



WINTER CYCLING TIPS

Skills and confidence

Islington Council offers free cycle training to all adults who live, work or study in the borough. Free Bikeability training is also available for children in the school holidays. To sign up, go to: www.islington.gov.uk/cycle

Lights

It is illegal to cycle on a public road after dark without lights and reflectors. For exactly which lights and reflectors, as defined by the Road Vehicles Lighting Regulations, go to: <http://www.ctc.org.uk/cyclists-library/regulations/lighting-regulations>

Rainy days

Wet roads (and leaves) are slippery. So keep your brakes in good working order, allow for longer stopping distances, avoid slippery manhole covers and take care cornering.

Waterproof

A waterproof jacket will become a very good friend if you want to keep cycling through the winter. Never leave yours at home!

Mudguards

Keep your feet, rear and bike dry by fitting mudguards. You can even get clip-on ones that fit all bikes, even ones without mudguard mounting points.

Tyres

Some thicker rubber will help reduce your chances of getting a puncture. Regularly check your tread and carefully remove any embedded glass flints.

Insulate

Wearing layers will keep you warmer and give you the ability to adjust your temperature by adding or removing layers. You'll be a happier cold-weather cyclist wearing gloves.

Oil

Clean and lube your bike regularly to protect it against bad weather. Here's what parts of your bike you should oil: <http://tinyurl.com/c8rczpn>

Hydrate

Your body loses moisture exercising, even in the cold, so carry some water.

Contact **Bart Smith** for further information:
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