

Advice on dressing for cold weather



2019 Winter Wear Advisory

2019 VERY USEFUL Tip...

Before I get to the details, I have a very useful tip to share. As this note is going out, I checked and two of our very helpful bike shops are just now putting their 2019 winter wear on sale as the end of the cold season is actually not too far away.

Sun & Ski has just put the following items on sale:

- One and Two wheel cycling apparel on sale at 20% off
- Up to 20% off general winter apparel
 - Note that the store is named **Sun & Ski** and they have ski stuff on sale - that is ski clothing as in clothing designed specifically to keep your arms, legs, body and head warm when moving quickly through cold air. If this sounds pretty much like what cyclists do on cold days, then you will want to drop by **Sun & Ski** and check out the cycling and skiing clothing that is on sale.
 - Useful Tip #1 - Two weeks from tonight (Jan 25, the night before Ride 1), **Sun & Ski** is hosting their annual **Bike University** with presentations on useful bike topics as everyone starts training for the BP MS 150. Did we mention that **Roach/Neal Cycling** will be there and will be presenting an overview of how to train to successfully have a safe and enjoyable ride to Austin. You can come hear the presentation, talk to us, and pick up some great cycling and skiing clothing on sale, the night before our first ride!

Bike Barn also just put their winter wear on sale at 20% off today (Jan 11) but gave an early sneak preview sale to all the riders who attended our Training with **Roach/Neal Cycling** presentation earlier tonight.

After you read this note, you should get to **Sun & Ski** and/or **Bike Barn ASAP** to strategically start, or fill gaps in your cycling winter wardrobe while the sale lasts, and pricing is great!

OK, let's get to the long, but very informative note...

Several, yes, note that MANY years ago, it occurred to me that a significant life milestone had occurred - **I hit the big five-oh.** That is to say, I was looking in my closet and counted 50 cycling (mostly) CP mounts, when I reported this milestone to my wife, she promptly made me move many of the jerseys into another closet so we would have more room! This led me to consider (and reorganize) all my cycling clothes which led to a trip to Target to get some of those stacking plastic drawers and eventually, to this long note about how to dress for riding in cold weather.

(2019 update) - I'm getting close to the big eight-oh but please don't tell Robbin. :)

I have updated this note many times since then. I have accumulated quite a bit of cycling clothing over 26 years of riding and, to be honest, some of the cold weather stuff gets worn 0-2 times a year in Houston so I kept a LHM file. Each year, I do add a few articles to the mix so I have changed some of my favorites 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, what should I get to help stay warm when it's cold outside?" (Disclaimer - The rest of this note is based on personal