

cycle **Freewheeling**

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



You ride

Jessie's journey from Devon to Glasgow was 570 miles

Jessie Stevens Teenage climate activist

She made it! After ten days, 570 long miles, nine punctures and two amber weather warnings, Devon-based Cycling UK member Jessie Stevens arrived in Glasgow on 1 November, tired but relieved.

"As we rolled into Glasgow, the feeling of pure elation came across the group," she said. "Despite being wet, cold and tired, the last few miles were those of singing, giggles and relief that the end was in sight."

Jessie's journey began at home in Newton Abbot, when she decided to cycle to the COP26 climate summit to show world leaders that cycling is the original sustainable transport solution. With the support of The Adventure Syndicate, a group of adventurous female endurance cyclists, Jessie invited people to join her cargo bike 'relay' as she passed through their towns – and hundreds of people obliged.

Among the Cycling UK employees who showed up to support Jessie was Stewart Walsh, who joined the Northwich to Lancaster stretch along with Shropshire Cycle Hub, Aigburth CCC, and St Helens Pedal Power. He said: "It was fantastic to be a part of Jessie's journey and great to see her have the support of community cycle clubs along the way."

SPREAD THE MESSAGE

COP26 ended on 12 November but the hard work on climate change is just beginning. Read about how effective cycling is at cutting emissions (and share the link with others): cyclinguk.org/cop26

Right: Markus Stitz

Event DUNOON DASH

It's not too early to be looking ahead to next year's trips. The Dunoon Dash next October is a self-supported overnight bikepacking adventure on Cowal Peninsula near Glasgow, run by Cycling UK affiliate group Dirt Dash. It promises rough-stuff riding, camping, camaraderie, and castles. Bookings are open now and Cycling UK members get £5 off. entrycentral.com/dunoondirtdash

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Bike tech

Tilting e-cargo trikes

You wait ages for a tilting e-cargo trike, than two come along (almost) at once... Cube and BMW's Concept Dynamic Cargo (right) was launched this September, while Pashley's Articulating Lightweight Electrically-assisted Cargo Solution (left) picked up an award the same month, having been announced a year ago. bit.ly/pashley-tilt-ecargo and cube.eu/uk/mobility/



Classic tech

SKS Bluemels Longboard

Rebranded with the Bluemels name, like SKS's Chromoplastics, the Longboard offers extensive splash protection: properly dry feet; no spray in the face for following riders. The 3mm stays are robust and the front set has safety releases. Available for 700C wheels in 35 and 45mm widths. £42.99, sks-germany.com



Really?

Tuck Bike

How do you make a bike with full-size wheels fold smaller? Here it's by folding the wheels into thirds and 'tucking' them inside the frame. Those tyre segments are solid foam rather than pneumatic. For that reason, I'm out. But the Tuck Bike had good support on Kickstarter as Cycle went to press. \$1,795, tuckbike.com





Picture this

GO WINTER BIKEPACKING TO WIN

Are you brave enough to face a nippy night beneath the stars? Cycling UK is running a photo competition that gives intrepid explorers a great reason to ride all year round! Follow us @wearecyclinguk on Instagram and

share photos of your overnight cycle adventures using the hashtag **#12NightsOutIn1Year** for the chance to win awesome bikepacking prizes from Ordnance Survey, including an OS Trail 2 GPS, worth £344.99. T&Cs: cyclinguk.org/12-nights-out-1-year

Photo: Robert Spanning



Bike hacks

PERFECT CABLE TIES

Cable ties are commonly used for fastening hydraulic brake hoses, brake and gear cables, and sometimes mudguards to a bike frame. When you cut them to size with scissors or a penknife, you're often left with a few millimetres of pointy plastic sticking out past the head. This can scratch limbs – or hands when you pick up the bike – or poke holes in frame bags. The solution? Nail clippers. Welcome to tidy cable ties that won't hurt you or your luggage.



Try This

NOMINATE A VOLUNTEER

Nominate someone who has Gone the Extra Mile for cycling and they could be presented with a special certificate and a Going the Extra Mile badge. There are bronze, silver and gold awards for lifetime achievement, as well as a Certificate of Appreciation for exceptional service. You can also download a Cycling UK thank you card and certificate to send to exceptional volunteers yourself. All those receiving an award will be given a place on our roll of honour. For more, see: cyclinguk.org/article/going-extra-mile-how-recognise-and-thank-outstanding-volunteers and cyclinguk.org/cycling-uk-roll-honour.



On my bike

Joss Lowden

Women's world hour record holder & Cycling UK member

Why do you cycle?

Time outside, activity, time to hang out with my friends and family, opportunities to explore, the stimulus of racing and competition...

How far do you ride each week?

If I am training in the winter out in Spain, about 500-600km in a week. If I'm doing turbo sessions, it could be very little.

Which of your bikes is your favourite?

I get the most pleasure riding outside on my road bike.



What do you always take with you?

Snacks. Something like banana bread or a hot cross bun, which makes you look forward to munching.

Who mends your punctures?

Tempting fate but I very rarely puncture. Although I did in the last 15km of the road race at the world championships.

Lycra or normal clothes?

It depends. Cycling kit isn't appropriate for a nice meal out in the same way a leather skirt is inadvisable when riding a TT bike.



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

A really comfortable, well-fitting pair of shorts. It is so important to be able to sit happily on the saddle.

What's your favourite cycle journey?

From my old flat in south London down to Sussex to see my family. It went through the Kent hills and across the Ashdown Forest, which is stunning.

What single thing would most improve matters for UK cyclists?

Drivers actually understanding the rules around cyclists and how they ride on the road, and then for drivers to have more patience.