

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Fab four on their 50-miler

You ride

Moston Cycling Club New cyclists tackle first tour

A group of cyclists who only learned to ride in the last year have completed their first long-distance cycling trip thanks to the skills they picked up as part of Cycling UK's Big Bike Revival.

The four-strong group are all members of Moston Cycling Club, Greater Manchester, which is led by Marina Waters. They met when they attended a free Big Bike Revival event, which aims to encourage everyone to cycle more often and gives them extra skills to do so.

Before long the women were regulars on the beginner rides led by Waters, and soon talk turned to a long-distance ride. They decided to ride from Manchester to Liverpool along the Trans Pennine Trail, with an overnight stop in Warrington – nearly 50 miles and longer than anything the ladies had ridden previously.

"It was an amazing experience and everyone loved it," said Waters. "Even the weather was great for us. The Manchester to Liverpool ride is the longest we've done together. They all rose to the challenge and enjoyed themselves along the way."

"For me the challenge was the duration of the ride due to an ongoing knee injury," said fellow rider Anne. "Being over 60, nothing comes easy without effort and determination. The highlight for me was the fun and camaraderie we had over two days. Cycling into Liverpool, knowing I had achieved something I would have thought impossible six months ago, was amazing."

BIG BIKE REVIVAL

The Big Bike Revival takes place across England and offers a programme of events delivered locally by community groups and organisations that are FREE for all. cyclinguk.org/bigbikerevival

The
BIG BIKE
Revival



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Window
MORE ITEMS
ON PAGE 18

Bike tech

Circe Helios Modular System

Circe's Helios is now even more versatile. The small-wheeled tandem could already transform into a cargo bike with a rear platform rack or, with an extra frame insert, into a triplet (pictured). It can now also convert into a quad (four seats!) or a low-box cargo bike. An electric-assist Helios is available too.

circecycles.com



Classic kit

Quad Lock Bike Kit

One of the best ways to attach a smartphone to your handlebar or stem, the Quad Lock kit includes a phone case (low-profile enough that your phone still fits in your pocket) and a quarter-turn mount. It's secure, lightweight, easy to use, and compatible with other

Quad Lock mounts for desks, car dashboards, running armbands, etc. From £45.95,

quadlockcase.co.uk

Really?

CeramicSpeed OSPW Aero

Wow: €739 for a little fairing to cover the jockey wheels on your bike to make you more aero. Think of the time savings you'll make! As it replaces rather than covers the derailleur cage it's structural and thus allowed under UCI rules. ceramicspeed.com





Try this

Ukrainian refugee rides

We're supporting our Cycling UK member groups to welcome Ukrainian refugees. Riding with a group is a chance for our new guests to make friends and explore their surroundings. If you know of any Ukrainian refugees staying with family or friends, why not invite them along to try riding with your

member group? To help, we're offering Ukrainian refugees a free 12-month digital-only Cycling UK membership. They must be taking part in the UK Government's 'Homes for Ukraine' scheme and be referred to us by a Cycling UK member group to be eligible. Contact groups@cyclingsuk.org

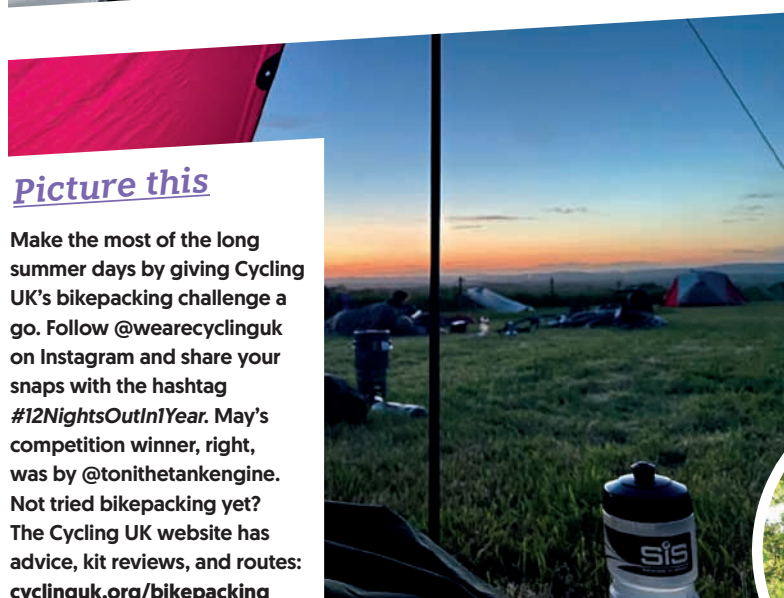
Above left: West Surrey CC. Below left: Derek Gould



Events

Wild Wales Challenge

Merseyside CTC's annual Wild Wales Challenge returns on Sunday 28 August for its 38th edition. With a choice of routes – 86 or 66 miles – the Wild Wales Challenge explores the spectacular scenery and climbs of Snowdonia. The long route takes in 9,200ft of climbing, the shorter one 6,500ft. The £32 entrance fee includes lunch, refreshments, changing rooms and showers at the event HQ, and a Welsh slate plaque for all finishers. Visit cyclingsukmerseyside.com/wwc



Picture this

Make the most of the long summer days by giving Cycling UK's bikepacking challenge a go. Follow @wearecyclingsuk on Instagram and share your snaps with the hashtag #12NightsOutIn1Year. May's competition winner, right, was by @tonithetankengine. Not tried bikepacking yet? The Cycling UK website has advice, kit reviews, and routes: cyclingsuk.org/bikepacking



On my bike

Jack Thurston

Author and podcaster

Why do you cycle?

Freedom: first from parental authority, then from overcrowded buses and tube trains. Now it's the freedom to explore.

How far do you ride each week?

I don't count miles but I do ride every day.

Which of your bikes is your favourite?

Our Xtracycle longtail cargo bike with Bosch electric assist has enabled my family to live a nearly car-free life in rural Wales. It does shopping and school runs, days out and camping trips.



What do you always take with you when cycling?

A camera. Taking pictures encourages me stop to look around.



Who mends your punctures?

Me.

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

If it's just me, I'll ride. If I'm with my kids I'll put it to a vote.

Lycra or normal clothes?

Lycra for serious athletic endeavours, normal clothes for touring and daily riding.

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

A pump for seating tubeless tyres.



What's your favourite cycle journey?

Riding south over Waterloo Bridge. For years it was my way home. Now there's a segregated bike lane!

What would most improve matters for UK cyclists?

Retrofitting all main roads with good quality segregated bike tracks.

Jack's latest *Lost Lanes* book is reviewed on p26.

