

Riding In a Winter Wonderland

The same way you winterize your house or automobile, you can winterize your bike. No need to hang up your helmet just because the weather's getting a little nippy. In fact, you can hop aboard your trusty Schwinn and be to the store and back in the time it would take you to defrost your Ford!

As Arlington County Bicycle Promotions Manager Paul DeMaio puts it, "With winter biking, your own internal heater will be running full blast much before your car's."

Feeling a little trepidatious about venturing out into the polar Washington winter? Never fear—just take these simple suggestions to heart, and you'll be pedaling in no time!

Mostly, it's common sense—you wouldn't go skiing without your long johns, so why skip them when biking this winter? A waterproof and windproof coat makes for a toasty trip, while gloves, mittens and shoes with warm socks keep extremities from frostbite (or even just an extra chill). Simply remember DeMaio's word of thumb: "There's no such thing as being cold, there's just not dressing warm enough."



If Old Man Winter has dropped a blanket of the white stuff on the ground, sunglasses can be an added accessory to keep away the glare and protect your eyes from the wind. And speaking of the white stuff, use studded tires (the kind you might find on a mountain bike) to get better traction on ice.

And as always when biking, especially in the evening, stay visible by wearing bright clothing and reflective bands. Having a headlight and taillight also makes for safer trips.

So bundle up, buckle down and beat that winter belly bulge by biking your way to bliss! For more information about how you can take a winter bike ride, visit www.BikeArlington.com.