



# BIKING IN THE RAIN



## SAFETY SKILLS

**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 brakes lightly to clean off the rims before you need to stop

Allow greater distances for stopping

Be aware of your comfort zone and use your common sense

Always bike slowly to avoid any sudden fallen obstacles

If visibility is reduced, make sure to double check before any turns or lane changes.

## RAIN GEAR FOR YOU

The goal is to stay dry, warm and visible!

Wear bright clothing or a safety vest.

Carry around a set of dry clothes, just in case!

## BONUS POINTS!

Make yourself a cup of tea once you reach your destination

## HANDS

Waterproof and neoprene gloves are available at most outdoor stores

Neoprene keeps water next to the skin but allows the body to warm it, like a wetsuit

Gloves should provide water and wind protection while enabling access to shifters

## RAIN GEAR FOR YOUR BIKE

Keep the water from your tires out of your face with full-length fenders

A rear rack can also shield you from water from your back tire

Bike lights should be on if visibility is reduced.

## JACKET

A waterproof and breathable jacket with a hood is the best for rain riding

Underarm pit zippers allow you to ventilate your body without letting water in

Your hood should fit over your helmet; the back of your 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

Use a rubber band or ankle strap to make sure that your chain-rings do not cut your rainpants

## PROTECT YOUR BIKE

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



## 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 and over socks can help keep your feet dry

## WATCH OUT!

Bridges, metal grates, 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 - avoid biking right after it starts to rain.

**-Most importantly-**

**DON'T LET THE RAIN STOP YOU FROM HAVING FUN!**



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**THE AMS BIKE CO-OP**