

## Ready2Roll Cycling - Special Topic: Winter Wear Advisory

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### Advice on dressing for cold weather

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Before we get to the main topic, we wanted to remind you that, if you have any family/friends who have not enrolled yet, please let them know that the enrollment fee will increase \$25 at noon tomorrow, Friday, Jan 28.

If they want to enroll before the increase, here is the link:

<https://ready2rollcycling.rednet.net/ready2roll-cycling-2022-training-series>

OK, now we'll get to the main topic...

### 2022 Winter Wear Advisory

Each year, a number of new riders have written asking about riding and dressing for the cold weather. For this reason, we now send our annual Winter Wear Advisory note shortly before our beginner ride, so members have some tips to how to dress for the ride, **and some ideas of what to look for at Jan Cohen's GREAT Surplus Sale, coming up at Ride 2!**

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

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Tina'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?"

First of all, what you **DON'T** want to do is get a pillow to throw over your alarm clock on cold mornings!

So, how do you cope with the cool weather? The key concept is to dress in light to medium layers. In Houston's mild climate 2-3 layers is the most you should ever need as long as you learn your comfort level and keep a few favorite cold weather clothes handy.

Layering has several benefits - You can use lightweight layers so your clothing is not heavy. Two to three layers plus the air in between makes a very effective insulation system. Another key benefit is that you can fine tune your layers as you warm up and take off a layer and put it in your back pocket so you don't overheat.