

# How to Avoid Crashing on Wet Roads

Did you know that 10 of the last 12 serious cycling accidents in our Club were partly caused by unsafe road conditions and/or construction zones? All 10 of these accidents required EMS pickup and ER visits. We all know that our passion for cycling holds some level of risk and that every rider has fallen at one time or another. But there are things we can do to avoid the next fall or minimize the likelihood of a serious injury. This Tip will cover unsafe road conditions such as wet roads and low water crossings and how to deal with them.

## **Wet/slippery roads**

Wet pavement is a leading cause of cycling accidents. We can usually avoid heavy downpours but avoiding drizzle in Central Texas is impossible. If the forecast indicates a likelihood of wet roads, lower air pressure in your tires by 10 percent or more to allow for better traction. More rubber on the road really helps on slippery roads. We recommend putting on the widest tire your bike can handle. Also, slow down before making turns! Never accelerate quickly coming out of a curve since this increases the chances of losing traction on your rear tire.

## **Low water crossings**

Low water crossings are dangerous, even if you have successfully made the same crossing many times. Avoid routes with low water crossings if we have received recent rainfall since water may still be running across some roads. If you need to cross a low water crossing, consider walking your bike across. If you ride across, ensure you are in a bigger gear to avoid spinning and attempt to follow car tracks while pedaling moderately through the water.

Our next Tip will discuss the best way to handle unsafe road conditions such as loose gravel, rocks, road debris and road construction zones.