

Winter Cycling Workshop Resource Sheet

How to Ride in the Rain Travel Portland Zine

<http://www.travelportland.com/article/riding-in-the-rain/>

How to Bike On Black Ice

<https://btaoregon.org/2011/11/how-to-bike-on-black-ice/>

Riding the icestorm in Portland: A few tips

<http://bikeportland.org/2014/02/09/riding-the-ice-in-portland-101164>

Zip Tie Snow Tires: The Cheapest Way To Blizzard-Proof Your Bike

<http://lifehacker.com/5719594/zip-tie-snow-tires-the-cheapest-way-to-blizzard-proof-your-bike>



Winter riding is not without hardship. Here are some tips to help you ease into the wintertime cycling scene. Information provided by the Ada County Bicycle Page.

- 1. Road Conditions** — Believe it or not, the medium during most winter commutes is often the same dry pavement as in the summer. Sand, salt, sun and snowplows eliminate ice and snow from roads in the days after a storm.
- 2. Ride Steady** — For slippery stretches riders should slow down and stay loose. Brake only on the rear wheel to avoid spinouts on slick surfaces. And be prepared to take your feet off the pedals if the bike starts to fishtail or tilt.
- 3. Watch Out** — Cars are less aware of bikers in the winter. Ride defensively. Make eye contact with drivers. Wear bright reflective clothing.
- 4. Choose the Right Ride** — Don't use your \$3,000 road steed or a full-suspension mountain bike in the snow. Sand, salt and grit can destroy suspension and gears. Instead, go with an older bike you designate for cold-weather use, adding fenders, bright lights and winter wheels.
- 5. Cold and Clean** — Unless you plan to clean it off, keep your bike cold and store it in the garage. A room-temperature bike in new snow can cause ice to form on brakes and gears more easily. Also, keep your chain and gear cassette lubricated for best operation.
- 6. Go Studs** — Studded tires can increase grip on snow and ice, and some riders swear by them.
- 7. Protect Your Core** — Any outdoorsy person knows that layering is the key to staying warm and managing sweat in the cold. A common configuration for biking includes a wicking base layer shirt followed by an insulating fleece top, then with a waterproof and windproof shell jacket. For the legs, usually one less layer is needed; many riders wear normal pants like jeans covered up with a wind-shell pant.
- 8. Headwear** — Jacket hoods are a no-no, as air funnels in as you move, inflating a hood like a sail. Instead, many riders wear balaclavas and sunglasses or ski goggles. Tight-fitting (but warm) fleece skull caps are popular.
- 9. Warm Hands and Feet** — Switch out gloves for mittens or bifurcated "lobster"-style handwear, which keeps fingers close together and warmer. Winter boots, not bike shoes, are best for the coldest days, but use platform pedals with aggressive tread for good grip as you crank.
- 10. Public Transit as Retreat** — Valley Regional Transit allows bikes on the bus, letting riders surrender on the worst days and hop a ride home. Bike near a bus route and you have bail-out points should the commute prove too long or laborious in the snow.