



### Spin cycle ↑

You asked for interesting cargo carried by bike. Here I am bringing home a travel twin-tub washing machine. I even left the bike's battery at home and carried it under my own steam.

Mary Lodge

### Plastic footprints

I read the softshell jacket review and thought: what a shame that our best options for outdoor cycling clothing are made from oil and won't rot. Our family has plenty of old plastic waterproofs, but when it comes to replacing them, I've been looking for clothes made from wool and cotton.

I used a secondhand tweed jacket when it was dry over the winter. A waxed cotton cape from Carradice keeps me dry in the rain. Before the invention of polyester, nylon and the rest, airmen during the Second World War wore cotton clothes made with a very close weave (Ventile).

To any cycle clothing designers out there: can you re-work tweed to make a windproof and warm mid-season jacket? I'm happy with my cape but would like Ventile waterproof trousers. Silk linings might be nice as well!

Richard Scrase

**Get in touch** Letters are edited for space and clarity. The editor reads and automatically acknowledges all letters but publishes only a selection. Please include your membership number. Write to: Cycle Letters, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX or email [editor@cyclenguk.org](mailto:editor@cyclenguk.org).

You can still buy Ventile jackets, such as the Hilltrek Greenspot DV Jacket we reviewed in the Dec 16/ Jan 17 issue. Hilltrek also makes Ventile trousers and breeches. None of this is cheap: that Greenspot jacket is now £350. See [ventile-clothing.co.uk](http://ventile-clothing.co.uk).

### Pedalling not drugs

In late February, the government announced an incentive scheme to encourage GPs to hand out more weight-loss medication. GPs will be given £3,000 a year bonus to meet certain criteria. With something like 30,000 GPs in the UK, that could be nearly £100 million to promote more drugs being taken.

It's a shame that similar funding and incentives are not used to promote schemes that can help people to get more active and make healthy lifestyle choices. Promoting regular cycling has huge benefits to society, including lowering obesity rates, reducing health problems like diabetes, improving mental health, cutting traffic congestion and pollution, and increasing productivity at work.

Peter Browne



PHOTO OF THE MONTH

### Snow biking

I enjoyed the latest edition of Cycle, particularly how to 'Beat the cold'. It is currently -23°C here in Levi in Lapland, northern Finland. It's a fantastic place to go for a bike ride. Riding through the beautiful forest trails on electric fat bikes is highly recommended – so long as you are wearing lots of layers!

Peter Law

## Cycling UK forum

Get immediate feedback from other members at [forum.cyclinguk.org](http://forum.cyclinguk.org). Here's an abridged extract from a recent thread: [cyclenguk.org/pressure-gauge-tour](http://cyclenguk.org/pressure-gauge-tour)

### TYRE PRESSURE GAUGE ON TOUR

**mdskids:** How many of you like to have a tyre pressure gauge (or a pump with a pressure gauge) on tour?

**Thehairs1970:** I have a Topeak Morph. Does the job and, while I am sure not incredibly accurate, gives a good indication of pressure.

**Jdsk:** I carry a Lezyne Micro Drive pump with a built-in gauge. When touring, tyres are checked and inflated once a week.

**st599\_uk:** I have an AliExpress electric pump. About the size of a box of matches, an LCD screen showing bar or PSI. Set the required pressure, press the

button. Can also be used as a gauge. **mdskids:** Ah, but can you fend off an angry dog with it? :)

**531colin:** Why don't you try a range of different pressures at home using the gauge? When you know how much (little) difference it makes you will be in a position to decide if you actually need a gauge on tour.

**simonhill:** I pumped up my tyres with gauge when I left UK. Didn't pump up for just over a month of touring when, to be honest, they were feeling really good. I'm sure we over pump.

**axel\_knutt:** It's a lot more comfortable on the soft side. At one time, I rode with the front tyre soft enough to ground the rim when I bounced my weight on the bars: no snakes, no rim damage, but it was a bit lively on corners.