

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Left: Suzanne Forup. BCO pic: Roland Seber

Lizzie has been campaigning for cycling for the last decade

You ride

Lizzie Reather Cycling UK volunteer

Lizzie was awarded a Cycling UK Certificate of Appreciation in December. Until recently she was Chair of Cycling UK Scotland, now the Scotland Advisory Committee, and she's been a Cycling UK Trustee.

"I've been involved in advocacy and campaigning for cycling as transport since I started commuting to work in 2011," she said. "[At the time] I had to choose between a busy dual carriageway and a muddy track across a field. I joined Leeds Cycling Campaign, which was affiliated to CTC, and worked on the advisory group for a major cycling infrastructure project."

After moving to Scotland, Lizzie became involved with Cycling UK Scotland. As Chair, she was instrumental in the We Walk, We Cycle, We Vote project.

She said: "There are two things that kept me volunteering for Cycling UK over the years: a passionate belief that cycling as transport is a right and freedom that must be fought for and preserved; and the dedication and tireless commitment of Cycling UK's staff and volunteers in Scotland."

VOLUNTEER FOR CYCLING UK

To find out about volunteering opportunities for Cycling UK (currently limited due to the Covid-19) visit the Volunteer Hub online: cyclinguk.org/volunteer

New tech

Lusso Adventure Repel Bib Tights

While pockets aren't exactly cutting edge technology, most cycling tights lack them. These new longs from Lusso have a pocket on each thigh. We're looking at similarly-equipped shorts next issue but for February rides legwear with a temperature range of -3 to +14°C makes more sense.

£134.99,
lusso.bike



Bike tech

SKS Airspy

This ~18g sensor fits over the valve and monitors tyre pressure as you ride (or in the workshop), sending the information – and warnings if the pressure falls outside a set range – via Bluetooth or ANT+ to your phone or compatible Garmin device. It's motion activated.

£109.99, sks-germany.com

Out there

CARBON BALANCE BIKE

Most kids' bikes are too heavy. This balance bike isn't. It tips the scales at just 2.1kg (4.63lb) because it's made from carbon fibre. Carbon frame, carbon fork, carbon handlebar. On one level, this makes sense. On another: it's a carbon fibre bike for a two-year-old! Costing £999! specialized.com



Events BIKE WEEK GOES BIG

Despite the pandemic, plans for Bike Week are well under way. The event runs from Sunday 30 May to Saturday 5 June. It kicks off with the World's Biggest Bike Ride: we want as many people as possible to log their (socially distanced) rides on 30 May. This year's Bike Week will have a theme of wellbeing. cyclinguk.org/bikeweek





Try this

BRITISH CYCLE QUEST

If Covid restrictions allow, why not try the British Cycle Quest this spring? The website is being revamped and the question book for the 402 locations across Britain updated. All BCQ locations will be displayed in Google Maps so you'll easily be able to see ones near you. The leaderboard is going online so

you can keep track of yours and others' progress. If you need inspiration, other 'Questers' will be sharing their tips, advice, and thoughts about BCQ on the new blog. You'll also be able to order certificates and medals online. For details on how to get started, visit cyclinguk.org/british-cycle-quest



Interviewing Jon Snow while cycling for his (Matt's) podcast, Home Roads

On my bike

Matt Barbet

TV presenter & journalist

Why do you cycle? It makes me feel good. It's the best way of seeing places. It keeps my impact on the environment down. It's even given me paying work.

How far do you ride each week? It varies, but usually around 150-200km a week.

Which of your bikes is your favourite? Depends on my mood and need. I have a couple of road bikes, a gravel bike, a town bike, and a track bike.



What do you always take with you when cycling? Phone, keys, pump, tube, levers, Wahoo Roam computer.

Who mends your punctures? I do! Everyone should learn – or go tubeless.

It's raining: bike, public transport, or car? I cycle most journeys in London but take the bus if I need to work at the same time.

Lycra or normal clothes? Lycra to train and for big rides. If I'm riding into work or running an errand, whatever I'm wearing.

If you had £100 to spend on cycling, what would you get? Put it towards a bike fit. The right bicycle can do wonders for your enjoyment. So many people have the wrong size frame or the saddle at the wrong height.

What's your favourite cycle journey? Favourite places include Mallorca, Snowdonia and reliable Regents Park, early on a summer morning.

What single thing would most improve matters for UK cyclists? Acceptance by all road-users that roads are for sharing responsibly and not solely the preserve of people going quickly in motorised metal boxes.

Picture this...



Our **#12nights outin1year** challenge proved a great success in 2020. We were overwhelmed by the enthusiasm of all the participants, as well as the quality of entries (such as this photo of King Alfred's Way by Rachel Sweetman). The challenge is on hold temporarily for 2021 but will return when the weather improves and pandemic restrictions ease. Meanwhile, check out all the 2020 winners: cyclinguk.org/12-nights-out-in-1-year

Bike Hacks

TIGHT-FITTING TYRES

Using a tyre lever to mount a tight-fitting tyre can nip and puncture an innertube. Instead, hold the wheel and tyre at the unfitted section of tyre by the valve, then go around the tyre squeezing the edges (the 'beads') into the central well of the rim with your free hand. This may win you enough slack to fit the last section. If not, use toe-straps or cable ties to hold the tyre beads down in the well of the rim, as pictured. Three or five should do it.



Fit the last section by hand, then remove the straps/ties.

