

# Win the Cold War

You don't have to hang up your bike just because it's not shorts weather. Here's how to arm yourself for the chilliest rides. *By Brian Fiske*

## Learn Your Layers

**1 BASE**  
An undergarment that keeps you warm and dry by wicking away sweat **Look for** Wool or a synthetic material; a close-to-skin fit

**2 MIDDLE**  
A second layer that traps body heat by forming an insulating pocket of air **Look for** A not-too-tight fit that allows air circulation and ease of movement

**3 OUTER**  
A protective layer that blocks wind and/or moisture **Look for** A windproof front and a breathable back

### REMEMBER TO BREATHE

Choose middle and outer layers with zippers and ventilation. Open or close vents to stay as sweat-free as possible.

### MANAGE YOUR MIDSECTION

Your body directs blood to your core and away from your extremities to keep vital organs warm. A dry and toasty midsection = happy hands and feet.

## IT'S OKAY TO...

- **WEAR NON-CYCLING GEAR** THE PRINCIPLES OF LAYERING AREN'T LIMITED TO PERFORMANCE APPAREL.
- **DOUBLE UP** ON THE COLDEST DAYS, WEAR TOE COVERS UNDER BOOTIES FOR EXTRA WARMTH.
- **SHED CLOTHING AS YOU WARM UP** THAT'S THE BEAUTY OF LAYERING—AND POCKETS.

## Shield the Extremities

**WRISTS**  
Wear gloves with extended cuffs and choose a middle layer that has thumbholes at the wrists to secure the sleeves.

**ANKLES**  
Go with socks that hit midcalf or higher and choose tights or an insulating layer with stirrups to hold the fabric in place.

**EARS**  
A thermal headband or cap with a fold-down rim will protect your ears and forehead.

**FINGERS**  
On the most frigid days, two-fingered (lobster) gloves let warm air circulate around your digits.

**FEET**  
Avoid over-socking. When shoes are tight, it reduces blood flow and insulating air. Opt for toe covers or booties.

