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began to ride a bike when the foot is cold how to do? Can not force to step on how to do? This article gives you a few things to protect the foot temperature: socks, shoes, boots, and foot special warm baby. unless your blood circulation is really good, otherwise you will be riding in nine in ten in the winter was cold feet. Riding process, the foot force is not large, the body will quickly put the foot of the blood to the needs of the site. feet too cold when it will be very painful, and this situation will continue until you go home to have a better. If you really want to keep riding in the winter, you still have to make sure that you can get a comfortable ride at low temperature. < p > cold feet this problem is to vary from person to person. Some people do not have this problem, and some portraits I worry a lot, blood circulation is not good enough, as long as an hour or less time hands cold, want to maintain the temperature is not easy. the following is to keep the hands warm and warm tips, if you have a better way, but also welcome messages oh! socks leaned smell, oh no see my socks first insulation layer is very important, because a good sock is very important, it is worth the investment. Thick socks more insulation thin socks than summer, of course, not too thick socks feet. socks generally use synthetic fiber and Merino wool. Wool has good thermal insulation effect and is very comfortable, and a pair of socks with Merino wool is a luxury. In addition, synthetic fiber materials are added in the wicking effect, ensure the feet dry and long. winter socks socks handle slightly longer, when wearing tights or sets of shoes can be used as a personal layer. And because you will be wearing tight pants, socks, the color and style is really not tangled. shoe cover under an effective line of defense is the shoe cover. It is not only the wind can also prevent the front wheel thrown out of the mud, if you can effectively stop the two major natural enemies, the foot is not so painful. < p > shoe cover the use of material is more complex, chloroprene rubber and windproof, waterproof fabric, part of a special purpose, most is to wind and rain. The size of the shoe cover is very important. They speak less, there is little cold air to enter. first wear toe cover and then set a layer of the complete set of shoes has been very popular extreme environment, I will choose to wear two pairs of shoes. A very popular practice is to wear a toe shoes on the shoes, and then wear a complete set of shoes. This is the heel shoes with lights, personally feel is a very smart design especially, ride at night is more necessary. heel shoe sleeve with lamp in the night riding plays a significant role in LAKE this winter boots very domineering shoes if you feel too much trouble, you have a plan to start a pair of winter boots. They direct the wind and water.

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