You ride

Mike Hutchinson
90-year-old mile-eater

Cycling UK member ‘Mike the bike’ has been marking his birthday with a cycle ride since he turned 80 and decided to celebrate by riding 80km. He’s added a kilometre each year; this May he rode 90km for his 90th.

For the last couple of years he’s been using a Cube e-bike for his birthday rides – and many others besides; he clocked up 3,500 miles on it. Then it was stolen just before his birthday. Fortunately he got hold of a replacement in time.

Like many cyclists, Mike’s ridden lots of bikes over the years. He still has the tandem he rode with wife Anne on the Avenue Eroica Britannia, aged 86 after riding the 50-mile night ride. Mike used to be a keen glider pilot until an unscheduled slipping. Not cheap: £43, wolftoothcomponents.com.

bike tech

Wolftooth Supple Bar Tape
Double-wrapping is the traditional way to improve the cushioning of your bar tape. Or there’s this silicone bar tape that’s 5mm thick versus the 1.6mm of other tapes. It’s meant for gravel bikes and has a tackier surface to stop your hands slipping. Not cheap: £43, wolftoothcomponents.com

New tech

Bibo Sophie Cycling Dress
The technical fabric of this light, stretchy and breathable dress is 63% nylon and 37% elastane. It has an ‘internal mechanism’ so it can be clipped from the back to stop it flapping on the bike. The hem and detachable belt are reflective. Sizes 8-14. £149, bibocycle.com

Coffee and cake are two ingredients to a good day in the saddle that we’ve been missing lately. As lockdown eases and cafés reopen their doors, Cycling UK is championing the best in the business with its annual Cyclist Café of the Year awards. Nominate your favourite cycle-friendly venue and tell us what makes it so special. Is it the brilliant bike bakes or the warm welcome? Maybe it’s the offer of takeaway tea during a socially-distanced trip? Cast your vote cyclinguk.org/cyclist-cafe-year-2020

#12NightsOutInYear
We relaxed the rules a little during the lockdown for our #12Nightsoutin1year Instagram challenge: not camping out but capturing the mood was okay. Mike Johnson (@zombikombi on Instagram) was judged to be May’s winner of a Mini Trangia for this dawn shot over Fovant Down as he brewed a cuppa. Find out what you could win at cyclinguk.org/12-nights-out-in-1-year.

Bike hacks

CLEAN OILY HANDS
Bike repairs often mean dirty hands. Run out of workshop-grade hand cleaner? Or out and about on your bike? Try sugar and washing-up liquid; liquid soap works too. Pour a generous amount of sugar into your palm, then add the washing-up liquid or soap to make an abrasive paste. Rub it thoroughly into your hands, then rinse off.