

FAT TIRE BIKING TIPS

www.ArcticCycles.com

907-351-8545

DRESS:

Layer your clothing---NO cotton. Fleece & wool are best.

Sorel type boots work great on the platform pedals

Face mask, hat & neck warmer

Layering your gloves is recommended as well:

* **With Poagies:** thin liner gloves with shells

* **Without Poagies:** liner gloves with mitten liners & mittens

ALWAYS bring with you on your ride:

Arctic Cycles provides this kit with your rental

*Bike pump

*Extra tube

*Chain tool & quick link

*Bicycle multi-tool

*Plastic tire lever

*Helmet—if you need one, we can provide it

DON'T BREAK YOUR CHAIN!!!!

The type of shifters on our bikes are horizontal XT Shimano brake lever shifters.

*Before getting on your bike, ALWAYS lift the bike up a little (so the back tire's off the ground) & push the pedal down a half rotation with your hand or foot to engage the gear. If you do not perform this step, you could potentially break your chain!

PLAN AHEAD before shifting!

Make sure you are in an easier gear before attempting a hill climb. You could break your chain if you shift while loading the gear while you are going uphill. There are ten pounds of rotational weight on a fat tire thus making it *much easier* to snap a chain!

YOUR FAT TIRES

Arctic Cycles has their tires set at 15 pounds

Soft trail conditions:

Letting air out allows you to control your bike. Let the air out more in the front than the rear until you can steer straight.

Hard trail/packed trail conditions:

Air up your tires. The firmer tires makes it easier to pedal your bike.

Icy conditions:

Lowering the air pressure gives you better traction.

The key to winter cycling is AIR PRESSURE. When in doubt, let air out.