

# cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

Shop Window  
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## Bike tech

### DIY bamboo cargo trike

Bamboo Bicycle Club has been selling build-it-yourself bamboo bikes in kit form for 10 years. Now it's added an e-cargo trike, which comes flat-packed with the all the bamboo, flax, recycled aluminium, bike parts and electronics you need to assemble it, including a differential for the rear axle so that power goes to both wheels. It's expected to retail for around £4,500. [bamboobicycleclub.org](http://bamboobicycleclub.org)



## Classic kit

### Timber bell

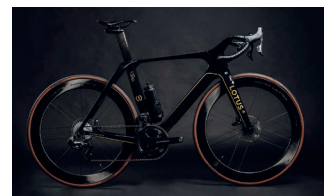
We've mentioned this bell before in Shop Window. It's ideal for alerting walkers (or other riders) on shared-use, off-road trails. Instead of pinging it manually, you press a lever to release the clapper and the bell jingles all the way down the trail, letting others know before you suddenly appear. No one gets startled, everyone's happy. The bolt-on version is best. £25, [mtbell.com](http://mtbell.com)



## Really?!

### Lotus Type 136 First Edition

It's a carbon fibre e-bike that tips the scales at 9.8kg and, in its limited edition version, costs £20,000! The HPS Watt Assist motor, which still has to cut out at 25km/h, weighs just 300g and delivers, the website says, "a powerful 125 Watts per kilogram". They surely can't mean 37.5W? Prices from £15,199 (regular edition). [lotuscars.com](http://lotuscars.com)



## Bike hacks

### Dropper post guard

Dropper seatposts are right in the firing line from winter mud. No mudguard? Cut a section of old innertube to length – wider works better – and poke four holes near the corners. Use cable ties to fasten it beneath the collar at the bottom and to the saddle rails at the top. An old neoprene chainstay wrap works even better fitted like this.



Katie's 'family car' is a Raleigh Stride 2 e-cargo bike

## You ride

## Katie Collier Community campaigner & active travel champion

**K**atie Collier only picked up cycling during lockdown when she needed a way to get to work in London. Shortly after, Katie and her family moved to Worcester and, finding public transport options lacking, she bought a cargo bike. Katie now cycles everywhere with her children, running day-to-day errands and helping other parents and children ride to school.

"Cycling has completely changed how I connect with my local area," Katie said. "That's why I'm so passionate about encouraging other 'normal', non-sporty people like me to cycle."

A dedicated campaigner, Katie is a key part of the Worcester Kidical Mass organisation team, helping run multiple bike buses each week at various schools, as well as cycle confidence events for women who want a safe space to practise cycling.

Katie is also a member of Warndon Parish Council, where she champions active travel and challenges the car-centric thinking and infrastructure design prevalent in Worcester.

"Local infrastructure isn't good enough," said Katie. "I want to be out on my bike agitating for better provision. I also want people to be able to look at me going about my usual business of schools runs, the weekly shop and getting to work in my dungarees or dresses, and think 'yep, OK, I could do that, too!'"

## EXPLORE THE 100 WOMEN IN CYCLING

Katie Collier is one of Cycling UK's 100 Women in Cycling 2023. Find out more about all the women who have been profiled at [cyclinguk.org/100Women](http://cyclinguk.org/100Women).