

Try this Ride leader training



Our new, interactive, online ride leader training course aims to equip our member group volunteers with the skills and knowledge they need to organise enjoyable and safe leisure rides. Modules will cover: ride planning; road positioning; how to keep the group safe; what equipment to take; how to be more inclusive; what to do in an emergency; and much more. The course has been developed by Cycling UK staff and volunteers, in conjunction with experienced ride leaders and other experts in the field. It will be available from January 2023.
cyclinguk.org/online-ride-leader-course

Photo: Gerald Hoban

Events Christmas celebration



Join CTC North Yorkshire on Sunday 11 December for their traditional pre-Christmas get-together in Tockwith. Lunch will be available in the village hall from 11.30am, served by the parents of Tockwith's under-fives group, followed by a Christmas service in church at 12.45pm (very light, all welcome regardless of their religion or beliefs). Back to the village hall afterwards for dessert and more socialising before the ride home.
cyclinguk.org/event/tockwith-celebration

Picture this

This machine fights climate change: that was the message we took to Glasgow for COP26 in 2021. Instead of heading off to Egypt this year, we've taken that message to politicians in London, lighting up the skies ahead of 'solutions day' at COP27, and reminding Rishi Sunak that if he's genuinely ready to fight climate change, investing to get more people cycling is one of the simple solutions. There's more information, as well as more projection images, on our website. cyclinguk.org/cop26-cycling-fights-climate-change



Right: Doublette Projections

On my bike



Peter Walker

Guardian journalist & author

Why do you cycle?

To get to where I want to go, usually within a minute or so of when I expected to arrive, and often with a smile on my face.

How far do you ride each week?

I'm not sure but I'm on a bike most days.

Which of your bikes is your favourite?

My everyday transport bike with hub gears and a massive crate on the front. It makes me happy every time I ride it.

What do you always take with you?

A lock, sometimes two. I'm a paranoid London cyclist.



Who mends your punctures?

For the most part, me. But my everyday bike has Schwalbe Marathon Plus tyres which haven't punctured in two years

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

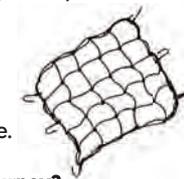
Bike. It barely ever rains in London these days. If it does, I have a very unflattering pair of waterproof over-trousers.

Lycra or normal clothes?

Most of the time it's normal clothes, but if I'm going on a long leisure ride, then Lycra.

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

A spare set of lights or a new cargo net for my vast front crate.



What's your favourite cycle journey?

My 3.5-mile commute to Westminster. Quicker than public transport, costs nothing, keeps me healthy, and is a source of pleasure.

What single thing would most improve matters for UK cyclists?

Going back in time and starting in about 1981 with a decades-long programme of building safe infrastructure.

Peter's latest book, *The Miracle Pill*, is now available in paperback.