

# cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

14-year-old Jaimee is aiming for more cycling gold medals in the World Transplant Games



You ride

## Jaimee Luscombe, transplant patient

**C**ycling UK member Jaimee Luscombe is a promising young sportswoman and loves cycling; she's even won gold medals at the British Transplant Games. But, as you may have guessed, her success is all down to a lifesaving organ donation – a kidney transplant. She was diagnosed with renal failure at six years old.

Since her first games in 2014, where she competed alongside 2,000 other children, Jaimee has won numerous medals across many sports, including three golds in cycling. She is now a healthy, happy 14-year-old. She has been selected to cycle for Team GB and NI at the World Transplant Games in 2019, but needs to raise £2,500 to cover the costs of her training, travel, insurance, and entry.

### HELP JAIMEE

If you'd like to support her, you can contribute via Jaimee's JustGiving page, [justgiving.com/fundraising/jaimee-luscombe](https://www.justgiving.com/fundraising/jaimee-luscombe). As Cycle went to press, over £2,000 had already been raised so she's nearly there.

JustGiving



Shop  
Window  
MORE PREVIEWS  
ON PAGE 22



### New tech

#### Smart glasses

If you're going to listen to music or GPS directions while you ride, or take phone calls hands-free, it's better to use headphones that don't block your hearing. These glasses, which link to your phone by Bluetooth, work via bone conduction. They're £199. [voxos.co](https://www.voxos.co)

### Out there

#### YERKA V3

An unusual solution for urban security, the Yerka is its own lock. A long seatpost and fold-out down-tube form a shackle that renders the bike unrideable if it's broken. €699. [yerka-bikes.com](https://www.yerka-bikes.com)



### Bike tech

#### MilKit Booster

By switching its cap for the Booster head (16g), this aluminium water bottle doubles as a pressure vessel for tubeless tyres. Empty the water, pump air in, and re-seat your tubeless tyres at the trailside. £39.99, [milkit.bike/en](https://www.milkit.bike/en)

### Event LONDON BIKE SHOW

The London Bike Show ([thelondonbikeshow.co.uk](https://www.thelondonbikeshow.co.uk)) returns to ExCeL in London from **29-31 March**. Tickets will be available on the door as well as online. Keep an eye on the Cycling UK website and CycleClips for more information.





## Try this

### BE A VOLUNTEER

40% of Cycling UK members have expressed an interest in volunteering, which enables cycling to make a big difference to people's lives. There are lots of opportunities. You could be helping more people get active in Inverclyde, coach cycling skills in Southampton, or perhaps be a

cycle mechanic for the Syrian community in Gateshead.

#### More Information

To find out what roles are available, please visit the website or call the Volunteering Team.

[cyclinguk.org/volunteer](http://cyclinguk.org/volunteer)  
01483 238319

Above right: Joelle Dymond

## Picture this

Share your snaps. Each week, Cycling UK (@wearecyclinguk) runs a #bestbybike photo competition on Instagram. No prizes, it's just for fun.



"Dark nights"  
@richmay



"My best cycling buddy"  
@ctcdevon



"The best thing about autumn riding"  
@4compasspoints

## Try this

### CHALLENGE RIDES

Cycling UK's Challenge Ride Series 2019 kicks off on Sunday 31 March with the Start of Summertime Specials in Stevenage, followed by over a dozen events across the country. We'll be previewing the Devon Dirt next issue. For the full schedule, visit [cyclinguk.org/challenge-rides2019](http://cyclinguk.org/challenge-rides2019).



## FREEWHEELING



## On my bike

### Tom Watson MP

Deputy Leader of the Labour Party

**Why do you cycle?** It started with a desire to lose weight and get fit, but now it's just a way to get around town in a low-cost, pleasant way

#### How far do you ride each week?

Depends on the weather, between a few miles and ten miles.

#### Which of your bikes is your favourite?

What a cycle-lover's question! I've only got one bike (a Trek hybrid) but I'm hoping to upgrade this year.

#### What do you always take with you when cycling?

Panniers, lights, and a lock.

#### Who mends your punctures?

Usually the man in the shop. Sorry.

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

Depends on my mood, though Jeremy Corbyn gives me great advice on the best cycling gear for all weathers.

#### Lykra or normal clothes?

Normal clothes.

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

I've lost so much weight that I desperately need some new waterproofs.

#### What's your favourite cycle journey?

Anywhere on the pathways of the River Severn in the county of my birth, Worcestershire.

#### What single thing would most improve matters for UK cyclists?

Common engineering standards for UK cycling infrastructure.

