

Opinion Letters

THIS MONTH LONG COVID, ACCESSIBLE ROUTES, RUBBER RECYCLING, E-BIKES ON PLANES, PEDAL THREADS, AND MORE

Get in touch

LETTERS are edited for space, clarity and, if necessary, legality. The editor reads and automatically acknowledges all letters but publishes only a selection. Feedback for the next issue must arrive by 30 June. Please include your membership number.

WRITE TO: Letters, Cycle, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX or email @ editor@cyclingsuk.org

Right: Alamy. Top right: Rik Legge



Letter of the month

Long Covid recovery

As a retired doctor I was very interested to read Alex Needs's article about his experience with long Covid. The syndrome is essentially the same as that of ME, which I first encountered as a new GP in the 1970s. When I met my first patient complaining of the symptoms of mental and physical exhaustion I was sceptical and wondered if he was a malingerer, but on his repeated visits to my surgery I came to understand the mix of mental and physical effects.

Sadly there was no referral help available then. My patient, however, came in one day after a few months and told me he was better and wanted to get back to work. I didn't see him again for years. This was a pattern I saw again many times. Almost always there was a clear history of a feverish cold or flu to begin with, and usually the patient was young or middle aged and normally physically active and fit. I would sometimes advise a low dose antidepressant at night to help muscle pain and sleep. I would always tell them that I had often seen complete resolution after a few months, sometimes very suddenly.

I strongly advise people in Alex's situation to keep cycling but start with brief rides and then increase duration and effort slowly. An e-bike could be a solution for those cyclists unfortunate enough to suffer from prolonged long Covid.

Stephen Taylor

Win a set of Exposure lights worth £85

The letter of the month wins a set of Trace and Tracer Mk2 DayBright lights, courtesy of Exposure Lights. These small (35g), rechargeable lights are ideal for urban riders or any cyclist wanting to be seen easily: the front emits up to 125 lumens, the rear up to 75. Conspicuity is boosted by excellent side visibility and an optional DayBright pulse pattern. The casing is durably made from CNC'd aluminium and is waterproof to IP65. For details, or to purchase Exposure lights, visit exposure-use.com/Brands/Exposure-Lights.

EXPOSURE LIGHTS



ACCESS FOR ALL

The development of long-distance cycle routes is to be applauded. However, many are not fully accessible to those of us who use non-standard cycles to enable us to continue to cycle despite disability. The vast majority of the routes use off-road sections, which cause accessibility problems. I use an upright trike, which struggles where the camber is too great or the cycleway is not wide enough. I would like to make a plea for more routes on metalled roads, and for alternative road routes around off-road sections.

Jim Hope

There is an alternative Rebellion Way route for trikes and/or trailers. See cyclingsuk.org/route/rebellion-way-trike-and-trailer-alternative-route.



RUBBER SOLUTION

I cannot be the only cyclist with an untidy pile of old punctured and patched innertubes that are no longer fit for any purpose. Does anyone know of an organisation that would be able to recycle them?

Dermot Ball

Schwalbe recycles innertubes. Bike shops can sign up to become a drop-off point for the scheme by emailing recycling@schwalbe.co.uk.