

DECATHLON

A Guide To Winter Cycling

The key to successful winter cycling? Staying motivated and never letting the weather get in your way. Be smart, be safe and be completely prepared for the wind, rain and snow. Bring it on!

Step 1: Get the Gear



Wear your helmet! Staying safe is just as important in Winter



Light up the night with front and rear lights - and check batteries!



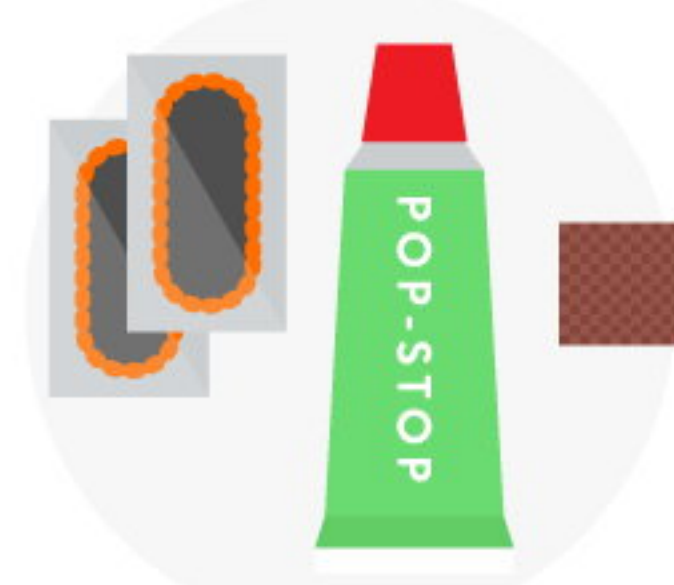
Be smart, be seen with reflective and waterproof outerwear



Keep your toes warm and dry with waterproof over shoes



Windproof and waterproof gloves are an invaluable investment



Keep on rolling whatever happens with a puncture repair kit



Make sure your gear stays dry with a set of waterproof panniers



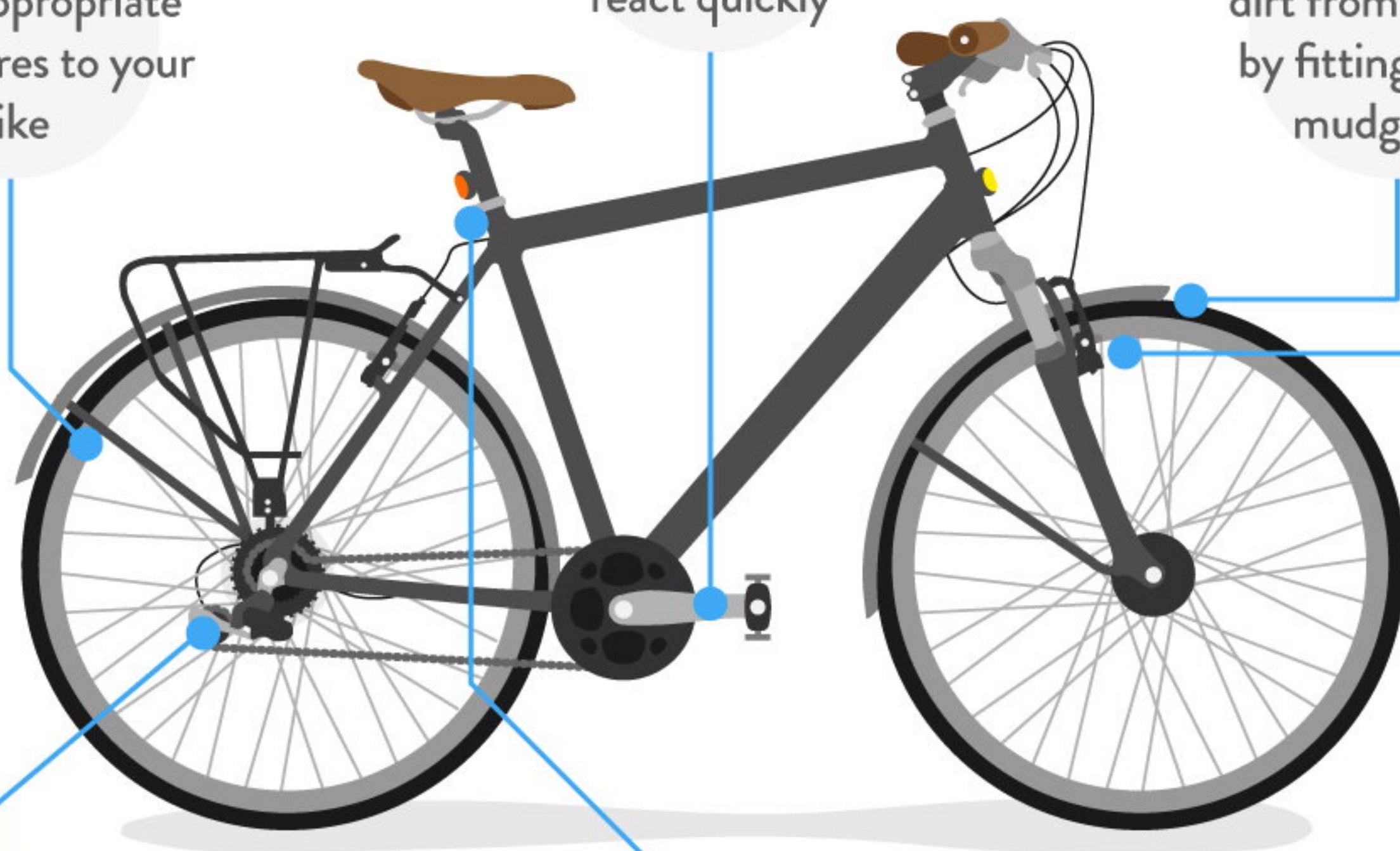
You may want to take a set of dry clothes with you just in case...

Step 2: Check your Bike

Maximise grip by fitting appropriate winter tyres to your bike

Consider removing SPDs in snow or ice in case you need to react quickly

Keep free of oil and dirt from the road by fitting a set of mudguards



Rinse your bike after riding on salted or gritted roads to prevent corrosion

Check your light batteries regularly to avoid being caught out in the dark

Basic checks are essential - inflate tyres, check brakes and tighten bolts

Step 3: Top Winter Tips

Take extra care when **turning or cornering**, especially in the wet and in snowy and icy conditions - and watch out for **metal grids!**

Beware of cycling on **wet leaves** - they can compact, turn into mulch and be extremely slippery and dangerous under tyres

Take a dominant position and **ride in primary** (in the centre of the lane) to ensure you are more visible to other traffic and road users

Account for slippery conditions and **increased stopping distances** in the wet by leaving enough space between you and other road users in case of emergencies

