

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Eme Cosh (right) with her younger sister Mia, whom she's introduced to cycling

You ride

Eme Cosh

14-year-old mountain biker

I used to do gymnastics but grew too tall (landing from a height doing back-flips didn't agree with my ankles!) so I wanted to try something new. My dad rides and races mountain bikes, and I asked if I could give it a try. This was just over 12 months ago, and I have been hooked ever since.

In 2019 I was lucky enough to receive my award as one of Cycling UK's 100 Women in Cycling. It was amazing to be nominated and win.

I took a pledge with the other women to try and influence other girls and women to take up cycling. I'm so happy to take this pledge, as even though I've made lots of female friends out cycling there simply aren't enough! I wish more girls were involved. I've already introduced my younger sister to cycling, and I'm about to take four more friends out in the coming weeks. I'm sure they'll love it as much as I do.

CYCLING WITH TEENAGERS

Need inspiration to encourage your teenager to ride more? Go online for an article by member Karen Gee, editor of family cycling website Cycle Sprog. Visit cyclinguk.org/article/guide-cycling-teenagers

Event LONDON BIKE SHOW

The London Bike Show returns to ExCeL, London, from 27-29 March. It will be the tenth edition of the show. As well as 300-plus cycling brands, there will be test tracks, talks, special guests, Q&A sessions, and more. Cycling UK will be there on stand LB960, so do drop by to say hello – and to encourage friends or colleagues to join! More details next issue. thelondonbikeshow.co.uk

Bike tech



Shop Window
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BOMBTRACK BEYOND JUNIOR

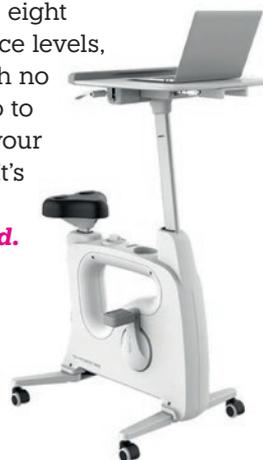
A diminutive gravel bike/tourer with 24in wheels, the £1,000 Bombtrack Beyond Junior has a 1x9 Microshift Advent drivetrain, TRP Spyre brakes, and 2.1in tyres. The aluminium frame and fork have fittings for racks and bags. bombtrack.com

Out there

Yo-yo Desk Bike

Sitting at a desk does nothing for your cycling fitness – unless it's this one, the slightly bonkers Yo-Yo Desk Bike. It fits pedallers from 5ft 1in to 6ft 2in and has eight resistance levels, although no dynamo to power your laptop. It's £380.15.

sit-stand.com



New tech

SKS Compit+

This smartphone bar mount has an integral power bank (5,000 mAh battery) that charges your device wirelessly via induction, or wired via USB. You'll need a Compit phone cover to use it (less than a tenner). £79.99, sks-germany.com





Try this

FILL THAT HOLE

While it's the season to be merry, it's also the worst time of the year for potholes. Winter is when our roads take a beating. Local authorities have a legal responsibility to keep their roads in good condition, but they can't do this if they don't know where

the potholes are. That's where Fill That Hole helps. Available on Android and iOS devices, as well as online, Fill That Hole enables you to report road defects accurately to the right authority in minutes. They then fix the road. fillthathole.org.uk



On my bike

Timmy Mallett

TV presenter, artist, Cycling UK member

Why do you cycle? Exercise, fitness and inspiration. I'm an artist, and cycling gets me to places I otherwise wouldn't go and the opportunity to paint these places.

How far do you ride each week? It's not how far you go, or how fast, it's about how much fun you have along the way!

Which of your bikes is your favourite? My Giant Explore 1 Timmeeee e-bike is brilliant. I've ridden over 10,000km, including the Camino de Santiago pilgrimage route from home. The story is in my forthcoming book, 'Utterly Brilliant – My Life's Journey', which comes out in January 2020.

What do you always take with you when cycling? Sketchbook, set of paints, sandwich, spare tube, map, rain coat, and a sense of humour for the adventure!

Who mends your punctures? I had only one puncture on the Camino.

It's raining: bike, public transport, or car? Bike. Rain is supposed to happen. It's what makes the sunny days even more enjoyable.

Lycra or normal clothes? Does Timmy Mallett ever wear normal clothes? I wore a tie every day as I pedalled the Camino.

If you had £100 to spend on cycling, what would you get? Lights everywhere. The more lights you have on your bike, the more the traffic gives you a wide berth.

What's your favourite cycle journey? Cycling alone on the Camino, with no accommodation pre-booked, and painting the experience.

What single thing would most improve matters for UK cyclists? More traffic-free cycle tracks. More space for bikes on trains.



Picture this...



TAKE ON CYCLING UK'S 2020 CHALLENGE: #12NightsOutIn1Year!

We're encouraging everyone to get out with their bike and spend a night outdoors each month throughout the year, and to share their pictures with us. For January we're offering the best photo a prize of a cosy merino wool neck warmer from Findra Clothing. For updates, follow us on Instagram [@wearecyclinguk](https://www.instagram.com/wearecyclinguk).

Try this

JOIN US ON YOUTUBE



Join our YouTube community by subscribing to our channel. Be the first to watch our epic cycling adventures, see our campaigning work in action, and learn from our handy how-to video guides – which cover basic road positioning, teaching your child to ride, and more.

youtube.com/user/CTOnline

