

Extending Your Season



Commuter Services

Perspective

Winter isn't six months of blizzards

Sometimes it's just cold. You can dress for cold

Avoid "Deep Winter"

- There's a lot of good riding until Thanksgiving
- The weather moderates again around mid-February

Pick your battles

Ride on the best days and choose alternate transportation on the worst



Riding in the Rain

Dress the Bike

- Fenders won't keep you dry, but they will prevent road grit from spraying up your back and on your feet
- Headlights, taillights and reflectors make you more visible



Riding in the Rain

Dress for the conditions

- Don't Overdress. You'll start sweating
- Cold rain requires warmer gear, water repellent gloves, pants and shoes



Extending the Season

Night Riding

Dress the Bike

- Days are shorter
- Headlights, taillights and reflectors are required when riding after dark

Dress Your Body

- Reflective vest
- Headlamp



Clothing

Late Fall

Use layers for flexibility

Temperatures can vary widely between the morning and afternoon.



Bailing Out

Covid-19 Precautions

- Wear a mask
- Crack open a window
- Wash your hands

Create a Backup Plan

- Anticipate a change in the weather
- Arrange a ride
- Add a ride hailing app to your phone
- Learn transit options. Buses and trains carry bikes for free



Cold Weather Basics

Cover exposed skin

- Layer for warmth and flexibility
- Fingers, toes and ears get cold first
- Cover cheeks and face

Allow room for circulation

- If your hands or feet are cramped, they will get cold, no matter how many layers you wear



Body

Layer for warmth and flexibility

- Thin wool, fleece or polypropylene near the skin
- Fleece or wool mid-layer
- Wind proof outer layer

Don't overdress

Your body will generate a lot of heat while riding

- The outer layer should have vents you can open or close as needed

Use reflective striping or material

- Winter riding is often after dark



Cold Weather Hands

Leave room for circulation

- Make sure your hands have plenty of room to move and blood flows to your fingers

Layer for warmth and flexibility

- Temperatures can vary dramatically between the start and end of the day

Cover exposed skin

- Cuffs should extend well past coat sleeves to keep wind off wrists

Carry chemical hand warmers for emergencies



Feet

Leave room for circulation

- Buy boots a size or two larger than normal if you plan to add layers of socks

Use platform pedals

- Use with winter boots
- Easier to mount and dismount

Carry chemical foot warmers

- For emergencies and everyday use
- Toes get cold first, so put the foot warmer in the toe box if practical



Head

Wear a balaclava or neck warmer that creates a good seal around your neck

Wear goggles to protect your cheeks, eyes and nose

Eyeglasses fog under goggles

- Direct your breath down and away
- Keep your head warm, not hot. Vent your head before you start to sweat
- Lift the goggles off your face and onto your helmet when stopped



Dry Your Clothes

Nothing is more depressing than putting on clammy clothes for your ride home

Cool down before going indoor

- Open zippers
- Pull off head gear and gloves
- Remove a body layer

At work

- Turn the shell inside out
- Reverse gloves or mittens
- Hang your clothes outside the locker. They will dry better
- **OR** bring a spare skin layer to use just for the ride home





Winter Riding - Gear and Safety

The Bike

Fat Bikes

Pros:

- They float across the deepest snow
- Have reasonable traction on ice (They're bomb proof with studded tires)
- Riders enjoy them

Cons:

- Cost
- Weight
- Rolling resistance is high



The Bike

Winter Beater

Snow, road salt and grit take a heavy toll on your bike.

A good winter beater has certain qualities

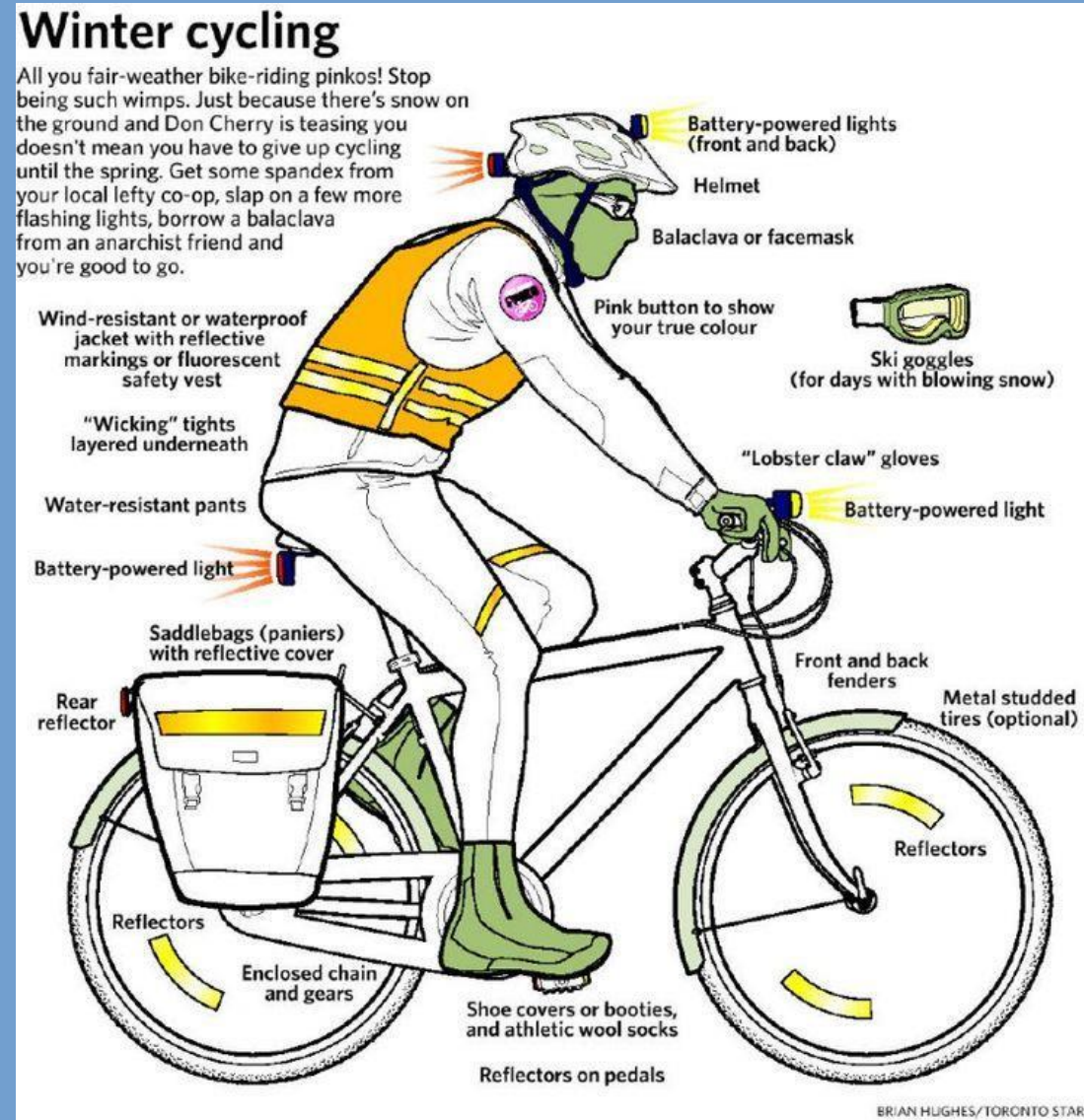
- Cheap. If it makes it through one winter, that may be all you need
- Traction. Studded tires are best. A skinny tired bike without studs will send you sprawling
- Simple. Single speed bikes, enclosed gearing, protected chains, disc brakes. The less exposure to grit, the less maintenance



Dressing the Bike

Accessories protect you and your bike from road crud, make you visible in traffic and carry your gear safely

- Fenders front and rear protect you and reduce the amount of grit that gets into working parts of the bike
- Waterproof panniers or backpacks protect your clothes and electronic devices
- Head and taillights, reflectors and reflective tape make you visible in traffic
- Studded tires work great on ice, but create a lot of rolling resistance



Road Conditions

Black Ice

Nearly invisible, black ice is most common near intersections where the exhaust from idling cars freezes on the pavement

- Slow down before intersections and take a foot off the pedal before coming to a stop

If you are on ice

- Ride through in a straight line
- Don't brake or make sudden moves
- Put both feet out for stability



Road Conditions

New Snow

New, untracked snow is relatively easy to ride through

Rutted snow can throw your wheel in unexpected directions and cause a fall

- Wide handlebars give you more leverage for controlling the bike
- Move to untracked snow near the edge of the road
- If you ride in auto tracks, ride the center of the track



Road Conditions

Packed Ice

New packed ice can be slippery and rutted. Ride slowly or get off and walk

Older packed ice, usually ice that stays on the road all winter, is bumpy and jarring, but rarely slippery because of imbedded road salt and sand

- Fat bike or wide mountain tires will absorb some of the road shock



Mechanical Problems

Get out of traffic and the wind

Put on an extra layer of clothing

Asses the problem: Can You?

- Fix it in cold and dark conditions
- Stay warm while working on it

Need a Ride? Choose a meeting place

- Where you can stay warm while waiting
- Where you and your bike can be loaded in a safe place away from traffic



Emergencies

Accidents and mechanical problems can turn serious in the cold

Carry a chemical hand warmer and an extra layer of clothing

- Fixing a flat tire or cleaning a gummed-up chain in cold weather is difficult. A chemical hand warmer will keep your hands from freezing

Cell phone

- Carry the phone near your body to keep battery warm



Accidents

If you can move without causing further injuries

- Get out of traffic and the wind as quickly as possible.
- Put on extra layers and start a chemical hand warmer
- Call 911. Even minor injuries can become dangerous if your body temperature drops

If another vehicle is involved

Deal with insurance and reporting the accident only after you are sure that you will not become hypothermic or frostbitten



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QUESTIONS?

Use Q & A



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