I chose a recumbent tricycle because of a disability I have. My left arm has a titanium replacement humerus and elbow, and it’s painful and potentially damaging to lean heavily on it, which I find I have to do on a normal bike. With the under-seat steering on the ICE Sprint, my arms are relaxed by my sides and the trike is comfortable to ride all day long.

This is the second ICE trike that I have owned since taking up cycling five years ago. I chose bar-end shifters as I ride without gloves and it’s hard to use grip-shifts in the wet; an Alfine-11 rear hub (I’m not good with rear derailleur gears); and a SON dynohub for hassle-free lighting. Otherwise the trike is fairly standard, with rear suspension only and 20-inch wheels all round.

Due to my disability, the only other cycle I own is my older trike, a Trice Q, which has done 26,000 miles. That one has been lent to various friends who had short term injuries (a broken hand, a broken wrist, a back/neck problem), and so I rarely ride it.

I’ve done 16,000 miles on my Sprint 20RS in two years. I set myself an annual mileage target (typically 8,000) to ensure that I keep riding and don’t get too fat! I don’t do particularly long rides, rarely more than 70 miles in any one day, but reach this target by trying to do 24 miles every day. With a recumbent trike you can ride in the snow, rain and ice – and I do. If the snow is more than a few centimetres deep, there are traction issues with the rear wheel, but I always feel safe and you can do some fantastic skids and doughnuts with single-sided braking.

As well as my daily rides, I do regular cycle tours, usually alone and unsupported and almost always in Germany. I’ve done several longer tours (Berlin to London; the Mosel river; the Main river; the Rhine from Bodensee/Constance) and several fixed-base holidays with the trike. I write up my tours, and some of my day rides, on my blog, auntiehelen.co.uk.

I never have any aches, pains or niggles when riding my trike, don’t suffer from saddle soreness at all, always find it comfortable, and I enjoy chatting to other people about it too. Riding a recumbent, and especially a trike, gets you lots of attention from passers-by. I quite enjoy this, and find also that cars seem to give me more room on the road and behave with more courtesy. Disadvantages are storage (we needed to get a large new shed when I got the second trike), inconveniences with rail travel in the UK, and more insects in the face when riding near to the ground in the early evening.

I live in a reasonably flat part of the world, which suits a recumbent rather better than hills. But my hill climbing is improving and the downhill are great fun – I got up to 48.5mph going down a hill in Germany last year.

“\textquote{I never have any aches, pains or niggles when riding my trike}”