



## How about inspecting all your riding gear?

By: Don DeLordo, Road Captain

When was the last time you did a full inspection of your **helmet**? Did you drop it last year? Are there any cracks on the outside? What about the liners? I am referring to the Styrofoam liner and the cloth liner. Are they clean and intact? If they are dry and crumbling now is the time to replace the helmet. If the liner can be removed, take it out and wash it. Don't throw it in the washing machine, wash it by hand and allow it to air dry.

Did you check your **rain gear** for holes, zipper functions, snaps etc.? Are you still riding with that black rain gear you bought back in 2001? Is it really safe to wear something that is not reflective and blends in with your black ride if caught in the rain at night? For your own safety as well as the rest of our chapter members, please take a look at the newer reflective color gear. We have all tried to be frugal by trying to reason that I really don't get caught in the rain that often, so why should I spend so much money for an expensive suit? Over the years I figured out you get what you pay for. I always recommend you go to your favorite dealer and try on the various styles and sizes so the one you buy fits rather than ordering one on line. In addition to the suit, the type of **gloves** you wear in the rain can make a big difference in controlling your bike. Being a scuba diver in my younger life, I found that neoprene diving gloves are great for wet weather, because they help to keep in your body heat while improving your grip.

Now that we looked at the rain suit or heated gear, how about your **boots**. Now is the time to polish and inspect them for cuts, rips, etc. Do they need new heels, soles or do you need to break down and get new boots?

Don't get caught with faulty gear, get them now!

Safe equipment is just important as a safe attitude and cycle.