

Winter Wear Advisory

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Advice on dressing for cold weather

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I hope that everyone stayed cozy and warm this morning...

Before I get to my annual early season note on tips for dressing in cold weather, here are some tips to share...

1. **Please read my emails!**

This may seem like an obvious tip but this morning, my wife asked me if I had gone to Waller H.S. to make sure no one showed up. I said that an email was sent (as of 9:00 am yesterday). So, out of curiosity, I looked and, this morning, I opened that note.

If you did go to Waller H.S. I am sorry for the inconvenience but please let me know as soon as possible. If your note is going to the office and you take Fridays off, you may want to change to your home email address - and please read my note!

2. **Have Email sent to two addresses**

If you need to see the Ready2Roll Cycling email in two places, I can't do a master distribution but you can enroll a second time for email only so you can see it in two places - at once!

To do this, go to the link below and enroll again but select the Email only option on the first screen. On the team question, select "Other..." and in the team name field, enter your 2nd email address.

Here is the link: <https://www.thedriven.net/ready2rollcycling2017>

OK, now get comfortable because the rest of this note has been over 15 years in the making. Many years ago and have refined it, added to it and this year, even deleted some of the 24+ years of riding experience and what works for me, when riding in cold weather. I will not use brand names in the note so I will explain that no one has paid me anything for my attention to the brand but in these specific cases, the brand (and their fabric) can make a difference - in my experience.

Here you go, enjoy the 2017 Edition...

2017 Winter Wear Advisory

Several, no, make that MANY years ago, it occurred to me that a significant life **hit the big five-oh**. That is to say, I was looking in my closet and counted 50 when I reported this milestone to my wife, she promptly made me move many closet so we would have more room! This led me to consider (and reorganize) led to a trip to Target to get some of those stacking plastic drawers and eventually how to dress for riding in cold weather.

(2017 update - I'm getting close to the big seven-oh but please don't tell Rot

I have updated this note many times since then. I have accumulated quite a bit years of riding and, to be honest, some of the cold weather stuff gets worn out; it lasts a LONG time. Each year, I do add a few articles to the mix so I have choices and recommendations. So go find a warm/cozy spot and read on...

Today's topic answers a question new riders ask me every year. **"I'm a new rider to help stay warm when it's cold outside?"** (Disclaimer - The rest of this is personal experiences. There is no scientific method or actually, any method to what has worked for me...)

First of all, what you DON'T want to do is get a pillow to throw over your mornings! (2016 comment: Unless Steve cancels the ride because it's TOO cold)