

RIDING YOUR BIKE IN THE COLD



In the winter, it can get very cold outside, but you can still ride your bike! Here are some tips to help you stay warm and safe while riding in the cold:

Dress in layers.

Wear layers so you can add or take off clothes as you need to. Look for clothes that keep you dry, warm, and protected from the wind and snow. Make sure to wear gloves and socks made for cold weather too.

Stay safe.

Wear reflective clothes so cars can see you. Try to stay away from icy patches and places where snow has piled up.

Get lights for your bike.

If you ride in the dark, get a headlight and taillight.

Stay connected.

Make sure someone else always knows your route so you can easily be found if you need help. If you have a cell phone, keep it charged and with you for emergencies.

Take care of your bike.

Keep your bike tires inflated for better traction. Remember to wipe down your bike after riding in the snow, and store it in a dry place.