

several hours. Keep your feet layered as well. Wear a thin pair of socks covered by fleece or wool socks in really cold/wet conditions. Wear shoes or boots that are a size too large. This allows for tiny pockets of air between layers and for good blood circulation. Both are essential for foot warmth. Another great product is Neos. These are wonderful shoe covers that keep your feet dry and windproof in severe conditions (sort of like those things your grandpa wore over his shoes in the winter). Finally, those chemical hand warmers mentioned above are also available for the feet. I find that in very cold weather my nose and facial mask area freezes something terrible. I think this has to do with my eyeglasses being metal and conducting the cold into my skull. I use a neck gaiter made from neoprene (wet suit material) and microfleece. It works great to cover and doesn't mess with the fit of my helmet. Another cyclist favorite is the balaclava. Balaclavas are great for covering the face and head in cold weather (think ski mask). I also love earmuffs when the weather isn't as terrible but is still cold. Walgreens sells some that go around your neck rather than over your head—they are cheap and won't alter the way your helmet fits. Dealing

Tip: Do not wear earrings when riding in cold conditions. They will freeze your ears!

with wind and windblown snow can be tough. In addition to the balaclava and face mask options, consider using a pair of ski goggles. Amber lenses are best for low-light conditions as they improve contrast. Ski goggles can be a godsend for cyclists. They protect much of your face and are designed to be fogproof. Be sure whatever pair you buy fits your face when your helmet is on (most do, as competitive skiers wear ski helmets). If you wear glasses, be sure you buy a ski goggle that is designed to fit over them. You can often get ski goggles very cheaply at the end of winter or at discount stores (like Marshalls). Now, here is my weird experience. While my fingers and face can turn into popsicles, my body core is a furnace during the winter. I actually ride through all but the most horrible cold wearing a *windbreaker!* Given, it's the final layer over a jersey or sweatshirt (polyester or fleece, thank you) and underlayers, and it's completely windproof since it's made out of technical fabric—but it's all I wear on the outside. For really slow rides (like Critical Mass), I wear my regular winter coat. I also always have a very light windbreaker stashed in my seat bag. There are times when I get cold and I just add that super lightweight jacket, and it's enough. (*Article from cyclingsisters.org/node/55*) **Cycling Sisters: Exercising Our Two-Wheeled Independence** Cycling Sisters is a women's cycling group in Chicago. Our mission is to increase the number of women who ride bicycles for transportation, and to increase the confidence and comfort of women cyclists.



Perimeter Ride

August 28, 2010 10:00 a.m.
Wicker Park Fountain (1450 N. Damen)
Contact: John Greenfield 312-560-3966
Explore the entire 100-mile perimeter of Chicago by bike. The ride is slow, meandering, with plenty of stops for sightseeing and skinny-dipping. It ends at Handlebar (2311 W. North) after midnight. It's been said that around 200 people start the ride and only about 20 finish. Give it a go!



**BEEN IN A CRASH?
WE'RE HERE TO HELP.**

Crash Support Group Meeting

September 22, 2010 6:30 p.m. to 8:00 p.m.
Active Transportation Alliance (9 W. Hubbard, Suite 402)
Contact: crashsupport@activetrans.org or 312-427-3325 x293
Crash Support Group Meetings are for bicyclists and pedestrians (and their loved ones) recovering from traffic crashes. Share your story every 4th Wednesday of the month. Meetings are free, confidential, professionally facilitated, and open to the public. Help is also available through the Crash Support Hotline: 312.869.HELP (4357) Any missed calls will be returned within 24 hours. Receive resources and help determining the next steps after a crash such as finding a lawyer, submitting property claims, and even financial aid for victims of hit and run crashes. The Crash Support Hotline is NOT a substitute for 911. If you are at the scene of a crash, please contact 911, get a police report, and do not refuse medical attention.



Critical Mass is Out for Blood

October 4, 2010 11:00 a.m. to 6:00 p.m.
LifeSource (100 W. Randolph St.)
Contact: lifesource.org or 877-543-3768
Join Critical Mass riders at the Thompson Center to donate blood at LifeSource. When you donate blood through LifeSource you can give them group code CM99 to give Chicago Critical Mass credit for your efforts to help save lives. Just tell the person at the front desk that you have a group code you'd like to use and tell them it is CM99. If October 4 is not a good day to donate, you can walk in or schedule an appointment M 11:00 a.m. - 6:00 p.m. or Tu-F 7:00 a.m. to 6:00 p.m. If the Thompson Center is not a good location for you, visit their web site for a list of donor centers and hours.

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What to Wear?

by Jane Healy

Here are some of my tips for clothing while cycling.

- 1. WEAR WHAT IS COMFORTABLE.** For some people this is street clothing, for others it's the full complement of lycra and GoreTex. I personally find that bike shorts are a wonderful thing, but I know many, many cyclists who ride in jeans or skirts with no trouble. Mt. Borah makes bike short liners that you can wear under just about any regular pant or skirt if you want to avoid the Spandex warrior look (something that is truly scary looking on my big ass!). For cooler weather, bike tights can be a functional option. I have a pair of microfleece pants that I wear over tights that are the bomb during the wintertime. They make me look a bit like a black version of the Michelin Tire guy, but I picked them up at a closeout for just \$15 and they have provided me with snugly warmth for years now.
- 2. DRESS FOR THE WEATHER.** Technical fabrics (CoolMax, GoreTex, Olefin, Ring-spun Polyester, Polarfleece, etc.) are designed to make you comfortable by being engineered to deal with specific conditions. There are a bazillion different bike jerseys out there for your selection. Generally, tech fabrics are good for what they are designed for; some fabrics have multiple uses (eg. GoreTex is for rain but also for wind protection). Earthy fibers can also be fabulous, if you use them properly. Cotton is a staple for warm weather rides, but once wet it takes a long time

to dry off. It is absolutely *wrong* for cold weather rides. It will make your skin clammy and can lead to hypothermia. Choose wool or silk instead, since they won't lose their heat-insulating properties when damp.

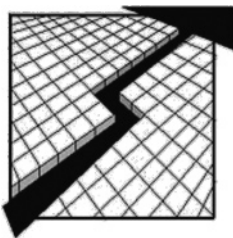
3. Learning how to EFFECTIVELY LAYER is key for riding year-round. Smart cyclists layer. I always plan on riding cold for the first 5 minutes or so in the winter; that way I'm not ready to keel over from heat stroke once I get going and warm up. The goal is to be able to thermoregulate by adding or subtracting layers. In the cooler months, having a windbreaker tucked into a pannier is a great tip. You never know when the weather will suddenly switch on you. A jacket with pit zips is a wonderful thing. You can unzip to vent excess heat once you get going. Some hi-tech cycling jackets also have arm vents and chest vents. A really terrific cycling jacket is a good thing to invest in. You will have it for years and it can make a *huge* difference in your comfort when riding. There are lots of things you can cheap out on in cycling (thrift store sweaters are a staple of most winter cyclists!), but a fabulous cycling jacket is something to think about putting some money into. Arm warmers and knee warmers are great. You can remove them easily, or add them when you need them, and they don't take up a lot of space to carry.

4. PROTECT YOUR EXTREMITIES. Extremities are very important when you ride in extreme weather. Windproof gloves or mittens are a necessity. Some people will need even heavier

protection for feet and fingers. There are lobster claw gloves and Pogues that cover your handlebars/hands that can really keep you toasty in winter. Any Walgreens sells chemical hand warmers that you can buy in the cold weather months. You open the package, massage the "tea bag" for a couple of seconds to get it well oxygenated, then tuck it into your mittens. They work great for

Places to buy bike clothing:

- terrybicycles.com <---great bikes, too
- titline.com <---great for sport bras
- teamestrogen.com <---carries specialty, too (plus, pregnancy, etc.) and also has a great forum for women cyclists
- trashycat.com
- rei.com
- piermontbike.com <---discount/closeouts
- sierratradingpost.com <---discount/closeouts
- performancebike.com
- kozy.com
- junonia.com <---plus sizes
- Army/Navy/Military Surplus stores
- Camping stores



UnHappy Hour: Bike Winter Edition

September 15, 2010 7:00 - 9:00 p.m.
Quenchers (2401 N. Western Ave.)
Learn more about Break The Gridlock and Bike Winter. The folks from Bike Winter will be on hand to give tips and

inspiration to stay in the saddle year-round, including braving the cold, wet, windy days of fall. Remember, Bike Fall is harder than Bike Winter! There will also be discussion of how Bike Winter fits into overall efforts to help Chicagoans live car-free.



One Million Less [Fewer] Cars Rally

September 22, 2010 5:30 - 7:00 p.m.
Daley Plaza (Washington/Dearborn)
In honor of World Car-Free Day, Break The Gridlock will be hosting a rally/networking/self-propelled action, "One

Million Less [Fewer] Cars!" at Daley Plaza, meeting at 5:30 p.m., leaving at 6 p.m., and ending at the Bike Winter Kick-Off Planning Meeting. The idea is that we spread love and thanks for walkers, cyclists, skaters, bladers, transit users, etc. downtown and encourage the drivers hitting the highway ramps to join us next time. World Car-Free Day is a global event promoted by the World Carfree Network, of which Break The Gridlock is a member.



Bike Winter Kick-Off Planning Meeting

September 22, 2010 7:00 - 9:00 p.m.
Billy Goat (1535 W. Madison)

Let's aim to make this the year ALL fair-weather cyclists within our propaganda's grasp decide to stay in the saddle through the longest, coldest nights.

We'll meet at 7:00 p.m. at Billy Goat, directly following the One Million Less [Fewer] Cars rally event. Two-time Bike Winter Co-Chairs Martin Hazard and Lauren Sailor have stepped aside to welcome Lowell Nelson and Julie Hochstadter as the new Bike Winter Co-Chairs. This event is where Bike Winter veterans and newbies brainstorm about the sorts of activities that should happen to convince summer cyclists to give riding in the winter a chance. Julie and Lowell have some new events they would like to try out. Chime in if you have some ideas. By the end of the night we'll have a list of goals for this year's Bike Winter and a list of volunteers to help achieve those goals. It is possible that the new Bike Winter sticker will be unveiled at this event. Everyone is welcome.

Your input is needed for the Bike Winter 2011 Mascot & Sticker design. Voting is taking place at thechainlink.org/group/bikewinter until August 31, 2010. Below are the stickers of Bike Winter past. Help decide what Bike Winter 2011 will look like by voting today!

