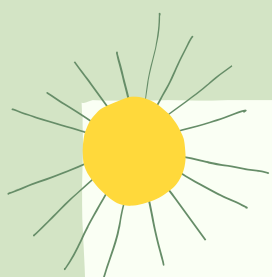


**WABA**  
WASHINGTON AREA  
BICYCLIST ASSOCIATION

# TIPS FOR SPRING RIDING



## ADD "BIKE TUNE UP" TO YOUR SPRING CLEANING TO DO LIST

Whether your bike sat in your garage collecting dust or was hitting the ice, snow and rock salt strewn streets all winter, come springtime, it probably needs a little TLC. Schedule a tune up at your local shop. This will ensure that your bike is ready to ride once the weather warms up. Bike shops are often busy with tune ups this time of year. Try scheduling your maintenance appointment sometime in January or February.

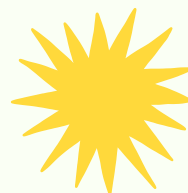
## CHECK OVER YOUR BIKE BEFORE YOUR RIDE

Before each ride, you want to check over your bike to make sure that it is in proper working order. Squeeze your tires to make sure they are properly inflated. Hop on your bike and practice shifting and note if your chain skips when shifting up or down. Gain some speed and try to brake. Are you able to come to a smooth, complete stop? Do your breaks squeal? Make sure that all gear attached to your bike (bags, lights, bells, water bottles, etc.) is securely in place. If anything seems off, make sure to fix it before your ride.

## WEAR LAYERS

What are you supposed to wear when it's 38 degrees in the morning and 60 by the afternoon?! The answer is, LAYERS! Start with a sweat-wicking base layer. Cotton stays wet after you sweat, so try something like merino wool or a synthetic fabric. Add a midweight layer to keep you warm and maybe even a rain jacket or a windbreaker depending on the weather. Be sure to wear layers that you can put on or take off when you get hot or cold. Spring can still be deceptively chilly, so always be sure to have a pair of gloves in your bag.

## DON'T FORGET BIKE LIGHTS



After Daylight Savings Time, the sun begins to rise after 7 am and sets after 7 pm. Even so, you never want to be stuck riding at night without your bike lights! Make sure to always have a white light on the front of your bike and a red light in the rear. Lights make it so that you are visible to motorists and help you to see in the dark.

## SPRING IS A TIME FOR GROWTH, CONSIDER YOUR BIKING GOALS!

Thinking about using your bike to commute and run errands? What about trying your hand at long distance riding? Or maybe you're interested in learning to ride a bike for the very first time! No matter what your goals are, spring is a great time to start. Visit [waba.org](http://waba.org) for classes, rides, and tips on how to get started!