

Advice on winter cycling

You need to get make sure that your kit is suitable to keep you warm, dry and on the move.

Each rider should have a pump, tyre leavers and spare inner tubes that are suitable for their wheels e.g. long valve stems. Punctures are more common place in the winter!

Hands and feet do suffer in the winter so a good pair of winter cycling gloves (wind proof) and overshoes do the trick and normally cost around £20 each.

You should have long cycling trousers with thermal/wind proof properties. Ron Hill Tracksters are not a suitable alternative for longer rides, as they hold water, if it rains your legs get cold, freeze and then fall off.

For the body you'll need a suitable base layer that wicks the sweat away (£20), thermal cycle top and a lightweight waterproof/windproof but breathable cycle jacket.

Head warming items that fit under helmets are available in different guises but not necessarily required.

Remember it's not much fun for a group if 20 miles away from home someone has hypothermia, is suffering from frostbite and hopping about on one leg trying to rip their tyre off with bare hands, blowing up a new imaginary innertube by mouth, just because that person hasn't come prepared!!

If you are still unsure about what kit is required through the winter, or any other time, then please ask people at the club and enjoy your biking through the winter months. Winter riding will improve your bike legs by a great deal for next season so see you out on the Sunday rides.

Phil



[Online catalogue for all your cycle needs](http://Probikekit.com)