



## **Clothing Guide For New and Experienced Cyclists of the ECCC**

*Because many of you race three times per weekend, for seven consecutive weekends, in weather ranging from 20 and snowing to 60 and raining, you riders of the ECCC put our clothing through its paces. This guide will help newer cyclists and experienced ones to navigate the many clothing choices you have.*

### **What You Need**

Following is our suggestion of the clothing you will want for training and racing over a range of temperatures.

#### 30 degrees or Below

Wintex Polar jacket  
Merino Wool Long Sleeve base layer  
Black Ice Windstopper Gloves  
Wintex Polar Shoe Covers  
Superroubaix Tights

#### 31 to 45 degrees

Wintex Polar Vest  
Hincapie Long Sleeve Jersey  
Merino wool Baselayer Long Sleeve  
Superroubaix tights  
Wintex Polar Shoe Covers  
Black Ice Windstopper Gloves

#### 46 to 60 degrees

Wintex Sto-Away Vest  
Hincapie Long Sleeve Jersey  
Hincapie Short Sleeve Wool baselayer  
Bib Shorts  
Leg Warmers  
Sock Shoe Covers  
Hincapie windstopper Gloves



### Over 60 degrees

Hincapie Short Sleeve jersey  
Hinskin Short Sleeve baselayer  
Hincapie Arm Warmers  
Bib Shorts  
Hincapie Knee warmers  
Hincapie socks  
Summer Gloves

## **Caring for, and Wearing Your Clothing**

By caring for your clothing you will be able to extend its life and protect your investment in it. By wearing it appropriately, you will be able to stay comfortable in your saddle for the hours that the ECCC schedule demands. Here are a few tips:

Do layer your clothing. It will allow you to take off some articles of clothing if you get warm, or add to them if you get cold. But, do not layer your socks. Your cycling shoes should be a snug fit with one pair of thin socks.

Don't wear underwear. If you do you might develop abrasions (called "saddle sores") on the seams. For the ladies, a sports bra is ideal.

Do wear your shorts to warm up, race, and warm down – but no more. If you wear your shorts for too much time before and/or after your race, you will vastly increase your chances of getting saddle sores.

Do buy an extra pair of shorts and socks. Because our chamois is designed to provide the best comfort, it uses a layering system that dries more slowly than most of your other clothing (more on drying below). If it rains on Saturday and you're racing on Sunday, you will want to have an extra pair on stand-by. Also, crashes tend to effect shorts more often than jerseys.

Do have a few plans of action for how to dry your clothes during race weekends. Because you must travel to many of your races, get creative about what you can use in your hotel room. First, rinse our clothing with cool water. Next, wring them out while being careful to avoid putting too much pressure on the stitching



(you can wrap them in a towel to help with the wringing). Then use a hanger to suspend your clothing a few inches above the heater in your room overnight. Be sure to turn your shorts inside out. If you need to speed up the drying process, use a hairdryer on a cold temperature.

Do wash your clothing differently at home. A washing machine works well as long as it's set on a cold temperature, preferably without any detergent, and then let your clothing drip dry. Do not use bleach, dry clean or put your clothing in the drier.