

## Club road rider

Mudguards – proper mudguards, not saddle flaps like Ass Savers – are vital for any year-round roadie. They stop dirty water from spraying over you and your bike. On a group ride they'll also keep your club mates clean. Common courtesy requires them on wet roads.

If your road bike has the clearance and mounts, a set of SKS Bluemels mudguards ([sks-germany.com](http://sks-germany.com)) in a size 10mm wider than your tyres is a good choice. Expect to pay £30–£40. Otherwise you'll need road-bike-specific mudguards ([cyclinguk.org/review-mudguards](http://cyclinguk.org/review-mudguards)). Crud Roadracer Mk3 guards (£34.99, [crudproducts.com](http://crudproducts.com)) are Cycle's favourite among these. You can make the fit even more secure by adding cable ties.

To fully protect you and following riders, mudguards need to extend below hub height. Most don't so you'll need mudflaps. You can Blue Peter your own from, for example, damp-proof course membrane or cut-up ice-cream tub lids. Bore two vertically positioned holes in each mudguard and attach the mudflaps with small nuts and bolts. Alternatively, buy some ready-made ones from Raw Mudflap (£11, [rawmudflap.uk](http://rawmudflap.uk)).

In the days when road bikes came with 23mm tyres, it was standard advice to go up a tyre width for the winter. You can run a wider tyre softer, meaning more rubber in contact with the road for grip. These days road bikes typically come with tyres at least 28mm wide so there's no pressing need to size up.

There is value in having tougher, grippier tyres for autumn and winter. But a second pair of tyres is not cheap; Continental GP 4 Seasons, for example, are £70 each. To save money on road tyres, run longer-lasting four-season tyres all year round instead. (I'm on Continental GP 5000 AS TR.) As for lower pressures: not having rock-hard tyres is common practice now. (See also [cyclinguk.org/cycle/tyre-pressure](http://cyclinguk.org/cycle/tyre-pressure).) Try dropping yours by 10psi, initially, if you haven't already.

While group rides tend to take place in daylight, overcast days and



**Off-season cycling**  
For more information about autumn cycling, visit [cyclinguk.org/autumn-advice](http://cyclinguk.org/autumn-advice)

poor weather limit visibility. To make yourself more conspicuous on roads with fast-moving traffic, a rear light is a good idea. The Btwin CL 100 LED USB Rear Bike Light 5 Lumens (£7.99, [decaathlon.co.uk](http://decaathlon.co.uk)) is cheap, rechargeable and has steady and flashing modes.

You'll need to keep your bike's drivetrain relatively clean and well lubricated. (See p36 for more on cleaning.) For lubrication, any chain lube used regularly enough is sufficient. Halfords All Weather Lube 100ml (£5, [halfords.com](http://halfords.com)) will do the job and is PTFE free.

Upgrading your summer cycling outfit for autumn can just about be done for less than £50. Here goes: Forclaz Multi-Position Tube Scarf (£4.99, [decaathlon.co.uk](http://decaathlon.co.uk)); JSP Stealth Amber Lens Safety Spectacle 731FR (£3.67, [screwfix.com](http://screwfix.com)); Planet X 365 Glove (£7.49, [planetx.co.uk](http://planetx.co.uk) – RRP £14.99); Boardman Windproof Removable Sleeve Jacket in yellow for men, blue for women (£20, [halfords.com](http://halfords.com)); Pinnacle Knee Warmers (£8, [evanscycles.com](http://evanscycles.com) – RRP £29.99); Carnac Neoprene Toe Covers (£4.99, [planetx.co.uk](http://planetx.co.uk) – RRP £9.99). →

### Road rider essentials

- Crud Roadracer Mk3 mudguards £34.99
- Raw Mudflap, pair £11
- Btwin CL 100 LED USB rear light £7.99
- Halfords All-Weather Lube 100ml £5
- Forclaz Multi-Position Tube Scarf £4.99
- JSP Amber Lens Safety Spectacle £3.67
- Planet X 365 Glove £7.49
- Boardman Windproof Removable Sleeve Jacket £20
- Pinnacle Knee Warmers £8
- Carnac Neoprene Toe Covers £4.99

**TOTAL £108.12**

Opposite: Jon Hicks/Getty Images. Above: Paul Halliwood

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