

**Q** I'm 69, have taken up cycling and am really enjoying it. But, twice now after cycling, I end up with discomfort in the nether regions. It feels like I have a UTI. Since the first time, I changed my saddle and got padded shorts, but it happened again. How I can deal with it? I don't want to give up cycling.

junescraftybits, on the Cycling UK Forum

There is a lot of mystique about saddles, how you need to get measured up and buy a special saddle to avoid discomfort. If you've tried various saddles, shorts and riding positions, see [cyclinguk.org/saddle-comfort-women](https://cyclinguk.org/saddle-comfort-women) for further discussion.

In my experience, as long as you have a reasonably firm saddle angled slightly down, and you are wearing padded shorts without any underwear (and with maybe some barrier cream on your bits), you should be able to gradually extend your comfortable cycling distance and improve your fitness.

When you get tired, you will slump onto the saddle and bruise your delicate parts. With increasing fitness and core strength you will be able to lift off the saddle more and come home less damaged. When you do get home, have a shower and apply more barrier cream and drink plenty of fluids to prevent the stinging. It will get better with time!

**Dr Kate Brodie**



Some bike shops have saddle libraries so you can see which works best for you before buying

Jenni Gwazdowski - London Bike Kitchen

## Meet the experts



**Dr Kate Brodie**  
Retired GP  
HEALTH



**Richard Hallett**  
Cycle's technical editor  
TECHNICAL



**Nadia Kerr**  
Partner & serious  
injury solicitor,  
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LEGAL

**Q** I've been riding my Condor Fratello with Mavic Ksyrium S Disc rims and Panaracer Gravelking SS+ tyres for a couple of years. However, they are almost impossible to remove and reseal. Can you recommend any tyres that would be much easier to remove and refit? Preferably in size 700x30C.

fratelloqueen, on the Cycling UK Forum



For best results, do not use an innertube when fitting a tubeless tyre to a tubeless rim. The tube makes a hard job even harder. If you prefer to ride with tubes, as many do, use the tube-type version of a tyre such as Continental's GP5000 or Goodyear's Eagle, both of which are available in 700x30C. The tyres are compatible with a tubeless rim and will be far easier to get on and off when used with a tube.

**Richard Hallett**

**Get in touch** Email your technical, health or legal questions to [editor@cyclinguk.org](mailto:editor@cyclinguk.org) or write to Cycle Q&A, Cycling UK, Parklands, Railton Road, Guildford, GU2 9JX. Please include your membership number. Cycle cannot answer unpublished queries. Note: Cycling UK has an advice line for members' personal injury claims, t: 0330 107 1789.