

Hot Weather Riding Tips

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It is time to throw the windshield back on the bike now that the hot ass temperatures are here. Once the air temperature gets above your body temperature you want to keep that hot 'blow dryer' air off of you to help prevent you from getting dehydrated.

Make sure you drink more water than you think you need – like a pint per hour. Heat stroke is a real possibility in the Arizona desert, so toss a couple of bottles in the saddle bag before heading out.

Cover as much skin as possible. Wear long sleeves or a thin jacket – even gloves. This will protect you from burning your skin and will make you sweat. The wind will dry the sweat and cool you off. Ignore the dehydrated tough guys who are wearing shorts and a tank top – they won't be able to make the long haul in our Arizona heat.

A wet bandana around your neck will make a huge difference. It will cool down your skin, which cools your blood, keeping your brain nice and level headed. This will help keep the 'Road Demons' and heat mirages away.

If you do become over heated your body will let you know. You can experience leg cramps, headaches and dizziness. Do not ignore these signs! Find some shade and take a break. Sip water or Gatorade. Massage your muscles. Don't get on your bike until you feel back to normal.

If you just can't stand riding during the summer months, it is a great time to have all those service maintenance and modifications done. Give me a call. Keep the shiny side up!
Ken

