



Try this

Nominate 100 Women in Cycling 2023

Nominations are open for Cycling UK's annual list, which celebrates inspirational women empowering others to get in the saddle. Who has left a lasting impression on you with their hard work to make cycling more inclusive? Nominees can come from any corner of the cycling world. Each year we give equal consideration to women achieving athletic feats, making waves as influencers in the public eye, entrepreneurs who ensure women are represented in the industry, and those who work tirelessly to have a positive impact on their local communities. To nominate someone now, go to: cyclinguk.org/webform/nominate-someone-100-women-cycling-2023

Photo: Robert Spinning



On my bike

Karen Darke

Paralympian, adventurer, author & public speaker

Why do you cycle?

It keeps me fit – physically, mentally and emotionally. It gives me time in nature, a space to unravel, a sense of freedom, time alone or time with friends. It's my coach, my best friend and a sanctuary all in one.

How far do you ride each week?

Probably around 1,000km a month.

Which of your bikes is your favourite?

Can I have two? My Williams F1 racing handbike is my favourite for speed. It won me gold in the Rio Paralympic Time Trial. My ICE Full Fat trike gets me onto beaches and into forests and mountain terrain I would otherwise be unable to access.

What do you always take when cycling?

A Raw Velo bar as emergency energy in case I run out. Pump and repair kit, too.

Who mends your punctures?

I do. I use Joe's No Flats liquid in my tyres as a puncture on a handbike is more of a pest than on a regular bike as I have to drag myself out to sit at the roadside to fix it.



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

My order of preference is bike, public transport, then car last.

Lycra or normal clothes?

Love a bit of Lycra.

If you had £100 to spend on cycling, what would you get?

New tyres. A bright light. A new flag...

What's your favourite cycle journey?

Scotland's Bealach na Ba, doing the loop from Shildaig to Applecross and back.

What single thing would most improve matters for UK cyclists?

No cars!



Bike hacks

Snapped gear cable

Stuck in top gear due to a snapped cable? Screw in the derailleur's H screw to engage a slightly easier gear. For a lower gear, remove the remaining inner cable, then thread it through the cable stop on the back of the derailleur. The nipple won't pass through this stop, so you can shift the derailleur by hand to select your preferred gear, then fasten the cable as normal to hold the derailleur in position. Loop the excess cable and zip-tie it to the frame.



Watch this

The summer months are on us so it's time to head out and explore the UK by bike. As part of Cycling UK's role in the EU Regional Development Fund's EXPERIENCE project, which encourages sustainable holidays, we've created a suite of short films to help you get more out of your cycling adventures. This series of short films covers topics like navigating on the go, what and how to pack, and how to capture memorable moments on film. cyclinguk.org/experience-touring