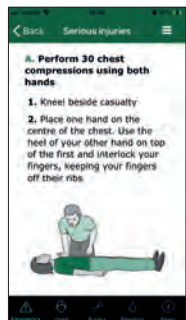


FIRST AID FOR CYCLISTS



I was pleased to receive my June/July magazine, and more so because it contained an article entitled 'Crash Course'. Having recently been on a ride when one of our members was

involved in an accident, I was keen to see if our post-crash actions were appropriate or could be improved. Sadly your article focused solely on the modern priority of blame, and gave no advice on how to look after our fellow rider until the ambulance arrived. Surely this is significantly more important than apportioning blame and seeking compensation? Any chance of an article which provides sound advice on how best to help/keep alive our friends following a serious crash.

Wes Wilson

We've touched on first aid in the past, and there's more online (cyclinguk.org/first-aid), but I'm wary of giving life or death advice in a relatively short magazine article. The necessary skills are best learned on a first aid course. I would, however, recommend the First Aid for Cyclists app from St John Ambulance: sja.org.uk/get-advice/free-first-aid-app/.



LONG ROAD TO RECOVERY

I read with interest the letter by former GP Stephen Taylor on long Covid (June/July issue). I agree that long Covid is essentially ME, as does Dr Charles Shepherd, Medical Adviser of the ME Association.

Stephen describes 'many times' his ME patients making good recovery within months. I do wish I – and many

people I have met with ME – had recovered in a few months. I became ill with ME in 1992 after a flu virus. This led to medical retirement aged 38. It took 13 years for me to be able to cycle again at all. This was on an early throttle-drive e-bike.

The defining feature of ME (and long Covid, presumably) is post-exertional malaise. Cycling has to be within your present limits. A slow increase in duration and effort may work for you. If it doesn't, listen to your body and cut back or rest. Doing too much, too early could cause a nasty relapse. The NICE guidelines on ME treatment were recently changed, removing 'graded exercise' as a treatment.

I would recommend joining the ME Association for excellent information on ME, now including long Covid. Visit meassociation.org.uk.

Stephen Gray

CYCLING GLASSES

I use Bolle safety glasses from Screwfix. Mine cost £10.99 and have anti-scratch lenses, polycarbonate construction and UV protection. They also have Grade F impact protection (which is excellent). Screwfix do a multitude of different designs and prices start from £2.49.

Ian Wall

SITTING COMFORTABLY?

There's an aspect of saddle position not mentioned in your article on comfort (cyclinguk.org/cycle-magazine/saddle-soreness-how-do-i-get-comfortable-saddle), and it fixed a long-term problem of mine. The solution came from a suggestion on the Cycling UK Forum.

I was never as comfortable on my left side as on my right while sitting down, and this had got worse, regardless of saddle type. The suggestion was to turn the nose of the saddle towards the sore side. This fixed the problem. The amount of turn was quite marked and is very noticeable when you look at it.

Humans aren't exactly symmetrical. As another example, the natural turn of my feet on the pedals is: left foot slightly in, right foot slightly out.

Dr Garry Lee

Photo of the month

OVER THE TOP



I thoroughly enjoyed the article Wayfarer's Wheel Tracks. I was surprised that it didn't touch on the awful surface of parts of the route. Given that Wayfarer rode the route in 1919, shortly

after he served in WWI, the condition of it today would probably give him flashbacks as some sections resemble a First World War battlefield more than a public road! The image of part of the route illustrates this. **Mike Taylor**

CYCLING UK FORUM

Get immediate feedback from other members at forum.cyclinguk.org. Here's an abridged extract from a recent thread: cyclinguk.org/touring-tyre-width



TYRE WIDTHS ON YOUR TOURING/BIKEPACKING BIKE

Paradiddle: I'm thinking of going with 33-35mm tyres for the best balance between roads, unpaved paths, and the occasional gravel. What tyre width do you use for your main touring/bikepacking bikes?

Cyclewala: 35-40mm. Semi slicks. Comfort for road, extra grip for mild off roading. Off roading involves gravel paths, hardpack. I find comfort is a big factor in touring.

WEBH: I used 35mm Schwalbe Marathons for the Ruta Vía de la Plata in Spain, mainly because it was what I had. Mix of off and on road, they were fine.

tatanab: 25-28mm. Cycle camping in western Europe, primarily back roads but with occasional forest tracks. I don't have a machine that would take tyres much bigger than 30mm.

MrsHJ: Mine are 37-

622 Continentals on my hybrid/tourer. I've gradually gone wider as a lot of the long-distance routes now have gravel and crushed limestone sections.

pjclinch: It's worth remembering that just about any general tour off road that's gravel/bikepacking territory will have been done by folks 50 years ago on Galaxies with skinny tyres we'd laugh at today.

Paradiddle: Thanks all. The takeaway so far is go with what you've got, people would've done it with skinny tyres in the past anyway. However, wider tyres provide more comfort, especially when the route has more off-road sections.

ciquta: I toured with everything from 38mm up to 70mm and I find the sweet spot for a heavyset guy like me (210lb) around 55mm. I don't see how touring on 32mm could be a better choice vs 42mm on any of our tours I've done.