

So Let's talk gear

By Keith Nicholls

From Cycle Gear

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Gloves are a very important part of our ride. In the summer time they keep your fingers from getting burnt on hot levers, and in the winter time they keep your hands warm. The big picture is protection, either from the elements we ride in, or the surface we ride on. So, let's break this down. In the summer months a well vented glove is ideal, something that allows your hands to breath through the material. There are leather and ballistic nylon gloves available.



In the winter months, a waterproof and insulated glove is more ideal. The insulation holds your body heat close to you thus keeping you warmer. In some cases you might even add a glove liner into a standard pair of gloves. A glove should fit snug. With your hands open, you should have just a pinch of material at your finger tips. This allows for some room when you close your hands around the grips. Too tight and it will make your finger tips go numb, to lose and you may get blisters on your palm.

And let's not forget the most important part Protection from the road. If we ever have to "borrow" our gloves, we will want a good pair protecting our hands and fingers. If anyone has injured their hands, they can tell you. When a fall occurs, we tend to put out our hands to catch ourselves. Well the first thing to touch the ground at speed is our hands right? So take some time and try on a few pairs, and if you are like the rest of us, you might end up owning a few pairs.



Ride safe, dress safe, Keith Nicholls