

Happy summer everyone!! In case you've been inside for the last few days it's been quite warm outside! It's now getting to the point of being a health issue to be outside and doing anything if you are not prepared.

Becky and I went on a trip with the Wingers & Waves group recently. We were supposed to be away for two weeks. This turned in to a three-week outing. When you see either of us ask us why. It is quite the story.

As I write this article we are getting ready to head to Shreveport for Wing Ding 43. I hope you are able to get up there of an overnigher a least. There are plenty of opportunities to get up to date on medic first aid and rider courses. The vendor list looks like there will be plenty there for those safety chrome pieces and quite a few other things too.

Since we are in summertime riding let's discuss proper clothing. Most helmets have those little vents on top, be sure they are open to allow air flow. If you have a chin wind guard, you can remove that too to allow air to get under the front portion of the helmet. Wearing a short sleeve shirt would be great for keeping cool...so you think. There are a few things wrong with this. One is your skin is exposed to the sun and wind not to mention the possibility of getting a road rash. A lightweight long sleeve shirt would be better but not as good as a lightweight summer jacket. The jacket provides protection from the elements and keeps you cool while riding. Riding pants come in many forms, one being Kevlar jeans. Nice protection but in the summer heat those types of jeans would trap heat. Regular jeans would be better but the heat on the material would still be uncomfortable. Mesh riding pants are the way to go for summer riding. They allow cooling air in to remove the moisture from your skin keeping you cool. Have you thought about socks? Believe it or not a pair of light weight wool socks work great. Wool is the original wicking material. Cotton is not very good for temperature regulation. Cotton absorbs moisture but does not wick it away. I would opt for socks specifically made for summer motorcycle riding. Leather boots hold up well but for summer riding they tend to hold heat. Leather tends to get really heavy when soaked from rain etc. Summer time boots being built for being cooler means they would not be good for winter time. Remember water proof boots are not cool. I would suggest using water gators or some sort of boot cover.

For summer riding I would suggest mesh as much as possible to keep cool.  
Drink plenty of fluids before and during a ride.

Ride Safe, Ride Smart

Mike and Becky Stevenson