Salma Rahman

Lockdowns over the last year have changed how we cycle and whom we cycle with. Like many of us, Salma, who normally rides with Cycle Sisters, found herself cycling with her family more. She started taking her two boys, aged seven and nine, out each day. They enjoyed exploring together, and the rides helped build the boys’ confidence cycling on the road. Salma says: “We’re stacking up the miles and our health is also benefiting. It’s a win-win.”

During the second lockdown, she cycled alone a lot to build up stamina and miles. In the third lockdown, Salma started riding with her husband, something they wouldn’t normally do without the children, as they are using it to set themselves a weekly goal to complete on their indoor trainer (pictured below).

For Salma, although she does enjoy solo cycling, there are no downsides to riding with a partner: “I love to have a natter and catch up, and it’s nice to get away from daily chores!” One of her favourite rides is going through the marshes near her home in East London to build the boys’ confidence cycling on the road. Salma says: “We’re building their confidence cycling on the road. It’s raining: bike, public transport, or car? Like others, I’m not making many journeys right now but there is something special about getting thoroughly soaked on a bike.”

Lycra or normal clothes? I may need to whisper this but I find lycra most comfortable.

Who mends your punctures? I’ve got really good touring tyres so very rarely get punctures, which is just as well as they are a pain to get on and off.

What do you always take with you? Some would say the kitchen sink but I would say the bare essentials!

What’s your favourite cycle journey? My formula for an enjoyable ride is company, tea, tarmac, toilets. My journey? Depends on the weather. In winter, 10-20 miles. In summer, more like 75-100.

What would most improve matters for UK cyclists? Safe, attractive, interconnected routes that are accessible to everyone and make riding convenient option for short journeys.

Who do you ride with? I have one bike: a Hewitt steel tourer that does just about everything I want, from shopping to cycling across the country.

What is your most comfortable seat? I may need to whisper this but I find lycra most comfortable.

How far do you ride each week? Depends on the weather. In winter, 10-20 miles. In summer, more like 75-100.

Which of your bikes is your favourite? I have one bike: a Hewitt steel tourer that does just about everything I want, from shopping to cycling across the country.

How do you bike? I got really good touring tyres so very rarely get punctures, which is just as well as they are a pain to get on and off.

What is your formula for an enjoyable ride? My formula for an enjoyable ride is company, tea, tarmac, toilets.

How do you stay safe? I have one bike: a Hewitt steel tourer that does just about everything I want, from shopping to cycling across the country.

What is your formula for an enjoyable ride? My formula for an enjoyable ride is company, tea, tarmac, toilets.

What is your formula for an enjoyable ride? My formula for an enjoyable ride is company, tea, tarmac, toilets.