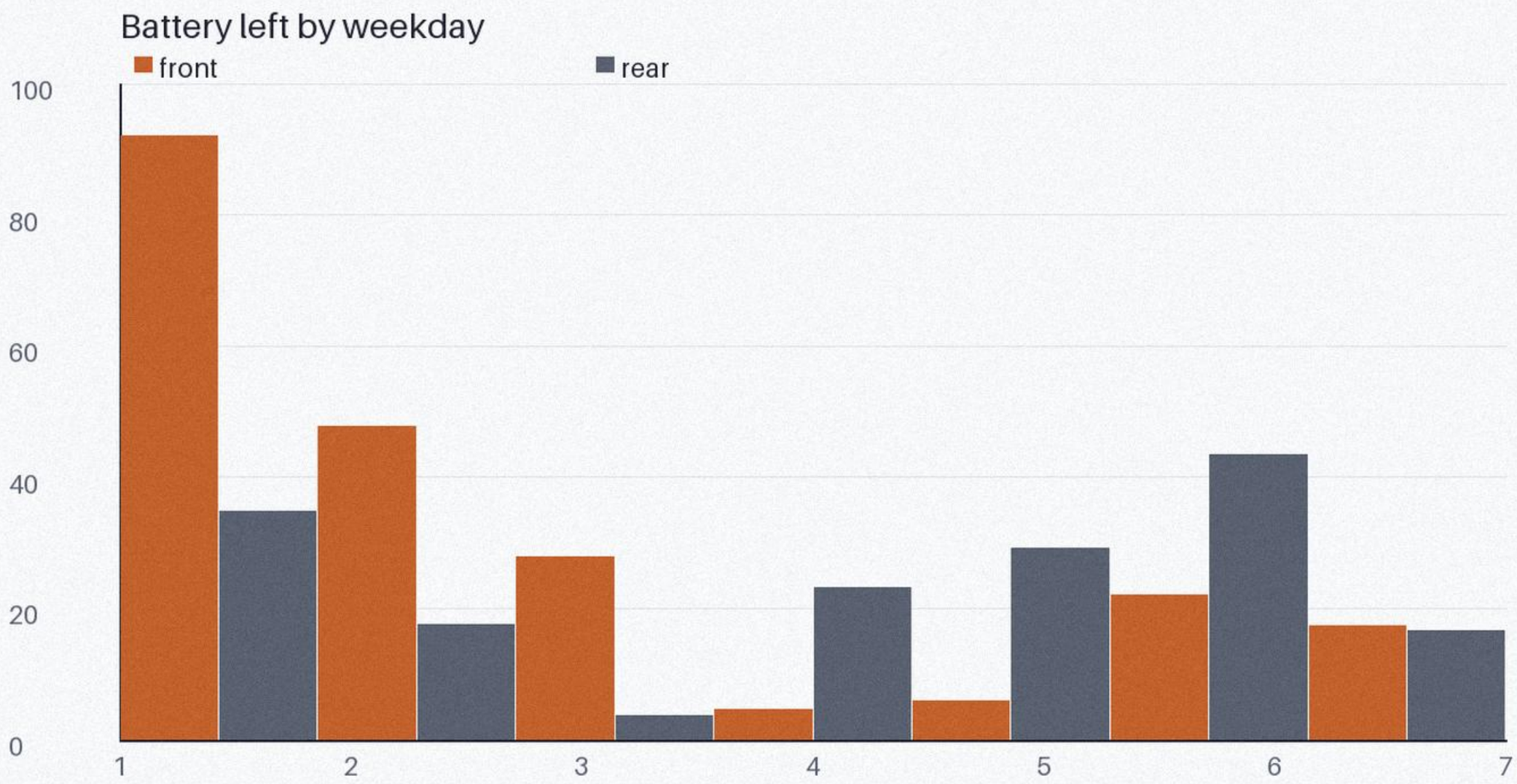
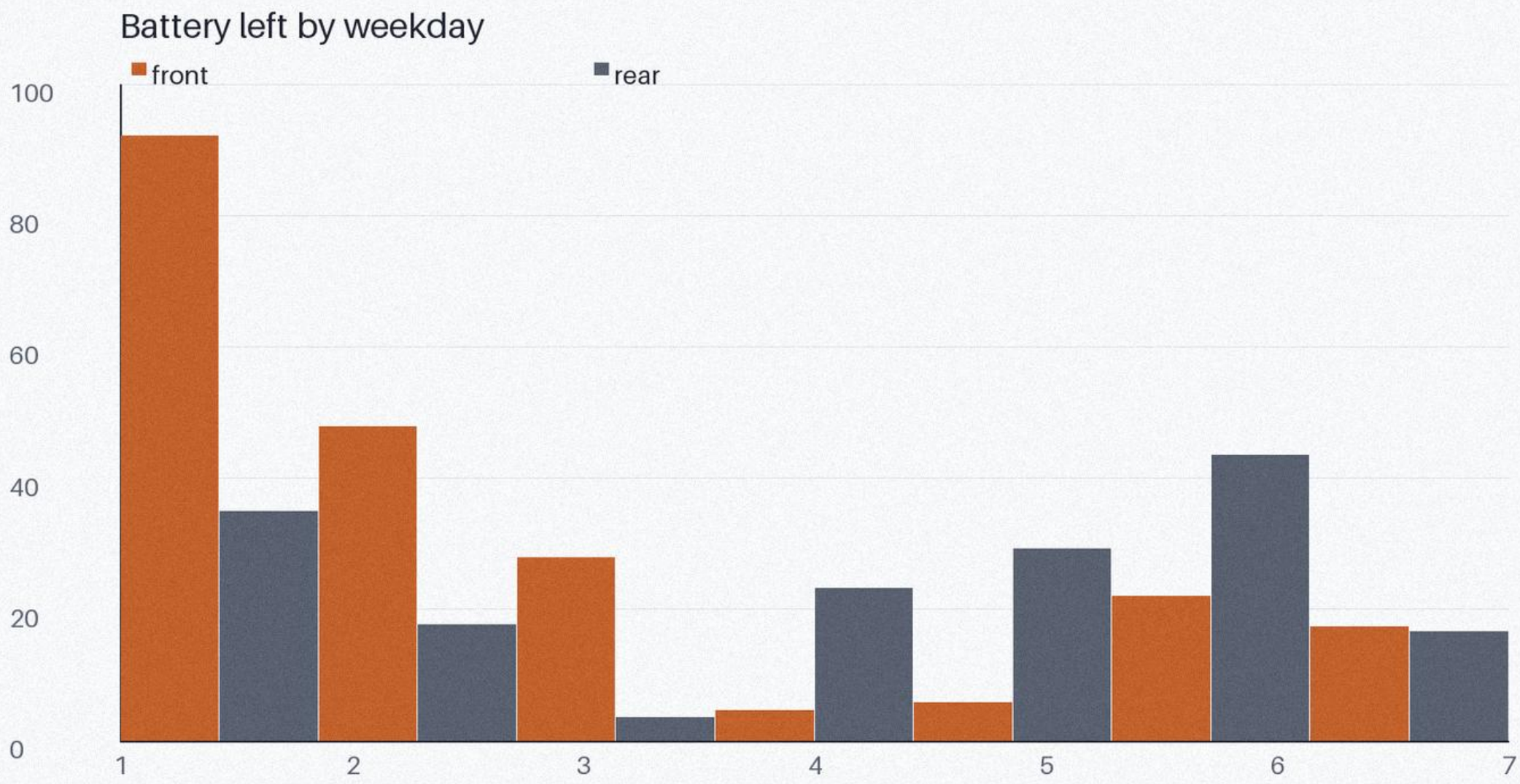
Commute Ledger



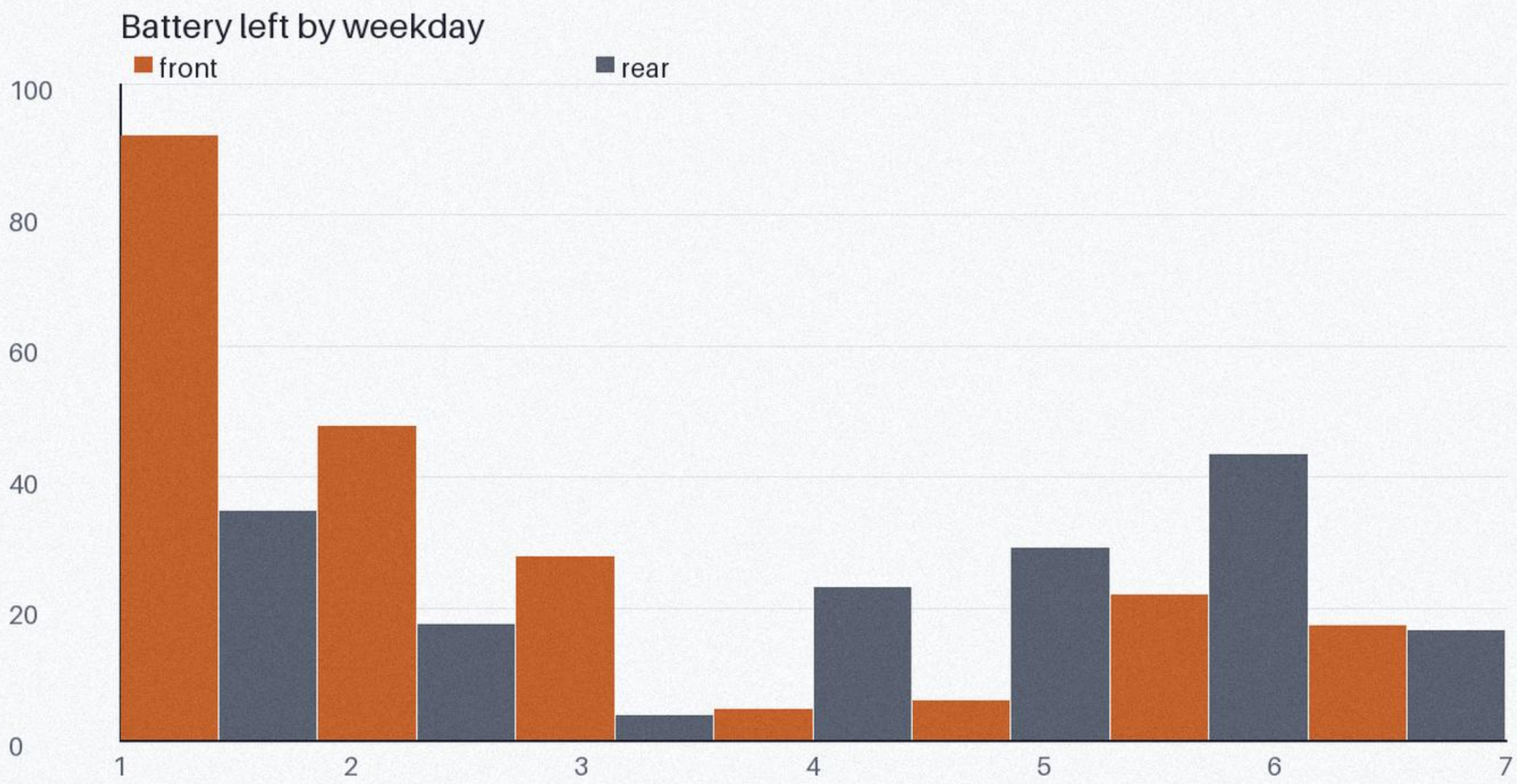
Riding a bicycle to work through four seasons: distances, tyres and kit.

Lights that last a week



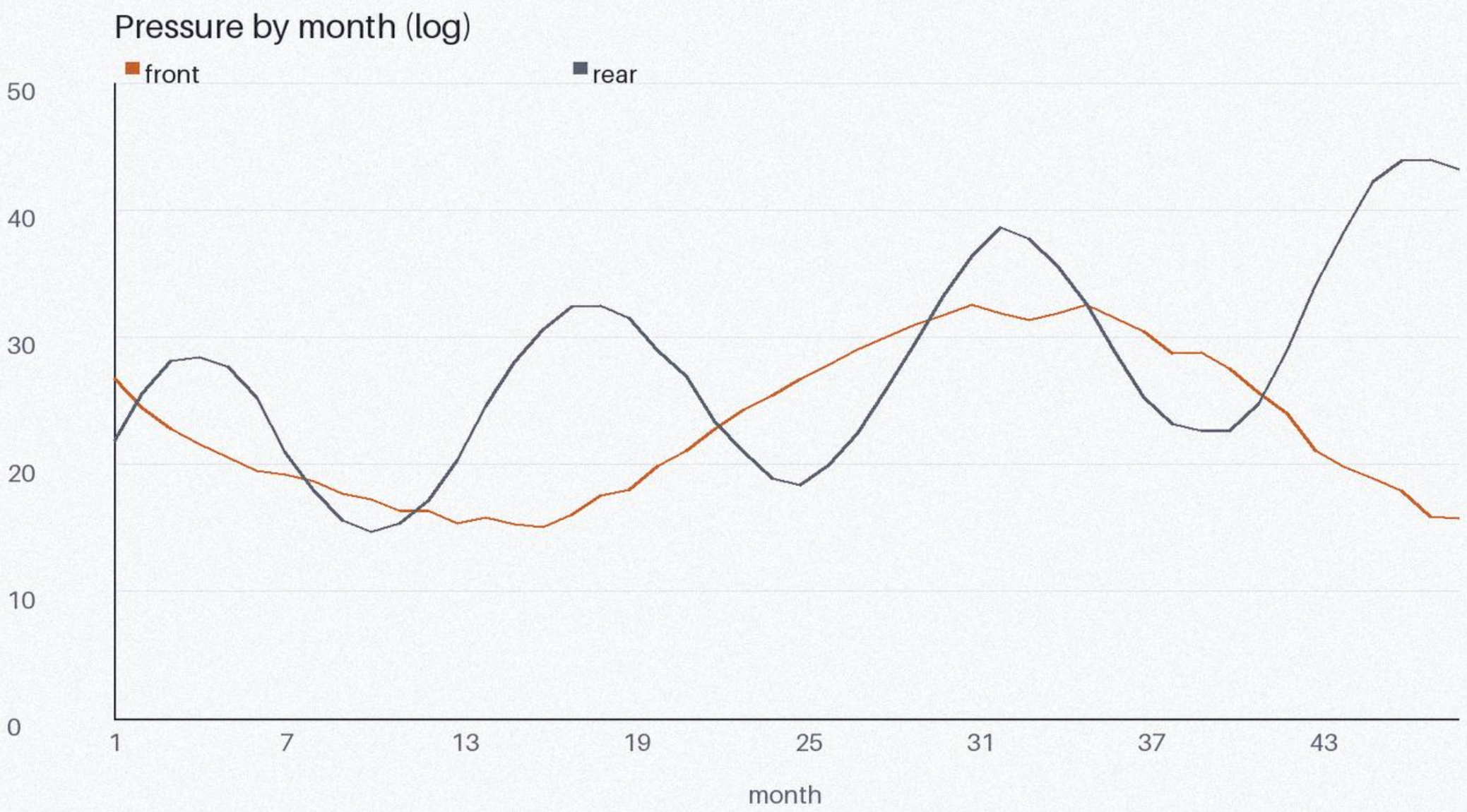
Charge on Sunday, ride all week.

Lights that last a week



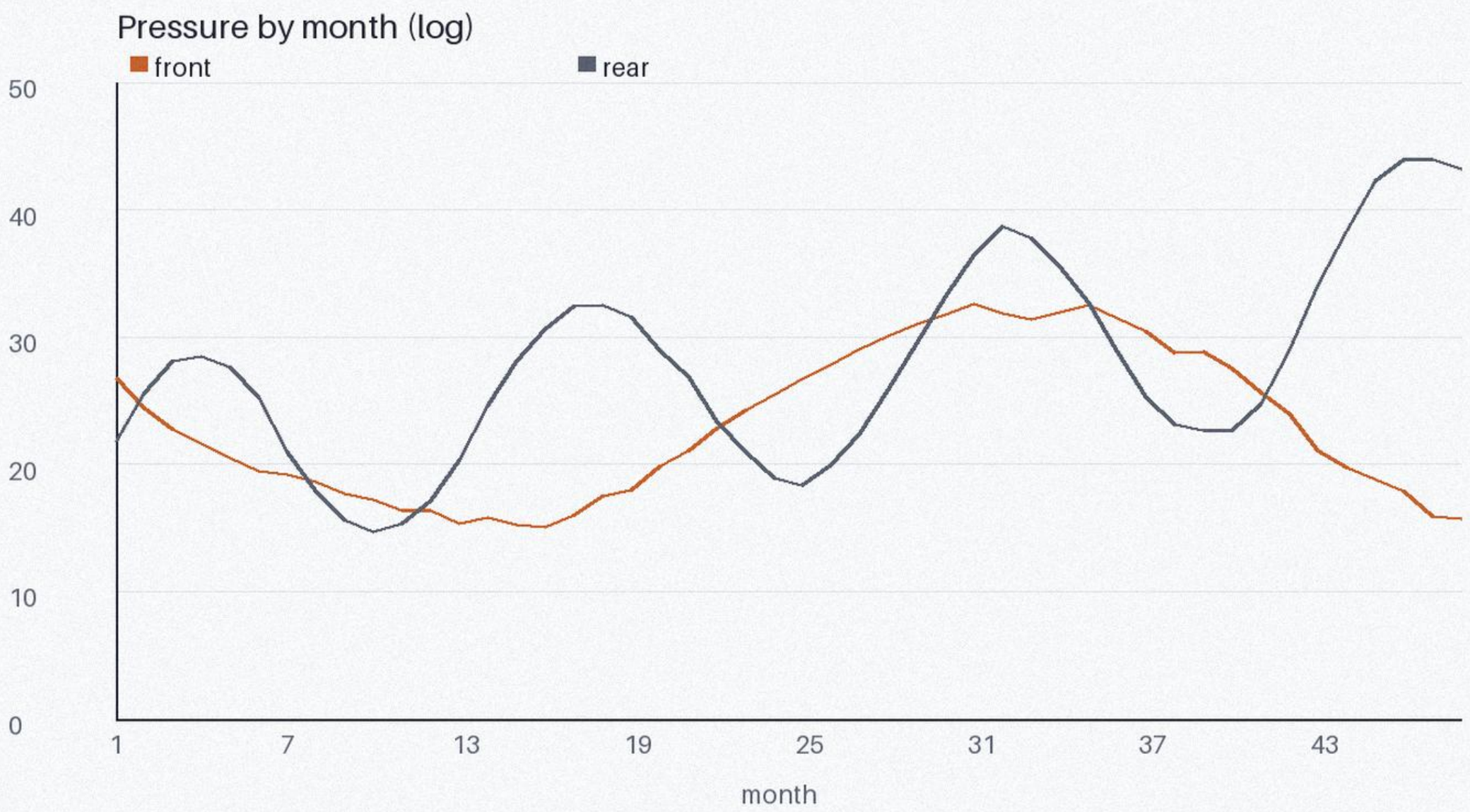
Two short dark rides a day need about forty minutes of light. A front lamp on its middle setting covers a full week on one charge, which makes the habit easy.

Tyre pressure by season



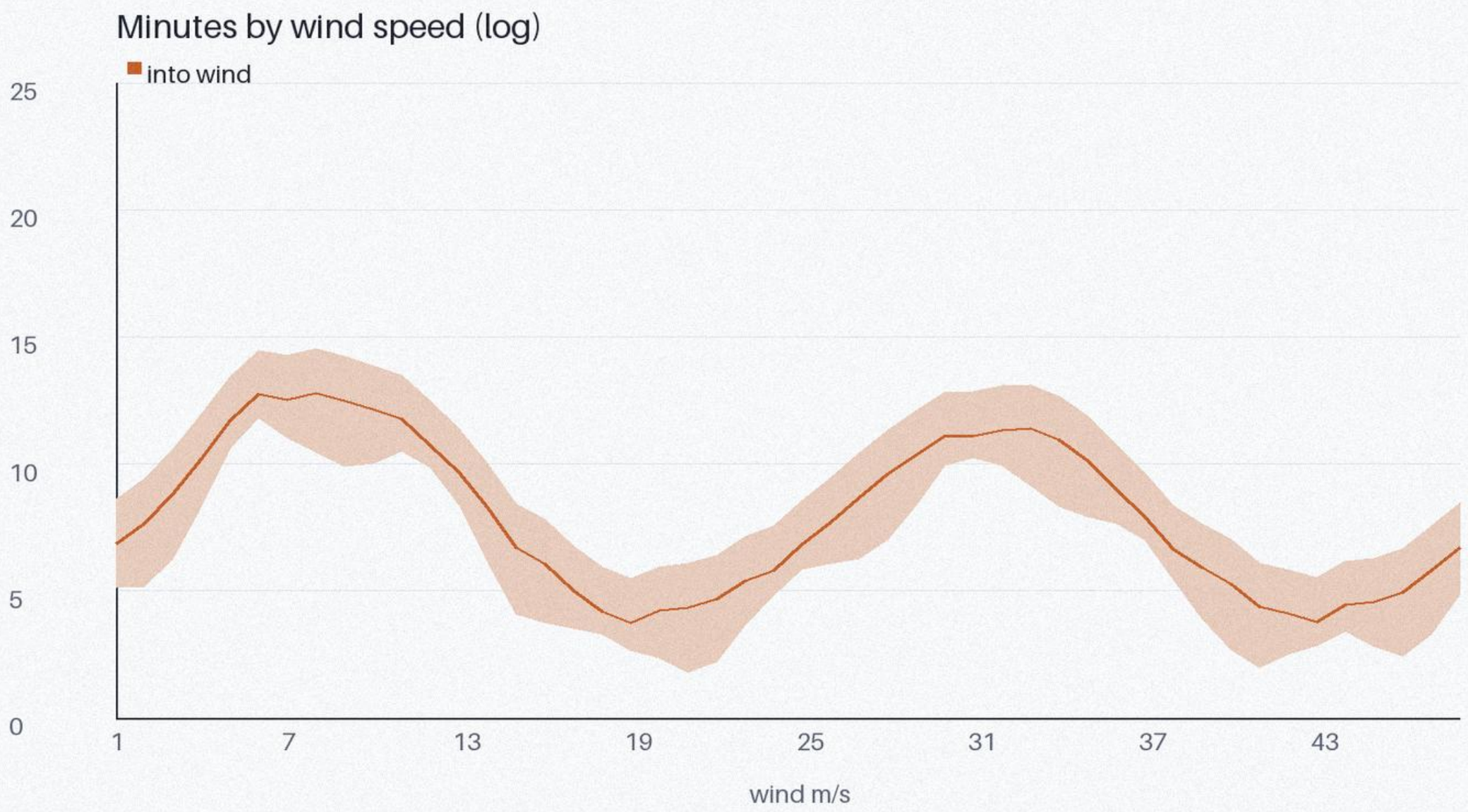
Lower in the cold, a little higher in summer.

Tyre pressure by season



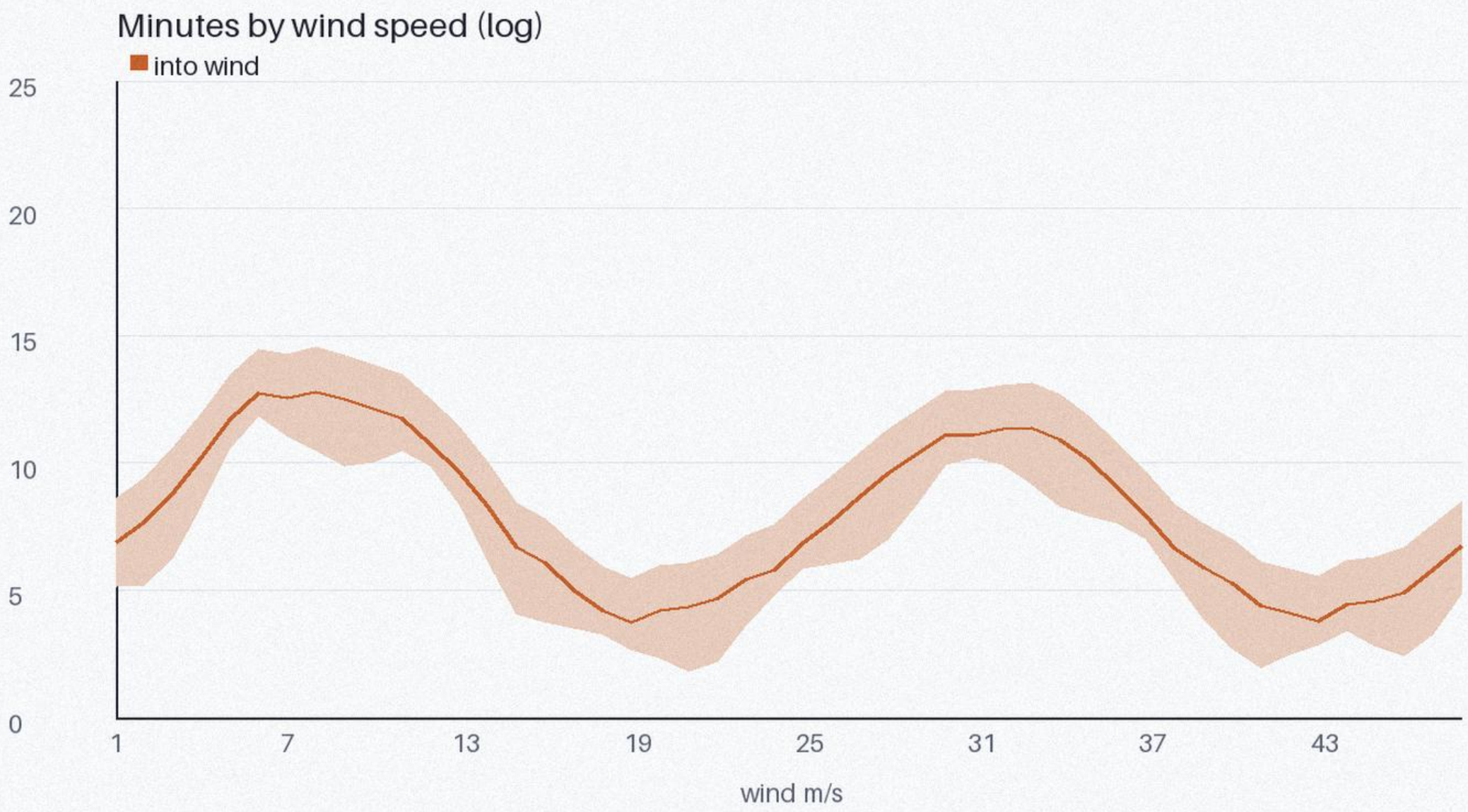
Cold air in a tyre loses pressure overnight, and a wet road wants more grip anyway. Dropping ten percent in winter made the ride calmer without more punctures.

Commute time against the wind



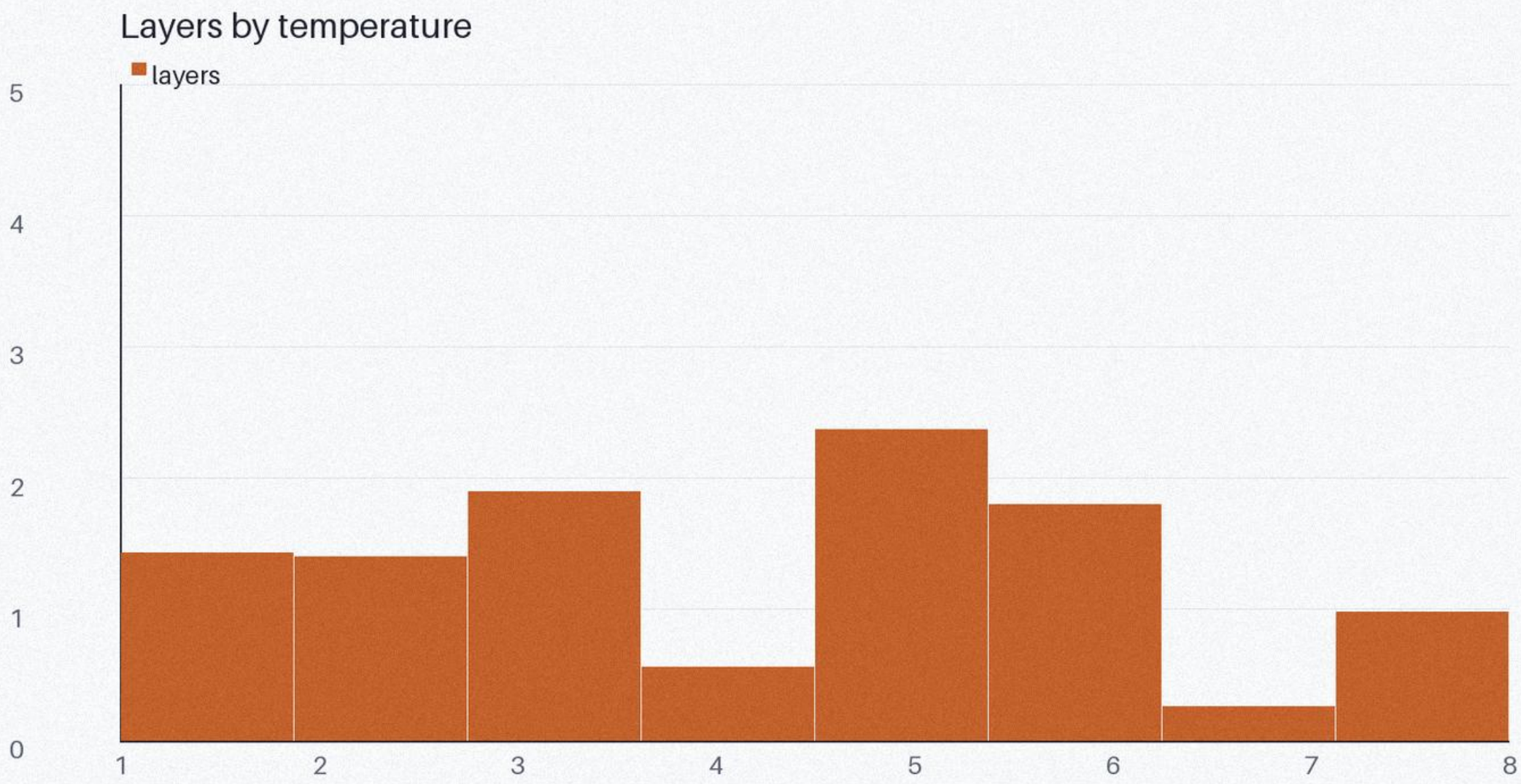
A headwind costs more than a hill.

Commute time against the wind



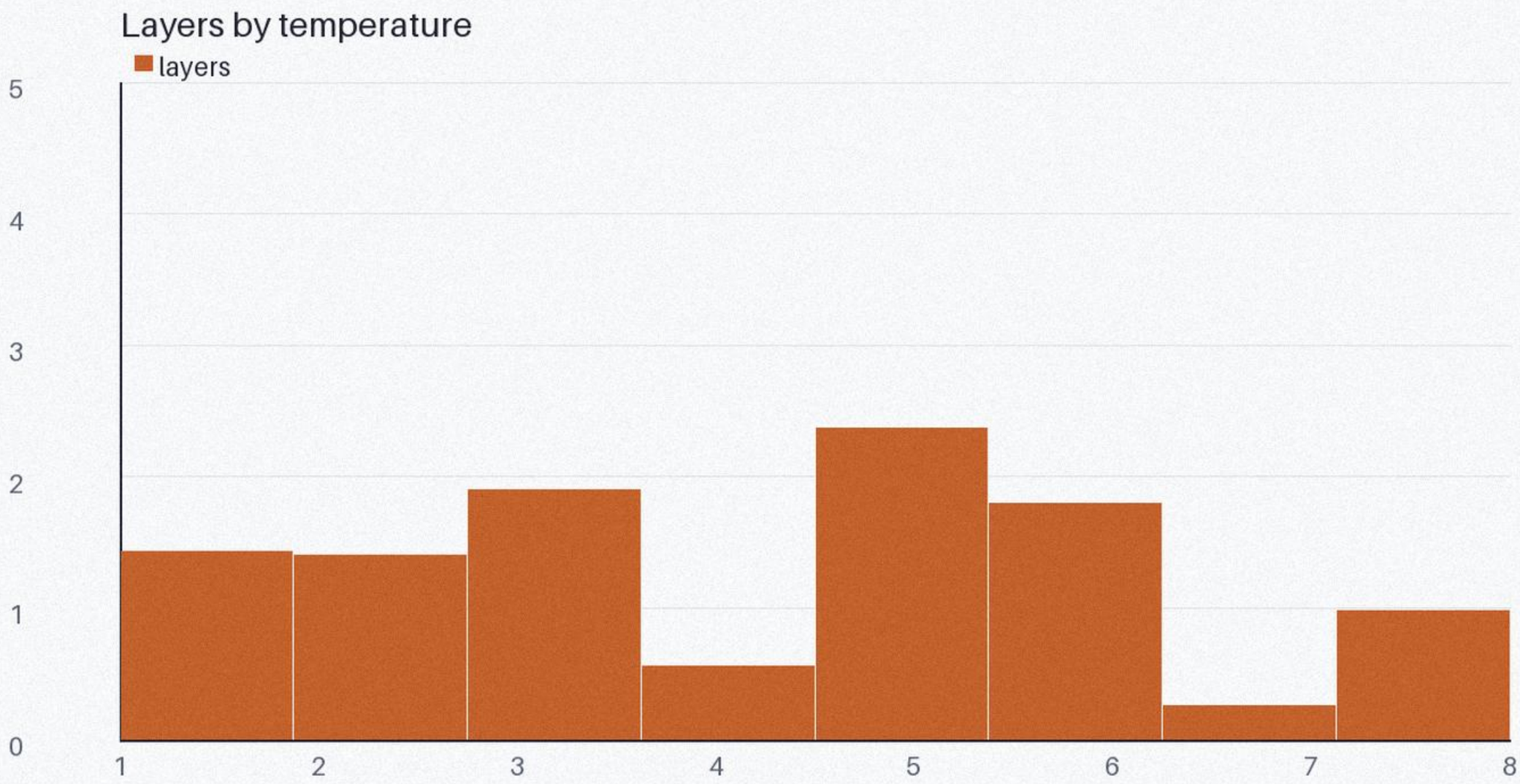
The same route takes four minutes longer into a moderate headwind. Leaving five minutes early on windy days removed most of the rushing.

Three layers for winter mornings



Wind shell, thin wool, nothing cotton.

Three layers for winter mornings



Most cold comes from wind, not temperature. A thin wool layer under a wind shell stays comfortable from zero to ten degrees; below that, add gloves before adding a jacket.