



Wearing shorts, short sleeves and light wicking clothing will help. If you happen to be wearing long pants, try rolling up the pant leg a few inches. For button down shirts, roll up the sleeves and unfasten a top button or two.

DRESS LIGHT.



Slow down and keep your exertion level low, especially on uphill where effort can be high and breeze can be low. You will get there in almost the same time – just drier!

TAKE YOUR TIME.

HOT WEATHER BIKING TIPS

SUMMER IS HERE AND TEMPS ARE UP. HERE ARE SOME RIDING TIPS TO BEAT THE HEAT.

DRINK UP.

Fluid intake keeps you cool from the inside and replaces what you lose in perspiration and breathing. Sip throughout the day and take in extra fluids during and after your ride. If your ride is short, water is best, but if you ride longer than 30 minutes reach for a drink containing electrolytes, such as a sports drink or coconut water.



TAKE A LOAD OFF.

Get that bag off your back and use a basket or rear panniers. Your ride will be easier and your back and shoulder area will catch more breeze.



PAT DOWN.

Use paper towels in the bathroom or take a small towel along to pat yourself down and dry off with after your ride.



Perspiration continues even after you finish your bike trip--in fact it can be even worse without the natural breeze of biking. After your ride, find a cool place and take it easy for a few minutes. That will help the sweating subside.

ALLOW TIME FOR COOLING OFF.



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