

## HOW TO CYCLE IN BAD WEATHER

If you are serious about cycling, you need to be ready for anything that the weather can throw at you. You also want to know how to safely head out for a ride in rain, snow, heat, wind, or cold. Here are a few tips regarding how to cycle in bad weather.

### In the Rain

1. Use fenders to reduce the amount of water that is thrown up on you.
2. [Wear reflective gear](#), so drivers will be much more likely to see you because your reflectors will glow in their headlights.
3. Use bright lights, so you can see better, and so drivers can see you much more clearly.
4. Avoid puddles because they could contain nails or glass that could damage your tires.
5. Dress appropriately, so you can stay dry and avoid getting sick.
6. Watch for rainbow-colored oil patches on the road, as this is slippery and could cause an accident.
7. Be careful when turning corners, you should put your weight on the outside pedal, leaning your body instead of the bike.

### In the Heat

1. Dress appropriately, so you don't overheat. Wear wicking clothes to get the sweat away from your skin.
2. [Stay hydrated](#). Take a bottle of water along and take small sips periodically.
3. Watch the road surface because heat can melt tarmac and cause areas to be slippery or sticky.
4. Wear sunscreen to protect your skin and to avoid skin cancer risks.
5. Avoid cycling during the hottest hours of the day, which are from noon to 3 p.m. Cycling in the early morning or late evening hours is much better during the warmer months.

### In the Cold

1. Dress appropriately by layering your clothing. Wear thermal underwear underneath your clothing.
2. Wear glasses or goggles to protect your eyes from the cold and help prevent eyes from watering from the lower temperatures.
3. Wear a thin hat underneath your [helmet](#) to prevent heat loss.
4. Wear thicker socks.
5. Wear winter shoes or shoe covers.

### In the Snow

1. Adjust your tire choice. You want tires that will grip the snow and ice.

2. Dress appropriately for the colder weather.
3. Clear glasses to help with visibility and to help keep snow out of your eyes.
4. Use bright bike lights, so drivers will see you in the lower visibility.
5. Wear shoe covers to help keep your feet dry.
6. Have reflectors on your bike and your clothing, so you will be noticed by drivers.
7. Use [fenders](#), to help keep you dry and to keep the ice and snow from blowing up toward you while riding.
8. Clean your bike properly afterwards to make sure it protected from the snow, ice, and road salt.
9. Don't give your bike a death grip. Holding on too tight or overreacting will lead to an accident.

### **In the Wind**

1. Choose roads wisely and avoid areas that are more open, such as ridges and hills. Neighborhoods and drainages are more protected.
2. Watch the traction because crosswinds will put lateral force on your bike tires, which will cause loss of traction when braking or turning.
3. Hunker over the bike's handlebars to improve stability and reduce the wind profile.
4. Ride with friends and line up diagonally to improve wind resistance.

### **Be Prepared For All Weather**

If you are a cyclist, you should be prepared for all weather. By knowing how to prepare for the different temperatures and precipitation, you can enjoy your cycling and you are much less likely to be involved in an accident. Avid cyclists enjoy riding year-round, and with the right preparation and the right gear, you can, too. You should also practice riding in inclement conditions, so you will know how to adjust turns in the rain or snow. Be sure your bike's lights are always operable and make sure you have on bright clothing, so you are going to be noticed by drivers. Always have lights and reflectors on your bike in case you are out after dark or in case it clouds up or storms while you are out for a ride. As a cyclist, you must always be prepared.

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