



Try this

CAN across the nations

The Cycle Advocacy Network (CAN) now supports local campaigners to speak up for cycling across all four home nations, not just in England and Scotland. We've been nurturing new groups in Wales and Northern Ireland, as well as supporting existing campaigns across Scotland and England. We've also hosted a discussion about Kidical Mass rides, bike

buses, and practical tools for engaging families and children. A popular activity in 2022 was taking councillors and election candidates on bike rides in their local area, so they could personally experience the highs and lows of journeys on two wheels. cyclinguk.org/CAN



Right: Andy Catlin



Picture this

Did you know that Cycling UK is on Instagram? Follow us at [@wearecyclinguk](https://www.instagram.com/wearecyclinguk) for our pedalling stories in pictures, and for motivation to keep riding through 2023 and beyond. Expect inspiration, expert advice, photo competitions and more. If you'd like to be featured on our channel and help share the joy of cycling, please share your posts with us by tagging [#wearecyclinguk](https://www.instagram.com/wearecyclinguk). [instagram.com/wearecyclinguk/](https://www.instagram.com/wearecyclinguk/)

Right: Joelle Dymond

Bike hacks

Smarter training

Cycle-specific turbo trainer tables for a tablet or laptop to rest on while you're working out can be expensive. Sarah at Turbo Trainer Hire (turbotrainerhire.co.uk) recommends a sturdy, height-adjustable music stand as a cheaper alternative. They cost as little as £15. (Cycling UK members also get 10% off at Turbo Trainer Hire, enabling you to try a smart trainer, for example, without investing hundreds of pounds – visit cyclinguk.org/member-benefits.)



Below: Joelle Dymond



On my bike

Jo Rigby

Chair of the Transport Committee, Wandsworth Borough Council

Why do you cycle?

To get around places that would take more time on public transport.

How far do you ride each week?

Maybe only 10 miles. It's the quality of the ride not the quantity!

Which of your bikes is your favourite?

I'm a one-bike woman. For years it was a pale blue Bobbin (pictured). I recently changed to a violet Temple. It's much lighter and the colour makes me happy.

What do you always take with you?

Phone, lipstick.

Who mends your punctures?

Tom at Bellevue Bicycle Workshop.



It's raining: bike, public transport, or car?

I've got a rain cape if I get caught heading home. If it's already raining I'll Tube it or wear my Mauium raincoat.

Lycra or normal clothes?

I chose a violet bike as it goes with more of my clothes. I've got matching nail varnish.

If you had £100 to spend on cycling, what would you get?

It costs £72 a year to put my bike in the bike hangar on our street, so that will do nicely.



What's your favourite cycle journey?

11 pm, cycling home from council meetings across Wandsworth Common.

What single thing would most improve matters for UK cyclists?

If the brief to road planners was: "Design this road for a Year 6 child to cycle to school independently."

Jo is one of Cycling UK's 100 Women in Cycling for 2022

