

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



You ride

Angela with her Bronze Lifetime Achievement award

Angela Thoday Lifetime Achievement-winning volunteer

Angela has been a ride leader for South Herts CTC for more than 16 years, having come along to the group's fourth Five Miles to Fabulous ride back in 2008. This national initiative was started by Cycling UK in 2007 and was aimed at encouraging more women to cycle, with short, easy-paced, social rides.

The rides proved so popular that South Herts CTC has been running them ever since. Central to this success has been Angela Thoday's input. Rona Wightman from the group, who nominated Angela for a bronze Lifetime Achievement award in recognition of her efforts, says: "She's attended 80 rides – more than any other member apart from the founder leader – and is celebrated for her calm presence on the rides, usually at the back of the group encouraging any stragglers, a vital role and a huge help to the ride leader."

Rona adds: "We love seeing the transformation in women from nervous wobblers to confident cyclists who lead their families on rides or go out on their own, cycling for fitness, health and transport. In 2016, Angela decided to formalise this by taking one of Cycling UK's ride leader courses and becoming a registered ride leader with South Herts CTC."

"In addition to ride leading, Angela was for several years a member of the St Albans Cycle Campaign committee, which benefited greatly from her common sense and positive outlook, as well as her experience as a slower, female cyclist."

"Angela lives with multiple sclerosis, and her bicycle was an important aid to mobility, extending her range beyond limited walking distances. As the condition progressed, an e-bike kept her going. Sadly, she has recently had to stop cycling as it has become physically difficult for her. However, we are glad that we still get to see her on social occasions, including meals and cinema meet-ups."

Above: South Herts CTC

Bike tech

Ventete a-H1 helmet

The Hövding airbag went pop (bankruptcy not a literal puncture) but the inflatable helmet idea continues. Ventete's meets EN1708 and can be deflated for storage. Air-filled tyres provide much better shock absorbency than solid ones, so a pneumatic helmet might well outperform a polystyrene one. However, it's £350! ventete.com



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Classic kit

Airshot Tubeless Inflator

The Airshot is a simple but well-made pressure vessel for seating tubeless tyres. You pump air in with a track pump, then release it with a whoosh to pop the tyre onto the rim. It's cheaper and more portable than a track pump with a built-in pressure chamber. £49.99, airshot.bike

Really?!

Assos Mille GTO Winter Bib Tights C2

These may be, as Assos claims, "the definitive winter bib tights for the harshest cold-weather conditions", but at the best part of half a grand, you'd want them to be. Given that you can get a decent pair of bib tights for under £100, you have to wonder who's in the market for these. Someone with a £10k bike? £420, assos.com



Quick fixes

Preventing frozen cables



Brake cables that turn upwards to meet the calliper sometimes seize in British winters. Moisture gets into the outer and freezes, rendering the brake useless. You can help prevent this by putting a drop of oil on the brake cable where it enters the housing, then working the brake on and off. Do this ahead of time when sub-zero conditions are expected. A dab of grease where the cable enters the housing may stop further moisture ingress. If the cable freezes anyway, warm the cable outer where the 'U-bend' is. A hairdryer is sufficient.