

# cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Vicky (right) with daughter CeCe on a ride along the seafront during lockdown

## You ride

### Vicky Balfour Started a new group

**M**y daughter CeCe is quite an intrepid person and loves to be involved, just as we all do. So over the first lockdown I did up a Mission Trikes PiggyBack trailer trike and took her cycling.

To start with we just did short journeys along the different seafronts near us. She absolutely loved it, and our longest ride to date is 16 miles. Soon we were meeting up to ride with family and friends – two of whom were Caroline and her son Thomas, who also has special educational needs.

We chatted about how amazing it would be to get more families cycling from our children's special school, St Nicholas School in Canterbury. We formed the T&C [Thomas & CeCe] Bike Club and linked up with a local charity, Wheel Potential, which provides disability-friendly bikes in Canterbury.

Due to the inclement weather and the latest lockdown, we haven't managed to arrange the first club ride yet but we're ready to go in the New Year.

CeCe loves cycling with her grandparents too. Both her grandpas have e-bikes and love pulling her through the New Forest or along the coast to nearby towns.



#### PUMPED UP CREW

Vicky is also a Pumped Up crew member; she's dedicated to inspiring more people to ride. To find out how you can get involved, visit [cyclinguk.org/pumpedup](http://cyclinguk.org/pumpedup)

#### Out there

### OCHAIN ACTIVE SPIDER

What's different about this chainring spider is that it's designed to rotate backwards by 6, 9 or 12 degrees to reduce pedal kickback on full-suspension mountain bikes. In theory the suspension will work better – like that of a bike without a chain – and it'll be more comfortable. **£279.99**, [ochain.bike](http://ochain.bike)



#### Bike tech



### Ratio 12-speed Upgrade Kit

Convert your 11-speed SRAM road shifter to work with a 12-speed SRAM mountain bike Eagle derailleur and cassette to gain wider range gearing. The DIY kit includes a new ratchet with 12 steps rather than 11. **£49.50**, [ratiotechnology.com](http://ratiotechnology.com)



#### New tech

### Squire Inigma BL1

An enigma it isn't: it's a keyless lock operated by Bluetooth from your smartphone or Apple watch. Trelock did Bluetooth locks sooner (the SL460 Smartlock) but Squire's D-lock is Sold Secure Gold. It can be set to open for multiple users. Expect more locks to follow this trend. **£159.99**, [squirelocks.co.uk](http://squirelocks.co.uk)

#### Events 2020 RECAP

Despite the pandemic, Cycling UK organised over 30 online events, tutorials, and forums this year. We've chatted to legends like Alex Dowsett, Lizzie Deignan and Rebecca Charlton. We've discussed the barriers to women cycling and talked about adventures, the menopause, and family cycling in our virtual Women's Festival of Cycling. And we've run webinars on cycling maintenance, given tips on commuting, and talked about our new off-road route, King Alfred's Way. If you missed any of these, catch up this winter: [youtube.com/c/CyclingUK/videos](https://youtube.com/c/CyclingUK/videos).



Try this

## BE A CHAMPION FOR DIVERSITY

Do you want to encourage others from different backgrounds to take up cycling? Our new Diversity Champion volunteering role is for club cyclists who would like to ensure that people from a variety of races, religions, abilities, cultures, sexual identities and orientations are made to feel welcome and take part in group

riding activities. The Diversity Champion's Toolkit shows you how you can: promote, celebrate and raise awareness of diversity and inclusion; and recommend ways of improving the experience of and engaging with diverse groups. For more information about what the role entails, see [cyclinguk.org/diversity-champions-toolkit](http://cyclinguk.org/diversity-champions-toolkit).



On my bike

## Sarah Mitchell

New Chief Executive of Cycling UK

**Why do you cycle?** I started because I couldn't afford the Tube in London. Now I automatically get on my bike for almost every local journey: commuting, shopping, meeting friends.

**How far do you ride each week?** It used to be a minimum of 60-70 miles commuting. Now I'm working at home it varies.

**Which of your bikes is your favourite?**

I only have one! It's a good old workhorse Ridgeback commuter bike.

**What do you always take with you when cycling?** Waterproof trousers. [Also handy for cycling in a skirt and keeping warm.]

**Who mends your punctures?** The fantastic team at Finsbury Cycles!

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

**Lycra or normal clothes?** Lycra, depending on changing options at the other end. I own lots of crease-proof dresses.

**If you had £100 to spend on cycling, what would you get?** A camera. I had a nasty incident in February which made me realise how useful these can be.

**What's your favourite cycle journey?**

Cycling through Hyde Park in the evening over the Serpentine. There's a good, new-ish cycle lane and the road gets quieter after dark. It feels like an oasis in the centre of town.

**What single thing would most improve matters for UK cyclists?** Segregated and connected cycle lanes would give lots more people the confidence to take their bikes out, and connected routes would mean that bikes can actually be a practical alternative to cars for those short journeys.



## Picture this...



If our ongoing **#12nightsoutin1year** challenge is anything to go by, bad weather is just another excuse for adventure. Rain and storms haven't stopped the UK's bikepackers heading out into the wilds and sharing their exploits. To take part, and be in with a chance to win great prizes, visit: [cyclinguk.org/12-nights-out-in-1-year](http://cyclinguk.org/12-nights-out-in-1-year). Pictured is September's winner, taken by Sam Walsh.



## Bike Hacks

### CHEAPER SEALANT

Tubeless tyre sealant isn't cheap. A pint (473ml) of Stan's No Tubes sealant has an RRP of £18. My (editor Dan Joyce's) mountain bike has 29+ tyres and I use at least 100ml in each so it doesn't go far. I discovered Oko Off-Road Grade tyre sealant in a shop that sells sit-on lawnmowers. It costs £12 for 1,250ml: two-thirds the price for over two-and-a-half times as much! The thicker fluid isn't meant for mountain bikes but it's working fine in my big, low-pressure tyres. You could dilute it if need be – then you'd have even more for your money.

