

CYCLOPEDIA

Questions answered, subjects explained – Cyclopedia is your bimonthly cycling reference guide



An e-bike like this is a bicycle not a motor vehicle. See p36-42

(EAPC), and a motor vehicle (such as a moped) is its power output and maximum assisted speed. An EAPC, under the UK Government's rules, cannot have a power output above 250 Watts, nor an assisted speed above 15.5mph. So long as an EAPC meets these requirements it is treated as though it were any other bicycle, meaning that insurance policies that apply to conventional bikes should also apply to EAPCs. Once an e-bike exceeds those parameters it is no longer considered a pedal cycle and will be considered outside the coverage of most bicycle/home insurance policies.

It is important that members who own or are looking to purchase an e-bike are able to confirm its speed and power specifications against the Government rules to ensure that their cycle insurance policies are covering them. Some home insurance policies will cover EAPCs stolen from within a secure private dwelling, but if you want coverage while you are out and about be sure to look for a bicycle insurance policy that does not differentiate or distinguish between an EAPC and a traditional pedal bike in order to avoid unnecessary premiums.

An insurer who specialises in cycle insurance is worth considering. Policies will be available with a higher maximum value, cover may be wider ranging, and the insurer is extremely unlikely to quibble over an e-bike. Visit cyclinguk.org/insurance.
Richard Gaffney

Your Experts



DR KATE HATTERSLEY
Cycling GP
(Health)



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BBB Easy Tyre Fitting Tool: one way to fit tight tyres more easily

Technical

Too tight tyres

Q I couldn't remove the tyre from my Cannondale Topstone's tubeless-compatible rims (WTB ST i23 TCS) when I punctured at the roadside. I was unable to push the tyre edge away from the rim to enable tyre levers to be inserted and get

to the innertube. The shop mechanic said it was a matter of practice and of just pushing the tyre away from the rims using your thumbs. I used plumber's pipe pliers in the end! Is there a better way?

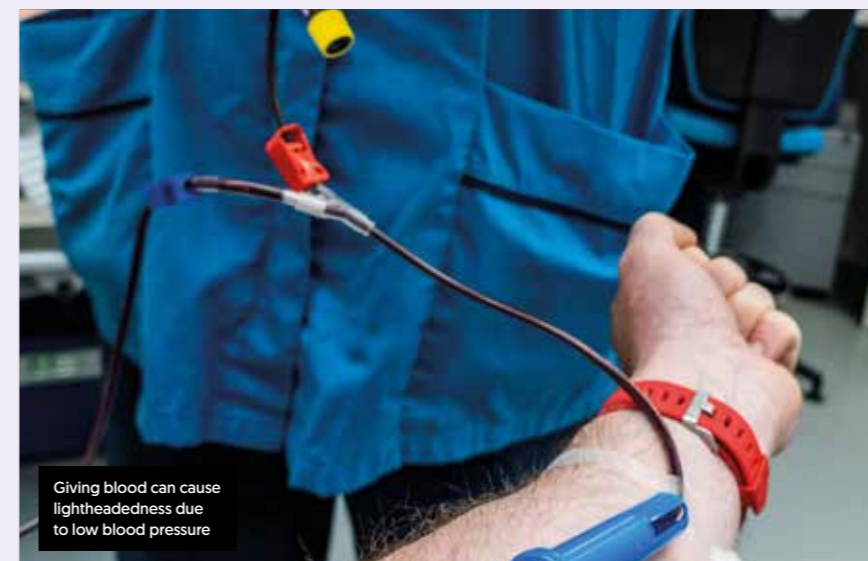
P Saunders

A The cross section of a rim designed for tubeless tyres has a shelf on each side, on which the bead sits when the tyre is inflated. The close fit between bead and shelf provides the seal between tyre and rim. Many such rims also feature a small raised 'bump bead' on the inner edge of the shelf, which is designed to prevent the bead from dropping off the shelf in the event of a puncture. Inevitably, it also impedes the normal fitting and removal of the tyre. When a tubed tyre is fitted to such a rim, the problem is exacerbated by the obstructive presence of the innertube.

The simplest answer is to swap to tubeless tyres, but if these don't appeal and you don't care for the expense of buying new wheels with non-tubeless rims, then you may have luck with a 'bead jack'-style tyre lever such as the BBB Easy Tyre Fitting Tool.

When displacing the tyre bead inwards from the shelf, start at the point opposite the valve and only displace the bead on one side of the tyre. Once the bead is free all the way around, push it into the rim's central trough. Start at the valve when levering the bead over the rim lip.

Richard Hallett



Giving blood can cause lightheadedness due to low blood pressure

Left: Alamy

Health

Riding after giving blood

Q I gave blood on a Thursday. Friday's ride was mediocre. Sunday's ride was the same, as was Tuesday's ride. I'm 68 and have been a blood donor for 10 years. I've not felt this before. Is it a reaction to giving blood?

Cyclop, via the Cycling UK forum

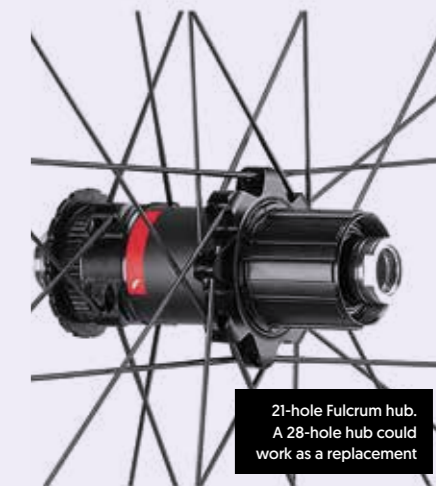
A When you give blood you lose about a pint of fluid and about 10% of your red and white blood cells. By drinking plenty of fluids you can quickly replace the fluid element, but on a hot day you might feel lightheaded due to low blood pressure.

The red cell component, which transports oxygen to the muscles, takes longer to recover. You should have good iron stores to repair the haemoglobin levels, and these are tested each time you visit. You will have fully recovered about a month after blood donation.

Why did you have this reaction? Maybe you didn't drink enough afterwards or maybe your iron levels are lower than usual. If you don't recover quickly it may be worth getting a formal blood test for iron levels in case something else is lowering them.

Congratulations on your ten years of blood donations!

Dr Kate Hattersley



21-hole Fulcrum hub. A 28-hole hub could work as a replacement

Technical

Spoke hole snag

Q I have some Fulcrum Racing DB wheels on my gravel/commuter bike. The rear has developed an awful crunching noise. I cannot access the inner bearings. I've asked a mechanic and he said a new hub might be the best option. The problem is that it has 21 spokes (seven left and 14 right) and I can't find a hub like this. Can I buy one with, say, 32 holes and lace it to the 21 holes in the rim? Or is it time for a new wheel?

Dave Mitcheson

A Parts drawings and exploded views for Fulcrum hubs are available for download at fulcrumwheels.com and should provide the information a competent mechanic needs to dismantle the hub and replace the bearings. Further details may be obtained from Fulcrum distributor i-ride.co.uk. Otherwise, you might try lacing a 28-hole hub into the rim using seven alternate holes on the non-drive side. This will require radial lacing and may contravene the hub's warranty if it is designed for tangent lacing only.

Richard Hallett

Get in touch

EMAIL your technical, health, or legal questions to editor@cyclinguk.org or write to Cyclopedia, Cycle, PO Box 313, Scarborough, YO12 6WZ. We regret that Cycle magazine cannot answer unpublished queries. But don't forget that Cycling UK operates a free-to-members advice line for personal injury claims, **TEL: 0330 107 1789**.



Legal

When is a bike not a bike?

Q When a friend of mine had his electric-assist Brompton stolen, his insurers argued that it was not a pedal bike. Amongst the excuses given by the insurers were: (i) the e-bike was not a pedal bike; (ii) that it is a motor vehicle; and, in any event (iii) there is a clause in the policy excluding bicycles fitted with a motor.

My friend is a lawyer and I am a retired lawyer; we can hold our own in such arguments. Moreover, legislation relating to such bikes makes it clear that they are not to be regarded as motor vehicles. Yet it was difficult and stressful for him to pursue his claim, even though he finally won the argument. Can you offer clarification on this issue?

John Lavery

A Electric bikes are becoming increasingly popular in the UK. Since they are pricier than unassisted bicycles, it's important to have adequate insurance in case of damage, theft, or a road traffic collision.

The key defining factors between an e-bike, also known as an electrically assisted pedal cycle

Coronavirus

For up-to-date cyclists' advice regarding Covid-19, visit: cyclinguk.org/coronavirus