



TIPS FOR COMMUTERS RAIN RIDING

Cornering

- Make your turns slowly and consistently; no jerky movements
- Keep your weight on the outside pedal in the 6 o'clock position
- If you need to brake in a turn, apply the brakes slowly

Braking

- Water on the rims will lubricate your brake system making it hard to stop
- Apply the breaks lightly to clean off the rims before you need to stop
- Allow a greater distance for stopping

Hazards

- Bridges, metal grates and painted lines and crosswalks can be very slick
- Avoid puddles as they may conceal deep potholes
- During the first few minutes of rain, oil seeps from the roadway making it very slick

Protect yourself

- Visibility can be limited during a storm; wear bright clothing
- Keep your eyes free of debris with yellow or clear lenses in your glasses
- Wear waterproof clothing that is breathable with layers underneath

Protect your bike

- Front and rear fenders will keep you and your bike dry
- Lube your chain before and/or after a wet ride to replace the lube that washed off
- Drip chain lube down into your brake and shifter cables to avoid rust

Bike

- Keep the water from your tires out of your face with full-length fenders
- A rear rack can shield you from water from your back tire
- Fenders are available in quick-release versions for easy on and off

Jacket

- A waterproof and breathable jacket with hood is the best for rain riding
- Underarm pit zippers allow you to ventilate your body without letting water in
- Hood should fit over helmet; back of jacket should be longer for protection

Pants

- Waterproof and breathable material is the best for rain pants
- A velcro/zippered cuff will help you get them on and off over shoes
- Make sure that your chainrings do not cut rain-pants; use a rubber band or ankle strap

Feet

- Waterproof and neoprene socks are available at most outdoor stores
- Booties will cover shoes and prevent water from entering
- Sandwich bags inside of shoes, over socks can help keep your feet dry

Hands

- Waterproof and neoprene gloves are available from most manufacturers
- Neoprene keeps water next to skin but allows the body to warm it, like a wetsuit
- Gloves should provide wind protection and access to shifters

For more
cycling tips, visit
bikeleague.org

