

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Cover star Ellis, who has cerebral palsy, started cycling earlier this year

Left: Robby Sparring

You ride

Ellis Palmer, handcyclist

“Growing up I always wanted to cycle, but as a wheelchair user it was something I viewed as impossible. Last year I found a website where I could get a handcycle, and in January I got one.

“Having cerebral palsy has not been as much of a problem as I thought. Hills are a challenge, especially considering hand bikes have a third of the power, but I make it work.

“A lot of elements of lockdown life haven’t been ideal. Working remotely has been tough. But one element has been amazing: cycling. Here on the Wirral, on the banks of the River Mersey, is where I did my first cycle with my dad.

“My grandparents are from Hull, and I always wanted to go from East Hull along the coast to Hornsea: 47 miles. During lockdown, I did it. Breathing in that fresh sea air... that coast... it’s mesmerising. A lot of places on the coast were inaccessible to me. Now I can get to them with my bike. It means a lot. It means freedom.”



PUMPED UP PORTRAITS

Ellis is one of our Pumped Up Portraits, in which cyclists describe what motivates them to ride and what they get out of cycling. For more, visit: cyclinguk.org/pumpedup/portraits



Shop Window
MORE PREVIEWS
ON PAGE 20

New tech

SENA R1 EVO

We reviewed a Sena helmet in 2017 (cyclinguk.org/publication/cycle-magazine/december-2017). This version has ‘Mesh Intercom™ technology’, so more cyclists can chat up to half a mile apart. Handy for social distancing? £169, sena.com/cycling

Bike tech

Classified hub

This 2-speed hub (100% and 70% ratios) works with an 11-speed cassette to give wider-range 1x gears. Hub/derailleur combos aren’t new but this has wireless shifting, powered at the hub via induction coils and not a battery. Clever. £tbc, classified-cycling.cc/en/



Out there

7MESH Thunder Pant

Sounds like something from Viz Comic. Turns out it’s a pair of expensive waterproof trousers made not from Teflon-coated Mulberry silk but – you guessed it – Gore-Tex. Money-saving tip: for a dry bum, fit a rear mudguard. £280, 7mesh.com



Event ONLINE VOLUNTEER CELEBRATION

As with many events this year, our Volunteer Celebration on 3 October is going online. There will be virtual workshops and presentations on safeguarding, diversifying cycling groups, subconscious bias, a ‘Big Bicycle Quiz’, and more. It’s free to register, or you could watch the sessions afterwards on the website. cyclinguk.org/volunteer/going-extra-mile-our-volunteering-awards





Try this

PUMPED UP CREW

Join our Pumped Up Crew and help us inspire and encourage more people to start and continue cycling. There are three levels of involvement. As a PROMOTE volunteer, you'll use your social media skills to spread the word. As

a PEDAL volunteer, you'll organise a ride or take friends/family cycling. Or join us as a PARTNER volunteer and campaign for cycling provision in your area or help with a bike maintenance session. cyclinguk.org/pumpedup/get-involved



On my bike

Dame Sarah Storey DBE

Paralympic cyclist, Active Travel Commissioner for Sheffield, & one of our 100 Women in Cycling 2019

Why do you cycle?

It's my job! Training is usually 6-10 days in a row, then a rest day.

How far do you ride each week?

It varies from 300-700km.

Which of your bikes is your favourite?

The one that's right for the ride I'm doing.

What do you always take when cycling?

Drinks bottles, food, my phone, and my bike computer.

Who mends your punctures?

I do, but I've been riding tubeless for a year or so and there's not been one to change.



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

I work from home so I go on the turbo!

Lycra or normal clothes?

Mostly I ride for training, so then it's lycra.

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

I'd save it until I needed something.

What's your favourite cycle journey?

I love the ride that takes me to Mirador del Rio in Lanzarote.

What single thing would most improve matters for UK cyclists?

There's a combination of things that are needed. There's been a piecemeal approach, which is why cycle rates are still so low in the UK.



Sarah has supported #PinYourThanks in 2020.

Picture this

Cycling UK's #12nightsoutin1year photo competition has run throughout the year, offering great bikepacking prizes for the best pictures. Here's July's winner, which was taken by Chris Goodman. Find out how to enter at cyclinguk.org/12-nights-out-in-1-year.



Bike hacks

ENJOYABLE ENERGY FOOD

Parkin is Yorkshire ginger cake. It goes down better than energy bars after a long ride. Here's how it's made by Bank View Café, one of our Cyclist Cafés of the Year 2019.

Mix 12oz golden syrup, 6oz butter, 8oz black treacle. Loosen for 2 min in the microwave. Pour into a bowl of 13oz oats. Add three eggs, 7oz self-raising flour, 9oz dark brown sugar, 3tsp milk, 3tsp ginger powder. Mix well. Pour into a lined tin. Bake at 160° for 45 min.

