

CLOTHING

Dress in layers

remove and add them as necessary; avoid cotton, especially against skin; thin wind-proof outer layer

Cover up your skin

skin exposure is what makes you coldest; wind chill is the primary source of cold

Heat your core

vests keep the bulk at the center and arms are more free to steer and signal.

Removing hat

if you're getting hot climbing a hill, try removing your hat. a surprising amount of heat escapes through your head. Shed and add layers as you ride to keep from sweating.



Good gloves

insulated work gloves are an inexpensive solution; mittens are not recommended



Safety glasses or goggles

in extreme cold, eye watering can be a problem; also helps to cover up face

Cover your face

with a balaclava or handkerchief; cut a ponytail hole in the back of the balaclava if necessary.

Wear wool socks

your feet might sweat but the wool will wick the sweat away, and they will stay toasty; for those avoiding wool, try layering tights and VELOUR leggings.

Invest in some rain gear

a coat, pants, and booties. would cost under \$50. dry feet are happy feet on slushy days.

YOUR BIKE

Clean your bike!

salt eats your bike! sand eats your bike! a bike that is not shifting or stopping makes riding more difficult.

Are studded tires necessary? NO!

however if you are riding on ice or packed snow they can be useful. They are expensive, but we have seen some homemade attempts.

Fat or skinny tires? Pros n Cons

Skinny Tires are lighter, and cut through snow, but with less tread, you get less cornering traction.

Fat Tires can ride across the top of packed snow and offer better cornering traction if treaded, but knobbies pick up a lot of snow.

Fenders

installation varies depending on type: helps in staying dry and free of slush spray

RIDING

Be more aware of motorists

not only does snow and ice make it harder for motorists to maintain control, they are also less expectant of cyclists

Watch for black ice,

a thin layer of ice on pavement surfaces To avoid falling on ice, keep your bike as upright as you can, and go slow into corners.

If snow piles up

Lanes will be reduced in width. Ride with extra caution; avoid snow chunks which may actually be hard ice boulders.

Check the weather

Check the forecast and pack layers and gear accordingly. Be prepared!

You Can Do It!

BIKING



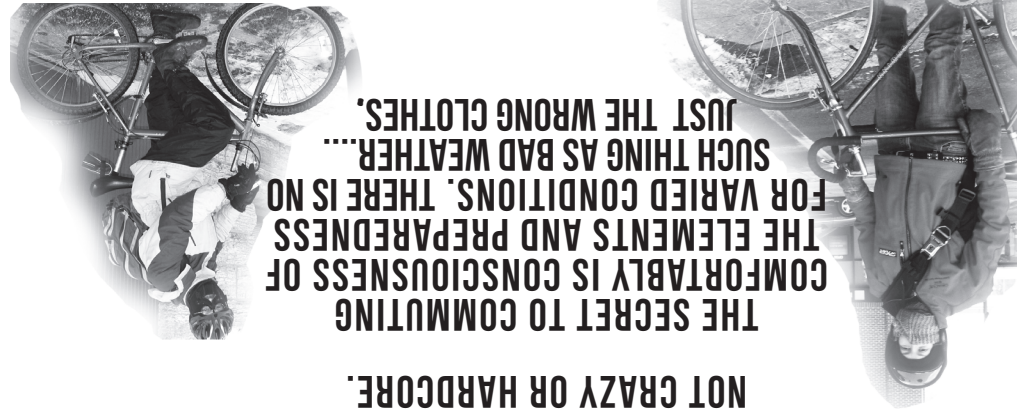
WINTER

www.troybikerescue.org

Ride safely. Ride often.



These tips were contributed by the Troy Bike Rescue volunteer community.



THE SECRET TO COMMUTING FOR VARIOUS CONDITIONS, THERE IS NO SUCH THING AS BAD WEATHER... JUST THE WRONG CLOTHES.

RIDING YOUR BIKE IN THE WINTER IS NOT CRAZY OR HARDCORE.

