

From: Roady@RedCycling.com
Subject: Winter Wear Advisory - Some Tips for the Winter Advisory
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To: Steve@SteveMarshall.net



Advice on dressing for cold weather

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While Kathryn and I now own Roady@Red Cycling, from time to time, we'll use some great material in our email archives because Marshall, Jay, Robbie and Steve spent 12 years building a great organization and some useful and timeless cycling material.

This Winter Wear Advisory note has been an annual Roady@Red Cycling tradition since its inception, and it is updated annually to reflect lessons learned and new fabric technology, etc.

This note is especially useful for our new riders as we prepare to get on the road during the coldest part of the year.

Also note that our tech support sponsor is Sun & Ski Sports. While we mostly lean on the "Sun" portion of their name, we will be moving quickly through cold air over the next several weeks, so we highly recommend you drop in to the nearest Sun & Ski store to check out some great Sun on Ski wear, which helps keep you cozy, and website on cold rides, here. Sun & Ski has their annual Bike University coming up on Feb. 24, 2013 at the store located at 6:00 Westchester (Roady@Red Cycling will be there) and will offer great sales.

So, take it away SteveMarshall...

2013 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 newbies have some tips to how to dress for the ride.

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

Here's their 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 cold 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 favorites cold weather clothes handy.