

THE MAGAZINE OF CTC - THE UK'S NATIONAL CYCLISTS' ORGANISATION

FEB-MAR 2010  
FREE TO CTC MEMBERS

# cycle



Founded in 1878



PEAK DISTRICT RAIL TRAILS ■ MIKE BURROWS ON BIKE FITTING MYTHS ■ CROSS BIKE V TOURER ■ ORANGE MOUNTAIN BIKES ■ CTC GOVERNANCE



## WINTER WARRIOR

PEAK DISTRICT DAY RIDES  
FOR ANY SEASON

**Sitting  
comfortably?**  
Mike Burrows on  
bike fitting myths

**Cycling  
Towns today**  
Local campaigners  
weigh the benefits

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PLUS: ORANGE MOUNTAIN BIKES 'CROSS BIKE V TOURER DALES MTB WEEKEND



## FROM THE EDITOR

Sleet clouds scudding across a landscape of three-week old snow and compacted ice... This, the worst in 30 years at the time of writing, has already been a winter of discontent for cyclists. Britain seldom has weather bad enough to keep you off your bike for more than a day or two. But ice like glass on roads and trails rings warning bells for us all.

While fresh snow is childish fun to lay tyre tracks through, ice is danger. The previous winter I broke a helmet on icy tarmac. (That I wear one only some of the time seems to annoy some cyclists, but I'm a firm believer in *personal* risk assessment.) A clubmate broke a hip. This time maybe someone would re-break a collarbone...

So some rides didn't happen. One I abandoned a mile in. And yet you still need to ride, don't you? To get somewhere, or just for fun. Pacing doesn't satisfy. I'd check the Met Office website. Then look for better weather news on Metcheck.com. And on the BBC. Snow showers? Minus six with windchill? That didn't sound too bad: fresh snow would mean traction!

By now our recent ice age should be long gone. Time to catch up on missed rides and, as we cycle through the seasons, watch winter finally recede.

**Dan Joyce**



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**Cover picture:** Amy Juden on the Manifold Trail, Staffordshire, by Ossoms Hill. Photo by Chris Juden

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