**Top Safety Tips For Bike Riding In San Diego**

San Diego’s diverse terrain and favored climate makes it an ideal place for bicyclists to ride. The growing numbers of cyclists in the area take advantage of the designated lanes and trails immersed in the beautiful scenery of Southern California. However, a leisurely ride or commute in the great, yet unpredictable outdoors can introduce potentially harmful obstacles or events while en route.

To prepare for these unforeseen elements, its best to introduce the following procedures to avoid injury or discomfort while enjoying the wind on your face, the hum of your tire, and the splendor of San Diego.

Bike Safety Tips You May Not Be Implementing

This is not a reminder to wear your helmet or keep your bicycle mechanics in top condition (you should already be doing this). These precautions are more specific to riding on San Diego roads and trails. Also, my occupation involves [removing bees](http://www.propacificbee.com/) for a living so there is some emphasis on protection from bees and other insects – we know the shenanigans of honeybees in our area.

**Have A Bike Buddy**

Venturing out to the adventurous trails in East County is nice for a change in scenery from the usual concrete jungle, but travelling too far from civilization introduces lots of unknown. Riding with a partner will offer quick assistance if injured and keep you company while cruising – being in the middle of nowhere can get lonely. But if you do decide to be a lone rider, at the very least tell a friend or family member of your route.

**Carry An Epinephrine Injector**

This is especially applicable when riding in nature, although you can encounter stinging insects and develop an allergic reaction in urban environments as well. If you are allergic or not sure it’s best to keep this handy medication dispenser on-hand to prevent severe allergic reactions such as anaphylactic shock. The chemical inside an [epinephrine injection](http://www.nlm.nih.gov/medlineplus/druginfo/meds/a603002.html) helps narrow blood vessels and keep air passage ways open during an allergic reaction.

**Plan Your Route**

It’s easy to lose track of the distance travelled while touring America’s Finest City and its surrounding areas. The [sights and sounds of the city](http://www.themappything.com/started/120-tour-of-san-diego-by-bike.html) or the [serenity found towards inland territories](http://www.efgh.com/bike/redroute.htm#eastsandiego) may have you out riding longer than expected. Unless you’re headed in a circular route, remember the miles you trek out, are the same miles you have to trek in. So before heading out, set a designated route and stick closely to that path. Not only will it keep you from getting turned around, but help you with finding news areas to explore.

**Wear Your White Or Light Threads**

Save the tye-dye or neon-colored shirts for the [next racing event](http://www.colormerad.com/races/sandiego.html). Wearing light-colored clothes will not only help you stay cool in the couple of months of the year that it actually is hot in San Diego (even that is arguable), it will keep you from attracting bugs that have you confused for something else. Besides, no one wants a bug trapped between their skin and garments.

**Use Caution Going Downhill**

San Diego is far from flat, coastal and inland terrain alike will have some elevated spots. So when descending steep trenches, follow this procedure to avoid skidding: stand on pedals, stay low, lean back to transfer weight to the rear of the bicycle, and apply brakes with more pressure on the back brake. Try not to use your breaks in gravel or loose dirt. Putting the center of gravity towards the rear of the bike will allow you to [get down hills safely](http://www.youtube.com/watch?v=J7dnXiNBDXE).

**Correctly Removing & Treating Stings**

In the unlikely case – if you followed the above tips – you are stung by a bee, there is a four-step process to get you back on your bike quickly. Here is a visual guide to demonstrate how to [properly treat a bee sting](http://www.propacificbeeremoval.com/properly-remove-a-bee-sting/). It’s understandable that you have limited supplies while out riding, so you can substitute cleaning the affected area with some water from your water bottle. After cleaning, apply the side of the water bottle to the sting. Most importantly, remember to scrape the stinger off immediately with a flat edge – fingernails work fine.

No matter where you’re riding or for what purpose, have these tips in mind to create a safe and memorable biking experience with all San Diego has to offer. Just remember, always be attentive, prepared, and ride with a partner and you should be just fine.