**Q&A CYCLOPEDIA**

Questions answered, subjects explained – Cyclopedia is your bimonthly cycling reference guide.

**Legal**

**When is a bike not a bike?**

When a friend of mine had his electric-assist Brompton stolen, his insurers argued that it was not a pedal bike. Amongst the excuses given by the insurers were: (i) the e-bike was not a pedal bike; (ii) that it is a motor vehicle; and, in any event (iii) there is a clause in the policy excluding bicycles fitted with a motor.

My friend is a lawyer and I am a retired lawyer; we can hold our own in such arguments. Moreover, legislation relating to such bikes makes it clear that they are not to be regarded as motor vehicles. Yet it is extremely unlikely to quibble over an e-bike. My friend is extremely unlikely to quibble over an e-bike.

**Your Experts**

**DR KATE HATTERSLEY**
Cycling GP (Neath)

**RICHARD HALLETT**
Cycle’s Technical Editor (Technical)

**RICHARD GAFFNEY**
Principal Lawyer, Slater + Gordon Lawyers (Legal)

**Technical**

**Too tight tyres**

I couldn’t remove the tyre from my Cannondale Topstone’s tubeless-compatible rims (WTB ST 23 TCS) when I punctured at the roadside. I was unable to push the tyre edge away from the rim to enable tyre levers to be inserted and get the inner tube out. The shop mechanic said it was a matter of practice and of just pushing the tyre away from the rim using your thumbs. I used plumber’s pipe pliers in the end! Is there a better way?

P Saunders

The cross section of a rim designed for tubeless tyres has a shelf on each side, on which the bead sits when the tyre is inflated. The close fit between bead and shelf prevents the seal between tyre and rim. Many such rims also feature a small raised ‘bump bead’ on the inner edge of the shelf, which is designed to prevent the bead from dropping off the shelf in the event of a puncture. Inevitably, it also impedes the normal fitting and removal of the tyre. When a tubeless tyre is fitted to such a rim, the problem is exacerbated by the obstructive presence of the inner tube.

The simplest answer is to swap to tubeless tyres, but if these don’t appeal and you don’t care for the expense of buying new wheels with non-tubeless rims, then you may have luck with a ‘bead jack’ style tyre lever such as the BBB Easy Tyre Fitting Tool.

When displacing the tyre bead forwards from the shelf, start at the point opposite the valve and only displace the bead on one side of the tyre. Once the bead is free all the way around, push it into the rim’s central trough. Start at the valve when levering the bead over the rim lip.

Richard Hallett

**Health**

**Riding after giving blood**

I gave blood on a Thursday. Friday’s ride was mediocre. My friend is a lawyer and I am a retired lawyer; we can hold our own in such arguments. Moreover, legislation relating to such bikes makes it clear that they are not to be regarded as motor vehicles. Yet it is extremely unlikely to quibble over an e-bike.

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**Getting blood can cause light-headedness due to low blood pressure.**

**Advice**

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**Coronavirus**

For up-to-date Covid-19 advice and how to make your bike safer, visit: cyclinguk.org/coronavirus

**Get in touch**

EMAIL your technical, health, or legal questions to editor@cyclinguk.org or write to Cyclopedia, Cycle, PO Box 313, Scarborough, YO12 6WZ. We regret that we cannot answer unpublished queries. But don’t forget that Cycling UK operates a free-to-members advice line for personal injury claims, TEL 0330 107 1789.