

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



At 81, Mavis is the oldest woman to ride LEJOG. The trip took just over three weeks

Out there



Shop Window
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SALSA BLACKBOROW

A cargo fat bike for all those occasions when you've got to carry a big load over snow/sand/singletrack. Kudos to Salsa for making this niche machine, which could be ideal for mountain bike trail builders. Approx £3,200. salsacycles.com

Bike tech

Rein4ced

Rein4ced is a carbon composite that is strengthened with steel fibres to improve impact resistance. Evidently it will dent rather than shatter. Bike frames are expected to roll off the automated production line in Belgium some time later this year. rein4ced.com



New tech

Bouh SR600

It's a combination 120db bike alarm and 600 lumen front light. Removing the light when you park arms the motion-sensor-activated alarm. Refitting the light deactivates it. The alarm is charged by the light's battery. It's £125. bouh.co.uk



Try this

WILD CAMPING

Camping and cycling are a classic combination. This summer, why not literally head off the beaten track and try wild camping? You don't have to go far from home, and staying out overnight with the stars overhead will help you see familiar

spots in a totally new way. On hot nights, you won't even need a tent, only a sleeping bag, mat, possibly a thermos, and of course a bike to get there! Just remember the mantra: "leave no trace". cyclinguk.org/wildcamping

Picture this

Cycling UK's Instagram photography competition #bestbybike is still running monthly. The focus for August and September will be photos of cycling holidays. We'll print our favourites in the next issue.

Right: Joolze Dymond



Try this

MAKE YOUR OWN FILM

You don't need to be a Kubrick or Spielberg to make a film these days. A smartphone or digital camera will capture reasonable footage. Why not try recording your cycling adventures a different way? Cycling UK has put together some top tips on how to shoot – and edit – your trips. Visit cyclinguk.org/filming



You ride

Mavis Paterson, Oldest End-to-Ender

Galloway gran Mavis Paterson has become the oldest woman to cycle from Land's End to John o' Groats at the age of 81. She completed the 960-mile route in memory of her three children, who all passed away within four years of one another in their forties (due to a heart attack, viral pneumonia, and an accident).

Mavis, who is a Cycling UK member, set out on 30 May and completed the journey on 22 June, raising over £60,000 for Macmillan Cancer Support in the process. She describes the journey as being "extremely therapeutic", but notes: "It was the most difficult thing I have ever done... We had to cycle all the way in miserable weather. It was really tough."

For more on Mavis's ride, visit cyclinguk.org/article/galloway-gran-mavis-paterson-smashes-lejog-record.

GET THE END TO END PACK

Cycling UK's End to End pack covers four different routes, cycle-friendly accommodation, and more. You can download it from: cyclinguk.org/article/cycling-guide/lands-end-to-john-ogroats.



Event THE CYCLE SHOW

The Cycle Show, the UK's biggest cycling showcase, returns to Birmingham's NEC from 13-15 September. Cycling UK will take to the stage with our campaign to #TeachTheReach (see p8). We'll also have news on our other campaigns and projects. Join us there to see top brands, the latest tech, and cycling superstars. For an extra 10% off ticket prices, visit cyclinguk.org/member-benefits.

On my bike

Laura Winter

Sports presenter, commentator, and one of our 100 Women in Cycling

Why do you cycle? For coffee and cake! Nothing makes me as happy as cycling. It is freedom, joy, ecstasy, and agony all rolled in to one. When riding a bike, I feel a sense of childlike glee. I love how far you can ride, the beautiful roads you discover, the leg-sapping climbs, and how social the sport is.

How far do you ride each week? I try to ride around 150-200km a week, mainly on the road, or on Zwift if the weather is bad.

Which of your bikes is your favourite? I only have one, sadly! My Canyon Ultimate is my baby. I'd love to get a town bike too.

What do you always take with you when cycling? An innertube, pump, tyre levers, Rawvelo gel and bar, my Garmin, and a smile.

Who mends your punctures? I try to but often others in my club jump in to help.

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

Lybra or normal clothes? Lybra. I get too competitive riding my bike!

If you had £100 to spend on cycling, what would you get? A good rain cape. It might encourage me to ride more when it's wet!

What's your favourite cycle journey? The Gorges de la Nesque in France. The views are incredible.

What single thing would most improve matters for UK cyclists? Road infrastructure and driver attitudes.

