



FROM THE EDITOR

FOR ANY regular cyclist, every week is bike week. So celebrating Bike Week can be a conundrum. There is a solution: share the love. There are simple things we can all do to encourage more people to cycle more often.

Turning a lapsed cyclist into a regular cyclist can be as straightforward as fixing their bike. Cycling UK's Big Bike Revival saw 24,000 bikes returned to service last year. It's something any of us with tools and time can do on a personal level too. When you're the local bike expert, friends and neighbours will ask for your advice or your help.

Working on neglected catalogue-shop bikes with cheap components can be a challenge. You're as likely to need a Stilson, a hammer or a heat gun as your Allen keys. Yet it's usually possible to service a bike to the point where it's safe, even if you have to improvise.

When I was repairing a puncture on my friend Ian's bike, I discovered that the cheap V-brakes were sticking. The mounts needed lubricating. It hadn't occurred to me to take grease or oil when I visited. I imagined everyone had at least a can of WD40 or 3-in-1.

'Have you got any oil at all?' I asked him.

'No,' he said.

'What about cooking oil?'

'No. I've got some Utterly Butterly...'

He's still riding the bike to work and back now.

DAN JOYCE
Cycle editor



Clockwise from far left: Belga Pictures; S Primrose-Smith; R Hallett

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ON THE COVER
Utility cycling in London – no Lycra required. Photographed by Selim Korycki

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