[Buy From GOODR](#) »

### Best for Wider Faces

**ROKA SL-1X** »

**PROS:**

- ✓ Designed to fit larger faces
- ✓ Form-fitting, rimless design
- ✓ Unobstructed field of view
- ✓ Easy to interchange lenses
- ✓ Adjustable temple pieces
- ✓ UV protection
- ✓ Smudge- and scratch-resistant

**CONS:**

- ✗ Single-lens design isn't for everyone
- ✗ Expensive, starting at \$200

[Buy From ROKA](#)

These rimless performance sport sunglasses from ROKA are commonly recommended for people with larger faces, and seeing as they feature adjustable temple pieces and have an overall width of 147 millimeters, we can see why that's the case. In addition to the wide width, the rim height of



these glasses measures 54 millimeters and the temple length is 119 millimeters (standard fit).

The single-lens design isn't for everyone, but it does provide an obstructed field of view. Combined with the high-quality lens options, the ROKA SL-1X sport sunglasses create a crisp, clear view in any condition. Plus, the lenses are easily interchangeable, so you can keep your frames but purchase multiple lenses for different environmental conditions. The nose piece simply pops out so you can swap lenses.

If there is any lens specification you can think of, the ROKA SL-1X glasses have it: They're 100% UV protective, hydrophobic, oleophobic, scratch-resistant, fog-resistant, smudge-resistant, anti-glare, and polarized. They're also lightweight at just 23 grams. For near- or far-sighted folks, the SL-1X glasses are available with a prescription, too.

Customers have praised the glasses for having a large lens surface area that covers a runner's entire field of view.

Specs

List Price:	\$200
Weight:	23 g
UV Protection:	UV 400
Polarized:	Yes

EXPAND LIST ▾

[Buy From ROKA »](#)

Best for Smaller Faces

Sunski Dipsea Sunglasses »





USN&WR

#### PROS:

- ✓ Suitable style for smaller faces
- ✓ Relatively affordable
- ✓ Several colorways to choose from
- ✓ Polarized lenses
- ✓ Frames made from recycled materials
- ✓ Lifetime warranty
- ✓ Smudge-resistant

#### CONS:

- ✗ Frames aren't as flexible as other options
- ✗ No padding on nose pieces

Buy From Sunski

As someone with a smaller face, I was thrilled to find Sunski sunglasses in a local outdoor store. I chose the Dipsea style, which Sunski markets as being

an average size, but I have found them to fit my smaller face very well.

They’re relatively affordable at a list price of under \$60, yet have many of the same features as higher-end glasses: complete UVA/UVB protection, smudge- and scratch-resistant lenses, polarization, and an impact-tested design. They’re also very lightweight at just 18.5 grams.

Eco-conscious runners will love that the Dipsea glasses are made from recycled plastic resin saved from U.S. landfills. Sunski is also a member of 1% For The Planet and uses plastic-free recycled cardboard packaging.

The Dipsea sunglasses are available in several colorways. I have them in Champagne Brown, which goes with all of my running outfits and the color is suited to trails and shadowy environments thanks to the light tint. They work well in full sun, too, but a darker tint would be better for full-sun running on pavement.

Specs

List Price:	\$58
Weight:	18.5 grams
UV Protection:	UV 400
Polarized:	Yes

EXPAND LIST ▾

[Buy From Sunski »](#)

Best for Durability

**Oakley Encoder Running Sunglasses »**

**PROS:**

- ✓ Brand is known for high-quality, durable gear
- ✓ Lightweight and flexible
- ✓ Non-slip temple and nose pads
- ✓ Scratch- and fog-resistant
- ✓ Anti-glare lenses
- ✓ Polarized UV protection

**CONS:**

- ✗ Expensive
- ✗ May be too wide for smaller faces

[Buy From Amazon](#)

Oakley sport sunglasses are a popular pick among runners for their durability and impact protection. The Encoder sunglasses feature a lightweight and flexible design. You can choose from polarized or non-polarized lenses and different lens tints to best match the conditions of your local running routes.

This pair features rubber pads on the nose and temple to eliminate pain at potential pressure points, and it has a curved design to stay snug against the

face and prevent irritation from wind and debris.

These glasses are designed to provide an unobstructed field of view to enhance vision and, thus, performance.

Specs

List Price:	\$276
UV Protection:	UV 400
Polarized:	Yes
Prescription Option:	No

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Trail Running

ROCKBROS Polarized Sport Sunglasses »





📷 USN&WR

### PROS:

- ✓ Single-lens design protects from debris on trail
- ✓ Affordable
- ✓ Grippy frames stay put
- ✓ No bounce even on steep descents
- ✓ 100% UVA and UVB protection
- ✓ Anti-fog, anti-glare lenses

### CONS:

- ✗ Frame plastic isn't the sturdiest
- ✗ No prescription options

[Buy From Amazon](#)

Looking for an inexpensive pair of sunglasses to wear in trail environments where dirt, bugs, and debris may be flying around? I recommend the ROCKBROS Polarized Sport Sunglasses, a nifty find on Amazon that performs incredibly well for a price tag of under \$30.

I have had these sunglasses for about a year and wore them routinely while training for an Ironman 70.3 race. They perform well for all types of running (and other outdoor activities, including cycling, [mountain biking](#), and [hiking](#)), but are particularly well-suited to [trail running](#) thanks to the wraparound lens design.

They're also hydrophobic and oleophobic, so fog, sweat, mist, and rain are no match for these lenses. Weighing just 25 grams, they're lightweight, too, and the curved frame prevents bouncing and shifting. Rubber pads on the nose pieces enhance comfort during longer sessions.

ROCKBROS offers these sunglasses in a dozen tint/color options, so you can choose what's best for your typical trail conditions.

### Specs

List Price:	\$29.99
Weight:	25 g
UV Protection:	UV 400
Polarized:	Yes

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

## The Bottom Line

TYR Apollo HTS Polarized Sunglasses are the best overall running sunglasses. The timeless wayfarer frame design is suitable for most faces, and the glasses are durably built. They provide crisp, clear vision while keeping debris out of the eyes and reducing glare.

## Things To Consider When Buying Running Sunglasses

As simple as sunglasses may seem, there's quite a bit to consider when shopping for a pair, especially if you're considering dishing out \$100 or more on a high-end option.

Dr. Rahul Pandit, ophthalmologist and Vice Chair for Ophthalmic Surgery at the Blanton Eye Institute at Houston Methodist Hospital, provides insights on how to choose running sunglasses for maximum eye health and safety.

Runner and endurance coach Stephanie Holbrook also discusses how sunglasses can impact comfort and vision – thus your performance – while running.

**Comfort and Fit:** The sunglasses you choose need to be comfortable or you won't wear them with regularity (or at all), thereby defeating the purpose. "The influence of sunglass selection on performance can yield diverse outcomes, ranging from favorable to detrimental effects, depending on the circumstances," says Holbrook.

Comfort and fit are subjective, but you'll want to consider factors such as your face shape and size, as well as any explicit comfort features on the frames (like nose pads and temple pads.)

"Ill-fitting or unsuitable sunglasses can lead to discomfort, slippage, or restricted peripheral vision, which can be detrimental in activities requiring full visual awareness and agility," she explains.

From an eye health and safety perspective, Dr. Pandit says to look for these characteristics regarding fit:

- Ensure they are large enough to cover your eyes and eyelids.

- Make sure they don't have a wide or thick rim on the outer part of the lens such that your peripheral vision is obscured, which can make it dangerous as you might miss objects, people, or cars coming from the side.
- Wrap-around style lenses/frames offer ideal protection from wind, as well as dusty, dirty, or sandy environments.

**UV Protection:** UV protection should be a primary consideration for runners looking for sunglasses, says Dr. Pandit.

"Sunglasses that block ultraviolet light (UV-A and UV-B), which include most sunglasses these days, prevent damage from ultraviolet light to your eyes and eyelids," he says.

It's important to pick a pair with complete UV protection because ultraviolet light exposure can lead to damage to the retina, Dr. Pandit says, which is the inner layer of the back of the eye that absorbs the light.

"This is where macular degeneration occurs as we age, and lifetime ultraviolet light exposure exposes people to greater risk for degeneration," he says. Sunglasses also prevent UV exposure to the surface of the eyeball and the eyelids, so they can help prevent a number of eye health conditions, including squamous carcinoma (cancer) of the eyelid, Dr. Pandit explains.

**Polarization and Tint:** Polarization is a technology applied to sunglasses to improve contrast and reduce glare, thereby improving vision and reducing eye strain. Tint refers to the coating on sunglasses that blocks light, and it comes in a variety of darknesses and colors.

Holbrook explains that the ideal polarization and tint depend largely on the environmental conditions, noting that runners may want to have multiple pairs for different types of runs and different conditions.

"Road runners benefit greatly from polarized sunglasses due to the glare from asphalt and passing vehicles," she says. "Reduced glare, enhanced comfort, sharper vision, improved depth perception, and UV protection are all factors that contribute to the benefits of polarized sunglasses for road running."

For trails, Holbrook encourages runners to reconsider highly polarized lenses because they can alter the perception of depth and color, which can potentially lead



to a fall if there are a lot of shadows.

“Using clear glasses is helpful in conditions such as low-light or indoor settings, in which tinted lenses may impair visual acuity and depth perception, potentially negatively affecting performance,” she says.

**Frame Design and Material:** There’s much to consider regarding frame design and material. Most importantly, you’ll need a frame design and size that fits your face well, so the sunglasses don’t bounce or shift while running. To find the right frame size, you can look for pairs marketed specifically as designed for smaller faces, larger faces, or average-sized faces.

Or, you can look at the design measurements: lens width, lens height, bridge width, and temple length. The best way to find your measurements is to measure a pair of glasses you already wear and feel comfortable in for comparison.

As far as material, you’ll want a pair that is lightweight but sturdy. Ideally, they will have a bit of flexibility for maximum comfort.

**Prescription Options:** If you wear prescription glasses or contacts, it’s probably worth paying for prescription sunglasses. Going out for a run in non-prescription sunglasses reduces your ability to perceive depth, color, shadows, and other factors such as oncoming traffic, wildlife, bicycles, and other pedestrians. Clear vision – and your safety – are always worth the cost.

**Additional Features:** Other lens features can improve your overall running experience. Consider these features based on what your running conditions are typically like:

- Anti-fog
- Anti-glare
- Scratch-resistant
- Smudge-resistant
- Shatterproof
- Graded lenses
- Variable (changing) lenses
- Sweat-resistant

- Hydrophobic
- Oleophobic
- Impact-tested/impact-resistant

## How We Chose the Best Running Sunglasses

The author of this guide, Amanda Capritto, personally tested six of the eight pairs of featured sunglasses (and also contributed original photography to this piece). The other two featured pairs were selected using buyer insights from customer reviews, running forums, and expert insight. Capritto is a runner and triathlete who has worn various running sunglasses in numerous conditions and environments. From full-sun road running in South Florida to forested trail running in gloomy Oregon, she has learned what type of sunglasses work for different conditions.

Additionally, Capritto interviewed two experts to better inform this guide to the best running sunglasses: [Dr. Rahul Pandit](#), ophthalmologist and Vice Chair for Ophthalmic Surgery at the Blanton Eye Institute at Houston Methodist Hospital, and [Stephanie Holbrook](#), longtime runner and endurance coach.

### WHY SHOULD YOU TRUST US?

[Amanda Capritto](#), the author of this guide, has more than a decade of running experience and has been a certified personal trainer for more than seven years. She is also a professional gear reviewer and commerce writer with several years of experience testing fitness products and writing buyer's guides.

[Marlo Jappen Porto](#), U.S. News 360 Reviews editor, is an experienced commerce editor who focuses on fitness products.

## FAQ

**What are the key features to consider when choosing running sunglasses?**

+

**What are the benefits of wearing sunglasses while running?**

+

**How do I prevent sunglasses from moving when I run?**

+

## About Our Team



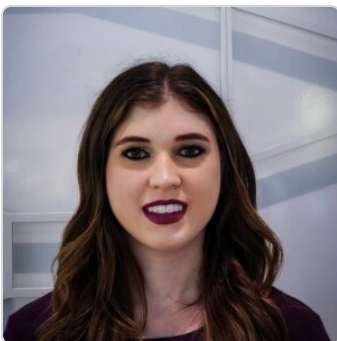
### Amanda Capritto

Contributor



Amanda Capritto is a content writer and journalist with extensive experience covering health, fitness, outdoors, and nutrition. She is a certified personal trainer, a sports nutrition coach, and the founder of Smarter Sweat, a fitness coaching business where she focuses on helping individuals reach their full potential in the outdoors.

[Read more](#)



### Marlo Jappen Porto

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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