

Right: yorkrally.org



Grasstrack racing is back

YORK RALLY REBRAND

This year is the 80th anniversary of the York Cycle Rally, first held in 1945 at the end of the traumatic six years of World War Two. We have rebranded the rally as the York Cycle Festival. It will include: National Clarion two-day grasstrack racing; a demonstration event from BHPC (British Human Power Club); inclusive cycling from ICE trikes and others; guided rides for a wide variety of participants; and two audax rides, a 100k option and a 400k event. There will also be displays from cycling groups, more than 40 trade stands, Retrobikes and the Veteran-Cycle Club. Most importantly, there will be the chance to camp on the Knavesmire and socialise with friends. More details at: yorkrally.org.

Dave Sharpe, Festival Coordinator

NO BONES ABOUT IT

Richard Wadey asks (Feb/Mar issue) about continuing to cycle after having an intermedullary nail repair of his hip. I broke the

neck of my femur in a cycling accident in 2015. I have attached a copy of the post-operation x-ray. My good cycling friend and super physio, Wendy Rofe, got me cycling on a gym bike six weeks after the operation. Seven weeks later I was back on the road, and a further nine weeks later I was riding up and down the mountains in Majorca. At no time then or since has anyone suggested that I give up cycling, although I am conscious of a possible risk if I have another crash. Some things are just too important to give up.

Gerry Woods

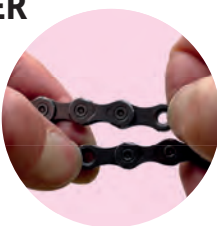


CHAIN LETTER

The advice in the Dec/Jan issue to ensure that a new chain is long enough to engage big and big was excellent. Because even if a rider never intends to use that combination, one day they will by accident and if the chain isn't long enough it'll end their ride – at least! But what's this nonsense about one link equals two links? It really doesn't. Check what it says on the new chain's box: one hundred and something links, not fifty something.

The fact that one cannot usually change the length of a chain by less than a pair of links (an outer link plus an adjacent inner link), does not make two equal one. It's possible to change the length of a chain by one single link when it's a design of chain for which offset links are available. An offset link is made like an inner link at one end and an outer at the other. You could call it a half-and-half link, and I guess that got abbreviated to half-link. But neither does this common misnomer make two equal one!

Chris Juden



ONE FOR ALL

For some years I have been riding the forerunner to the Spa Rove you recently tested, a Spa Ti Adventure. It's genuinely multi-use. I've toured with it on road tyres. I take it off road with 29x2.2in tyres. And currently I have it set up with winter-studded tyres and a front wheel motor conversion.

Paul Randall, Resurrection Bikes



Paul's do-it-all Spa Adventure

Photo of the month

THE GOOD NIGHT TRAIN

For all of us concerned about capacity for bikes on trains, it's good to see the cooperatively owned Good Night Train

European Sleeper is bucking that trend. The route starts in Brussels, and in 2024 it was extended to Prague, traveling through Rotterdam, Amsterdam, Berlin and Dresden. So it's possible to connect to it from Eurostar or the Harwich to Hook of Holland ferry.

The bike carriage has an astonishing 26 spaces. Last autumn we travelled all the way to Prague, opting for a four-bed compartment. After a chat with our solitary fellow room-mate, we were happy to climb into our bunks to read, check phones and sleep, arriving into Prague around 11.30am. It's a great way to travel, knowing your bike is safely stowed.

Linda and Peter Cox



CYCLING UK FORUM

Get immediate feedback from other members at forum.cyclinguk.org. Here's an abridged extract from a recent thread: cyclinguk.org/forum-normal-clothes



WHAT ARE 'NORMAL CLOTHES'?

atoz: This old chestnut keeps showing up, usually as contrasting with Lycra... [But] leggings for women are pretty much de rigueur now, often in black. So when people say, wearing 'normal clothes', do they mean 'normal for a man'?

sukuinage: I use 'normal clothes' to mean whatever you would be wearing anyway, whether that's a suit, jeans, skirt, non-cycling leggings, etc. This is as opposed to padded shorts, Lycra tops, etc.

Mike Sales: To me it's about cycling as transport and means the clothes you would wear for whatever activity you are riding to. Have a look at what people wear for cycling in countries

where cycling is normal transport.

mattheus: I would hypothesise that the amount of (utility) cycling you do will influence your wardrobe. Even if you don't buy clothes specifically for cycling, you would buy a lot less clothing that you know is rubbish for riding into town.

Vantage: Normal clothes = non-cycling specific. Easy.

jb: Normal clothes means whatever you are wearing when it occurs to you to go for a ride or commute.

Grandad: For the first 27 years of my working life, I rode five miles to and from the office in a suit and tie, using a cape when it rained. In retirement the only special kit for utility rides is a pair of trouser clips.