

Winter Bike Strategy

- **Lights**
 - The most important item for winter riding
 - Use even in the day for increased visibility, especially when it's cloudy
 - Blinking can sometimes equal blinding, especially in the dark; try slow flash or steady settings
 - White in front, red in rear
 - Use backups! 2-3 on rear, 1-2 on front
 - Rechargeables are good—battery drains at a steady rate, light stays consistent
- **Fenders**
 - Like a jacket for your bike: prevents spray from coming up from road, protects drivetrain and frame as well as rider
 - Road spray is far dirtier than rain/snow
 - Full-coverage or clip-on styles are available for different bikes
- **Tires**
 - Use the fattest tires that will fit in your frame
 - Adjust pressure for conditions
 - Snow and ice -> low as you can go
 - Some tread, or siping, can help grip in wet, gritty, slippery conditions
 - Studded tires provide the ultimate in winter traction
- **Extras**
 - Bar Mitts or pogies to cover your hands
 - Pedals—use ones with good grip for snow/ice, allow boots
 - Heated grips for ultra luxury
 - Hot Hands heat packs when necessary
 - Cut winter shoe inserts out of wool felt
- **Preparation and Maintenance**
 - Get your bike checked out ahead of time—bearings and cables lubed
 - Consider using Frame Saver spray to protect steel frames
 - Rinse salt off when you can
 - Learn how to lube chain and check frequently

LOCAL BIKE SHOPS

- Pro Bikes: 5876 Forbes Ave, 15217 (Squirrel Hill), 412-586-5497
- Iron City Bikes:
 - Oakland: 331 S Bouquet St, Pittsburgh, PA 15213, 412-681-1310
 - Lawrenceville: 3822 Butler St., 15201, 412-586-4923
- BikeTek: 5842 Forbes Ave., 15217 (Squirrel Hill), 412-521-6448
- Performance: 6375 Penn Ave, 15206 (East Liberty, next to Trader Joe's), 412-661-0729
- Thick Bikes: 62 South 15th Street, 15203 (South Side), 412-390-3590
- Kindred Cycles: 2515 Penn Ave, 15222 (Strip District), 412-471-2656
- Banker Supply Co.: 5852 Baum Blvd., 15206 (East Liberty, near Whole Foods), 412-455-5006
- REI: 412 S 27th St, 15203 (South Side), 412-488-9410

Winter Cycling Layering Strategy

LAYERING: Allows you to remove or add layers to adjust your temperature as you go, or as conditions change.

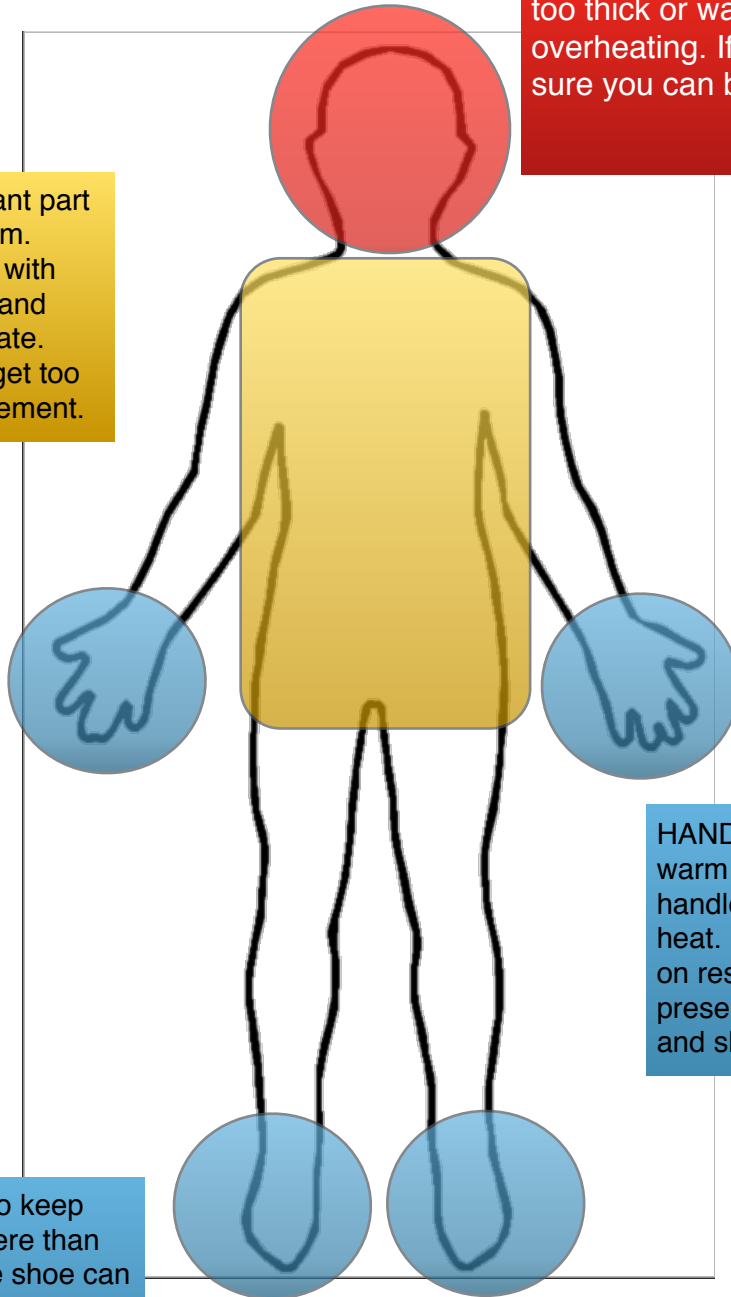
Also, each layer traps still air, which is crucial to keeping body heat in.

- It's best to start off a bit chilly—you will warm up as you pedal. Adjust your clothing according to how fast and far you will be going as well as to the weather.
 - *Faster and/or farther* -> use fewer layers
 - *Slower and/or shorter* -> use more layers
 - Humidity is a big factor—often feels colder just above freezing and damp, than below freezing and dry
- For outer layer—windproof is best, waterproof if necessary.
 - Blocking wind/water is better than bulk
 - Waterproof/breathable is a *spectrum*—nearly impossible to get both!
- Best choice for inner layers: wool!
 - Retains warmth even when wet
 - Breathes well
 - Naturally antimicrobial—does not stink, even with repeated wearings
 - If you only buy one cycling-specific clothing item, make it a wool long-sleeve baselayer
- For mid-layer: wool or fleece works well.
 - Can use basic wool sweaters, fleece shirts, even sweatshirts if necessary
 - Don't want too much bulk
 - Casual clothes are fine
- Keep body zones in mind (see next page).
 - Certain zones will chill faster—especially hands and feet
 - Everyone has places that are more sensitive to cold than for others: ears, knees, fingers, toes, etc.
 - Lots of temperature control through head layers, also zipper/fastener on jacket/mid-layer

Winter Cycling Layering Strategy

HEAD: Your head and face are particularly sensitive to cold. Don't want too thick or warm layers — will cause overheating. If you cover mouth, make sure you can breathe well.

CORE: The most important part of your body to keep warm. Need to balance warmth with venting to limit sweating and allow moisture to evaporate. Zipper use is key. Don't get too bulky, or will restrict movement.



HANDS: Can be difficult to keep warm—they're stationary, and metal handlebars and brake levers rob heat. Use warmer layers here than on rest of body, but make sure to preserve enough dexterity for braking and shifting.

FEET: Can also be difficult to keep warm. Use warmer layers here than on rest of body. A larger size shoe can allow thicker socks, or shoe covers can block wind. Keep tread in mind for snow and ice.