

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Joscelyne leads rides for Sara Park CCC

You ride

Joscelyne Daniel Volunteer ride leader

Joscelyne is a full-time lecturer from Birmingham who decided to become a ride leader after noticing there was a need for more women to take on the role. Now her volunteering is making a difference locally by improving the skills of members of Sara Park CCC in the Small Heath area of the city.

"The main reason I decided to become a volunteer was because my husband Wayne was leading a lot of the rides for our local Cycling UK-affiliated group, Sara Park Community Cycling Club (CCC), with another male ride leader," she said. "I used to join most of the rides but we had quite a few female riders and I felt there was a gap in the club for an active female ride leader. So, when the opportunity came, I completed a ride leader's course and started supporting and leading rides."

She says it's been really rewarding, especially helping children and adults to learn to ride. "You see the joy in the faces of both the children and adults as they achieve confidence while developing new skills. As our cycle club is in a multi-cultural and diverse area, we have had some women say they were not encouraged to ride as a child because they were female and they feel so overwhelmed with joy when they learn to ride with confidence."

VOLUNTEER FOR CYCLING UK

Could you help get more people cycling? Visit cyclinguk.org/volunteer to find out more about volunteering for Cycling UK and to discover the volunteer opportunities in your area.

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Bike tech

Hummingbird Singlespeed Flax

The sustainability angle to Hummingbird's new folder, which uses a frame made from plant flax fibre rather than carbon fibre, is somewhat undermined by the carbon wheels, seatpost, handlebar and other bits. But it's certainly very light: just 7kg. £3,995, hummingbirdbike.com

Classic kit

Rixen Kaul Spokey

This easy-to-use plastic spoke key  with a metal insert might not look anything special but it grips the spoke nipple on three sides instead of two, making it much less likely to slip and round off the nipple flats. You probably want the red one, for 3.25mm nipples on spokes up to 2.1mm in diameter. £8.99, klickfix.com



Really? BeTriton

Is it a boat? Is it a bike? No, it's the BeTriton amphibious camper trike! On land it's a front wheel drive e-trike. On water, the wheels fold up out of the way, pontoons and a propeller deploy, and it's an electric boat. Either way, it's a compact camper. €14,500, betriton.com

Bike hacks

Key derailleur repair

Richard Anscombe shared this idea on the Cantii Way Facebook group. "Have just replaced a bent mech hanger on my wife's bike. Liked the bent hanger and thought it'd make a cool key fob. Then it came to me: why not buy a spare mech hanger and use it as your keyring?" Better yet, use a universal hanger so you can fix any of your bikes – or someone else's.

