

## **Beating the Heat**

By Jim Roberson

For some of you this might be old news as it is a continuation of my remarks at the Chapter meeting on July 15. For others it might be passed over as I am tough and do not need such a product. And lastly it might make you think about how fragile you really are.

What's this about? Cooling vests! We had some real good first hand reports of what they can do for you in the desert in 100 – 110 degrees at the meeting. It's not that they could have stopped for several hours along the way and cooled off but then again most of us are not blessed with unlimited vacation. We all must stick to some kind of schedule so that is where the vest comes in.

The vest allows the body to remain cooled through evaporative cooling. It is similar to the neckwear that is used to keep the carotid arteries cool. The neckband and the vest are filled with water absorbing crystals. Either product is allowed to absorb as much as possible and then the excess is wiped away.

It is best to put the vest on over a T-shirt. Some brands suggest any T-shirt will do, others want microfiber and still others want you to use a product that they sell. In any event it probably works better and makes the vest last longer if you do not put it in direct contact with skin.

Keeping cool is not a laughing matter! The saying about bold pilots and old pilots probably holds true for motorcyclists as there are probably no "old bold" motorcyclists. I have personally used the neckwear and have purchased the vest. I have suffered heat injuries before and did not enjoy the experience. I know that the neckwear worked for me and I have no reason to believe that the vest will let me down. Anything that you can do to make your ride more comfortable makes your ride more enjoyable. And that's what it's all about isn't it? A safe comfortable ride!

Ride Safe!