

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Ted (right) was nominated by friend Mick Rendell (left)

You ride

Ted Keeping Went the extra mile

Newly re-joined Cycling UK member Edward (Ted) Keeping, 87, was recently nominated for a Going the Extra Mile award by his friend, and fellow member, Mick Rendell for being an inspirational lifelong cyclist who still uses his bike for leisure and to help out others whenever he can.

Ted has been cycle touring as long as the Queen has been on the throne: in 1953, aged 18, he rode from London to the West Country, having previously ridden to Oxford and back for a day out aged 14.

In 1955, he completed his first whole tour of Britain, sleeping out under the stars and only spending £30 on the whole trip. He still has folders, maps and scrapbooks depicting all of the rides and tours he did over the years; some of the maps are hand-drawn and show the roads and villages travelled through. Eventually, his trips would take him all around Europe and as far afield as Peru, Morocco, and North America.

Ted says: "I just had this passion for going everywhere." Happily, he's still going everywhere by bike, thinking nothing of riding 25 miles to Dover and back to take books to his teacher daughter.

NOMINATE A VOLUNTEER

Cycling UK recognises inspiring members every year. For details, see [cyclinguk.org/article/going-extra-mile-how-recognise-and-thank-outstanding-volunteers](https://www.cyclinguk.org/article/going-extra-mile-how-recognise-and-thank-outstanding-volunteers)



Shop Window
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Bike tech

Tektro E9 groupset

Tektro E-Drive 9, as the name says, is designed for e-bikes. Yet it might suit any rider who values robustness more than small steps between gears. It's 1x9, like Microshift Advent, with an 11-46t steel-cog cassette and a steel-cage derailleur. Price TBC.

[tekro.eu](https://www.tekro.eu)

Classic tech

Cane Creek Ergo Control Bar Ends

The fashion police still don't like bar ends but they're a godsend for comfort. They don't come comfier than these ergonomic, rubber-covered ones from Cane Creek. They bolt onto the end of the bar, turning it into a T-shaped grip. Weight: 179g/pair. £29.99, [extrauk.co.uk](https://www.extrauk.co.uk)



Really?

Specialized S-Works Vent Evo Gravel Shoes

"Much like the eyes are the windows to the soul, the S-Works Vent Evo's ventilated mesh panels are windows to speed and comfort... The increased airflow... will put you in a flow state." Specialized's marketing people purple their prose for their FOUR HUNDRED pound shoes. [specialized.com](https://www.specialized.com)

Event NATIONAL CYCLING SHOW

The National Cycling Show launches at the Birmingham NEC on 18-19 June. With a range of high-profile exhibitors and celebrity speakers, it's an opportunity to access industry expertise, try new products and even meet some of the Cycling UK team (stand P50). Tickets are just £10 but Cycling UK members can claim theirs for free until 15 April. [nationalcyclingshow.com](https://www.nationalcyclingshow.com)



Right: Robert Spaming



Try this

TANDEM CLUB RALLY

Last year the Tandem Club turned 50. With over 3,000 members in this country and abroad, the club is going strong and will belatedly celebrate the anniversary at this year's National Rally in Corsham, Wilts, from 28 May to 4 June.

The club welcomes all tandemists,

so if you wish to join and attend the rally visit the club website: tandem-club.org.uk. As well as rallies, the Tandem Club organises local rides and supports anyone who rides these special bikes. In particular the club welcomes those who ride a tandem because they can't ride solo.



Bike hacks

GIVE DISC BRAKES THE BUSINESS

A business card, or similar size cut from a birthday card etc, can be used to help adjust a disc brake so it doesn't rub. Remove the wheel. Fold the business card neatly over the rotor. Slot the folded card into the disc calliper. Replace the wheel. Loosen the brake calliper bolts. Squeeze the brake lever and hold it while tightening the calliper bolts. Release the lever. Remove the wheel and card, then replace the wheel. Spin it. All sorted? *Send your bike hacks to*

editor@cyclingsuk.org.

Picture this...

Spring has well and truly sprung, and with it vanishes any last excuses you might have had for not giving Cycling UK's #12NightsOutIn1Year bikepacking challenge a go! Submit a winning photo of your overnight adventure – such as January's winner by @going.pottie – to be in with a chance of winning some great gear, an annual subscription to OS Maps and more. T&Cs: cyclingsuk.org/12-nights-out-1-year



On my bike

Alastair Humphreys

Author, adventurer & keynote speaker

Why do you cycle?

It's fast, but not too fast to notice the world. It's slow, but not too slow to cross a county, a country or a continent.

How far do you ride each week?

In the summer months I try to ride for a few hours a week. In the winter it's cycling for errands or to the train station.

Which of your bikes is your favourite?

My Sonder Santiago. I use it in town, on the roads for a burn up, for touring, on off-road bridleways, etc.



What do you always take with you when cycling?

A smile. My phone with the Beeline navigation app.



Who mends your punctures?

Me. Anything more complicated, a shop.

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

Honest answer: car. Sorry!

Lycra or normal clothes?

Lycra for a road ride. Normal clothes to ride to the shops or around the world.

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

Books about cycling adventures!

What's your favourite cycle journey?

Spending a month cycling around my home county, Yorkshire, and getting to know it so much better than I ever did.

What single thing would most improve matters for UK cyclists?

For each of us to persuade one person to start cycling to the shops, to work, and for fun.

More at alastairhumphreys.com

