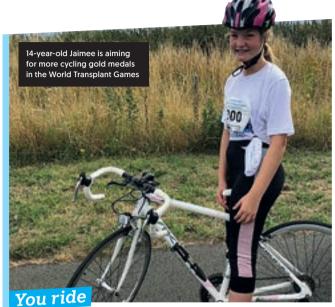
# Freewheeling A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



# Jaimee Luscombe, transplant patient

ycling UK member Jaimee Luscombe is a promising young sportswoman and loves cycling; she's even won gold medals at the British Transplant Games. But, as you may have guessed, her success is all down to a lifesaving organ donation - a kidney transplant. She was diagnosed with renal failure at six years old.

Since her first games in 2014, where she competed alongside 2,000 other children, Jaimee has won numerous medals across many sports, including three golds in cycling. She is now a healthy, happy 14-year-old. She has been selected to cycle for Team GB and NI at the World Transplant Games in 2019, but needs to raise £2,500 to cover the costs of her training, travel, insurance, and entry.

#### **HELP JAIMEE**

If you'd like to support her, you can contribute via Jaimee's JustGiving page, justgiving.com/fundraising/jaimee**luscombe**. As Cycle went to press, over £2,000 had already been raised so she's nearly there. JustGiving

Shoo Window MORE PREVIEWS ON PAGE 22

#### **Out there** YERKA V3

An unusual solution for urban security, the Yerka is its own lock. A long seatpost and foldout down-tube form a shackle that renders the bike unrideable if it's broken €699 yerka-bikes.com





# New tech

#### **Smart glasses**

If you're going to listen to music or GPS directions while you ride, or take phone calls hands-free, it's better to use headphones that don't block your hearing. These glasses, which link to your phone by Bluetooth, work via bone conduction. They're £199. voxos.co



### MilKit Booster

By switching its cap for the Booster head (16g). this aluminium water bottle doubles as a pressure vessel for tubeless tyres. Empty the water, pump air in, and re-seat your tubeless tyres at the trailside. £39.99, milkit.bike/en



**Event LONDON BIKE SHOW** 

The London Bike Show (thelondonbikeshow.co.uk) returns to ExCeL in London from 29-31 March. Tickets will be available on the door as well as online. Keep an eye on the Cycling UK website and CycleClips for more information.



#### <u>Try this</u> BE A VOLUNTEER

40% of Cycling UK members have expressed an interest in volunteering, which enables cycling to make a big difference to people's lives. There are lots of opportunities. You could be helping more people get active in Inverclyde, coach cycling skills in Southampton, or perhaps be a cycle mechanic for the Syrian community in Gateshead.

#### **More Information**

To find out what roles are available, please visit the website or call the Volunteering Team. cyclinguk.org/volunteer

01483 238319

## **Picture this**

Share your snaps. Each week, Cycling UK (@wearecyclinguk) runs a **#bestbybike** photo competition on Instagram. No prizes, it's just for fun.



"Dark nights" @r1chmay



"My best cycling buddy" @ctcdevon



"The best thing about autumn riding" @4compasspoints



# CHALLENGE RIDES

Try this

Cycling UK's Challenge Ride Series 2019 kicks off on Sunday 31 March with the Start of Summertime Specials in Stevenage, followed by over a dozen events across the country. We'll be previewing the Devon Dirt next issue. For the full schedule, visit **cyclinguk.org/challenge-rides2019**.

#### <u>On</u> my bike

#### Tom Watson MP Deputy Leader of the Labour Party

REEWHEELING

Why do you cycle? It started with a desire to lose weight and get fit, but now it's just a way to get around town in a low-cost, pleasant way

How far do you ride each week?

Depends on the weather, between a few miles and ten miles.

#### Which of your bikes is your favourite?

What a cycle-lover's question! I've only got one bike (a Trek hybrid) but I'm hoping to upgrade this year.

What do you always take with you when cycling? Panniers, lights, and a lock.



Who mends your punctures? Usually the man in the shop. Sorry.

It's raining: bike, public transport, or car? Depends on my mood, though Jeremy Corbyn gives me great advice on the best cycling gear for all weathers.

Lycra or normal clothes? Normal clothes.

If you had £100 to spend on cycling, what would you get? I've lost so much weight that I desperately need some new waterproofs.

What's your favourite cycle journey?

Anywhere on the pathways of the River Severn in the county of my birth, Worcestershire.



What single thing would most improve matters for UK cyclists? Common engineering standards for UK cycling infrastructure.