

From: **Steve Matthews** [mailto:steve@stevematt.com]
Subject: **Weathering Spring - Ride 4 - Sealy 8a, Feb 11, 2011** at
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Ride 4 starts in Sealy at 8 am!

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Good morning! It's Wednesday which means it's time for the Ready,Clad Cycling weekly ride ride. I know many of you are very busy so let's get right to the ride details...

...but first, the same old story - the weather! Weather.com shows 70% chance of showers in the morning and cloudy in the afternoon. Accuweather.com shows 57% chance of rain at 5, 9, 10 and noon, both are showing temperature in the mid 30's to about 50. Given that we've missed two rides already due to the weather, we are definitely hopeful that the weather will be safe to ride like Saturday. It may be a bit cool and wet but if the roads are not slick and there is no chance of thunderstorms, we know you want to ride.

If you don't already have some reasonable clothes to ride in the rain, this is the time to do some shopping. You can go to our website and review my email on dressing for winter the both fabrics mentioned also work well in the wet. My personal favorite for the outer layer, in wet weather, is Gore Windstopper. It is waterproof enough to keep me dry and comfy but significantly less expensive than Goretex which is supposed to be more waterproof. I have both and find WS work fine for me at lower cost - they are both excellent.

We would highly recommend looking for:

- Windstopper top - they were selling these like hotcakes for \$35-50 at the marathon expo (a great deal but gone now...)
- Pair of tights for wet riding (they have a waterproof front which is also the top of your leg on the pedaling crank) so your legs stay fairly dry and warm but the tights aren't too thick or heavy.
- Waterproof covers for the front 1/4 (1/2) of your shoes - these are very inexpensive, easy to get on/off and keep your feet comfy.
- Waterproof light, stretch head cover that has small flaps or drops to get over your ears. If the rest of your body is warm & dry but you have a cold/wet head, you may still feel miserable and these are very reasonably priced.
- Clear or yellow larger rain glasses to keep the water out of your eyes and allow you to see well. You can get these as low as \$20-25 for a decent pair.