

## Riding in Comfort

**Keep your bicycle in safe mechanical condition.** Check it frequently for loose or broken parts, proper tire inflation and working brakes. If you have a problem, the many local bicycle shops have the tools and expertise to make necessary repairs.

**On multi-gear bicycles,** use an easy enough gear to let you pedal at a rate of 60 - 90 revolutions per minute. Maintain this rate of pedaling (cadence) by shifting gears as terrain, road surface and winds change. Shift into an easier gear before stopping, especially at a stop sign or red light, to make starting up again easier.

**Use a rack, baskets or a backpack if you need to carry things** on your bicycle. Keep your hands free to control your bicycle. Packages can be strapped to a rack, or you can buy bags (panniers) that attach to a rack. Trailers can carry larger and heavier loads.

**Be a well dressed cyclist—wear your helmet!** Head injuries account for 75% of bicycle related deaths and permanently disabling injuries. You cannot control all circumstances, but you can protect yourself from the unexpected by wearing your helmet every time you ride.

**Eye protection is a good idea, too.** This will keep bugs & dirt out of your eyes. Sun glasses help reduce glare from the sun.

**Wet weather requires extra care.** Streets are slippery when wet, especially painted surfaces, metal plates, railroad tracks and oil slicked areas. Beware of wet leaves. Puddles may hide potholes. Your brakes don't work as well when your rims are wet. Ride slower, stay alert and start slowing down earlier.

**In cooler weather,** dress in breathable layers. Bicycling creates a lot of body heat. You will get chilled if you sweat through your clothes. Adjust layers as needed to stay comfortable. A wicking inner layer & a windproof outer layer are recommended.