

Women & Bicycles

Winter Riding Webinar



Slides content credit - Ursula Sandstrom

Road Conditions

- General

- Be wary of paint/metal - slippery!
- Bridges get icy/cold first and freeze
- Watch out for potholes you can't see!
- Moisture (rain, snow, sleet) and salt can lead to corrosion

- Ice

- Be wary of black ice - dangerous!

- Snow

- You can either turn or brake, not both
- Don't do anything suddenly and be consistent

- Rain

- Braking suddenly may result in hydroplaning
- Other folks can't see you as well



BIKE LIGHTS 101:



Red light in the back.

Reflectors are OK. A light is better.
Law requires at least a reflector.

Wheel reflectors are good!

They increase your side visibility.
Some tires also have reflective sidewalls.

White light in the front.

Front lights are required by law.
Angle down on trails.

Clothes

- What is your warmth priority... face, legs, core, hands?
- Layers - moving your body produces heat so you should wear less layers than for standing around outside.
 - Base layer for wicking and drawing moisture from you
 - Middle layers for warm snugliness
 - Outside layer for wind/water/snow
- What kind of clothes depends on what you are doing
- General goals:
 - You feel comfortable, warm, and safe
 - There are many options for things in your control so that others can see you
 - Reflectors, lights, color of clothing

Wool

Pros: Highly insulating but manages moisture really well (sweat), odor repellent, reacts to your body temperature, natural animal fibers, different properties depending on design (ex: windproof vs breathable)

Cons: Care concerns (shrinks in hot water, moth-eating, holes) and allergies (some alternatives include cotton flannel, polyester fleece, and tencel)

It's a great **base or mid layer** to help with temperature control.

Where to find: Thrift stores, Costco, and specialty outdoor stores (REI, L.L.Bean)

Silk

Pros: Natural fibers, super strong, natural temperature regulator, thin but toasty

Cons: Care concerns (delicate), harder to source (\$\$), not a great bulk layer

It's a great **thin base layer** to help keep you warm.

*Rayon is a good alternative to the sometimes bigger price tag of silk

Where to find: Thrift stores or specialty outdoor stores (REI, L.L. Bean, etc.)

Cotton

Pros: Readily available, natural fiber, non-irritating to the skin, high absorbency and breathability

Cons: Bad insulator so it doesn't hold heat when wet

Best for a **middle layer, jeans, and regular clothes**

Where to find: Thrift stores and just about everywhere else

Synthetics (polyester, nylon, polypropylene)

Pros: Different properties depending on design, some fancy manufacturing for warmth specific and moisture wicking, easier to source, durable

Cons: Can get smelly* unless there is an odor blocking finish

Good **windproof and/or waterproof outer layer** or **long underwear** and for **stretchy-ness**

Where to find: Thrift stores, specialty stores, and just about everywhere else

Other Resources

Clothing and gear recommendations:

- [Terry](#) (extended sizes but pricey)
- [Smartwool](#) (not size inclusive and pricey, but durable if you DIY mend)
- Lobster gloves or bar mitts
- [Patagonia Worn Wear](#) (less expensive than brand new but still \$\$)
- Chemical (hand) warmers
- [Hiking boots](#), [Lake boots](#), or shoe covers to keep your feet warm

Other Resources

Articles and other written resources:

- [“How to Layer for Cold-Weather Riding”](#) from Bicycling Magazine
- [“Riding in the Cold”](#) from WABA
- [“Bikes, Saddles, Clothing and More!”](#) from Marley Blondsky
- Although [this article](#) is quite road riding specific it does provide helpful info on what layers are good for different temperature
- Outside’s [guide to staying warm in the winter](#)

Random tips and tricks

- Batteries don't hold a charge as long during the cold (lights, phones, etc!)
- A basket near the front door of common layers can be helpful for quick layering
- Extra set of clothes at work (office sweater?) could be helpful
- Trash bag is a great backup waterproof bag
- If your lock freezes, warm it with a lighter or rubbing alcohol
- When stopped at a stop light, get close to the car wheel wells for extra heat
- Long coats and other layers may obscure your rear light
- You don't have to prove anything to anyone. Carry your metro card and get to your destination faster (?), warmer, and drier!

Random tips and tricks

- Double up on gloves, use a glove liner, try out bar mitts or lobster gloves to help keep your hands warm
- Wear a shower cap under your helmet or over to help keep your hair dry
- Put chemical warmers in places that get particularly cold (hands, feet, core)
- A buff can be folded over and used as a hat
- Put reflective tape on your lower back, crankarms, and other places to help with visibility
- Scope out a place on your route where you can get out of the elements and get warm for a moment
- Socks! Wool is great, consider Goretex or neoprene as well (waterproof!)

Accounts to follow

[Black Women Bike](#)

[Black Girls Do Bike](#)

[WTF Bikexplorers](#)

[Cyclista Zine](#)

[Decolonize Bikes](#)

[Pedal 2 the People](#)

[Melanin Base Camp](#)

[All Mountain Brothers](#)

And just for giggles... check out this
[delightful Twitter thread](#)

Q&A

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