

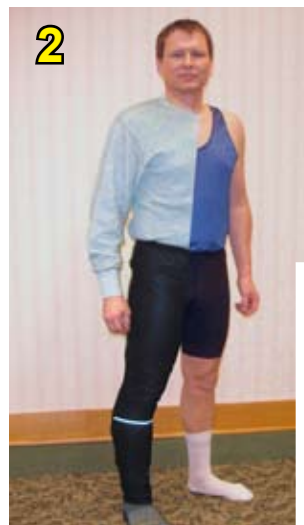
Gear Up for a Cold-Weather Adventure

by Ken Fagg, with Deb Jansen

Why do I like to ride outdoors in the winter? First of all, I like to ride because it's physical. (Before cycling, I was a runner.) Second, I ride a bike because I love to explore and I can do more of that on a bike. When I was a runner, I hopped fences, jumped creeks or found creative ways to cross obstacles. I ran through cornfields, woods, and wherever my feet wanted to go. So I guess I ride through the winter because I like to be exposed to the different adverse weather conditions. Heck, I even like riding in the rain if I am dressed for it.

One thing to remember when dressing for outdoor winter riding—cotton kills! In the winter, cotton keeps your sweat next to your body and makes you susceptible to hypothermia. Featured below are the layers I wear to ride on a **15-degree day**.

1. Base layer: a breathable sleeveless shell, bike shorts, polypropylene sock liners, and merino wool socks (such as Cabela's Deluxe Cold-Weather Socks).



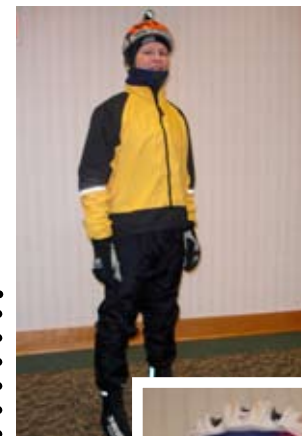
2. Layer 2 (cutaway): polypropylene long-sleeved shirt, CRAFT long underwear pant.



3. Layer 3 (cutaway): Brushed long-sleeved jersey (from Iowa Orthopedic race team), neck gator, wind pants, winter riding shoes (2 sizes too big), a skull cap, and a time trial size Camelback. (Water bottles freeze in the winter, and you'll dehydrate!)



4. Layer 4: (cutaway and full view below) windbreaker shell jacket with mesh lining, neoprene booties covering shoes, lobster gloves, helmet, light on top, light on back, and 2 back reflectors.



- **To adjust layers for other temperatures**
- 0 degrees: add a fleece vest under jacket shell
- 10 degree day: add a wind vest under jacket shell
- 30-40 degrees: instead of jacket shell, wear a fleece vest. Instead of CRAFT pants and wind pants, wear cycling tights. No booties.
- 45-55 degrees: breathable tank top, polypropylene shirt, brushed long-sleeved jersey, cycling tights, and regular cycling shoes.
- 55-65: a breathable shell, short-sleeved jersey, arm warmers, maybe a pair of knee warmers/knickers, and regular cycling shoes.