

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Cycling instructor Salma has enjoyed exploring by bike with her boys in lockdown

You ride

Salma Rahman

Lockdowns over the last year have changed how we cycle and whom we cycle with. Like many of us, Salma, who normally rides with Cycle Sisters, found herself cycling with her family more. She started taking her two boys, aged seven and nine, out each day. They enjoyed exploring together, and the rides helped build the boys' confidence cycling on the road. Salma says: "We're racking up the miles and our health is also benefiting. It's a win-win."

During the second lockdown, she cycled alone a lot to build up stamina and miles. In the third lockdown, Salma started riding with her husband, something they wouldn't normally do without the children; they are using s to set themselves a weekly goal to complete on their indoor trainer (pictured below).

For Salma, although she does enjoy solo cycling, there are no downsides to riding with a partner: "I love to have a natter and catch up, and it's nice to get away from daily chores!" One of her favourite rides is going through the marshes near her home in East London to Walthamstow Wetlands. "I love greenery and water," she says. "I also love to cycle around Victoria Park. I've got lots more to explore."



MORE LOCKDOWN STORIES

Read about how other cyclists and their partners have been pedalling through lockdowns: [cyclinguk.org/lockdown-partnerships](https://www.cyclinguk.org/lockdown-partnerships)

Event CYCLING FOR EVERYONE

Ahead of the upcoming elections in Scotland, Wales, and parts of England (p12), we'll be hosting or supporting a series of online hustings events. This is your opportunity to hear from the main candidates in your area and ask questions of them, to see if they will support cycling for everyone. To find out more about the digital events and register, visit [cyclinguk.org/cycling-for-everyone](https://www.cyclinguk.org/cycling-for-everyone).



Shop Window
MORE PREVIEWS
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New tech

RYDON LIGHTS

Fit-and-forget LED illumination you can leave on your bike, these chunky Rydon front and rear lights are solar-powered. Output ranges from 50-400 lumens. There's a USB socket for additional mains charging for rainy countries like the UK. "Built like a tank", each light weighs ~230g. From €35, [rydon.eu](https://www.rydon.eu)

Bike tech

Suntour GVX 700C

Suspension forks and dropper posts for gravel bikes are a growing trend. (Hey, try a mountain bike!) Suntour's new fork is available with 40, 50, or 60mm of air-sprung travel, and either a 12x100mm or 15x100mm axle. With 32mm stanchions, it should be robust. Weight: 1725g. £394.51, [srsuntour.com](https://www.srsuntour.com)



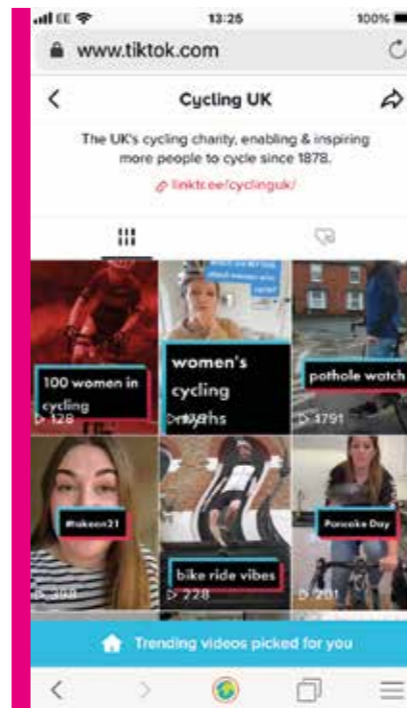
Out there

Rear view glasses

Fit a mirror to your bike? Fashionable roadies with £200 to burn might prefer HindSight's Edge glasses, which incorporate semi-transparent mirrors. From £199, [hindsight.store](https://www.hindsight.store)



Seats at the Senedd (Welsh parliament) are among those up for grabs in May



Try this

TIKTOK

TikTok is a video-sharing social media platform. It's used to make a variety of short-form videos – with genres like dance, comedy, and education – which have a duration from 15 seconds to one minute. Cycling UK launched on TikTok in January 2021 with the #Takeon21 challenge: we're encouraging TikTokers to ride 2,021 miles this year.

Our aim in joining TikTok is to inspire millions more people to cycle by reaching new audiences. You can follow us by searching for our TikTok handle: @cyclinguk

Picture this

Send us your best cycling photo and it could end up on the cover of *Cycle* next issue. We're looking for summery pictures that show the joy and (when not in lockdown!) camaraderie that cycling offers. The winning photo will appear on the June/July cover, and the winner will receive five years free membership. All entries will be added to Cycling UK's photo library. But hurry: we need your photos by 30 April. For details on what we need and how to send it, visit [cyclinguk.org/cyclecovershot](https://www.cyclinguk.org/cyclecovershot)



bike hacks



FRAME PROTECTION

The best-looking way to protect a bike frame's paintwork from rubbing and chipping is with transparent helicopter tape. [Tip: clean the frame with isopropyl alcohol to remove any grease, then warm the tape with a hairdryer.] For a cheaper, DIY look, use electrical tape – black or roughly the same colour as the frame – or old innertube. The latter is great for: chainstay protection; preventing frame-bag wear; and deflecting down tube rock strikes off-road.

On my bike

Janet Atherton

Chair of Cycling UK's Board of Trustees

Why do you cycle?

Fun and relaxation. My social life now pretty much revolves around cycling.

How far do you ride each week?

Depends on the weather. In winter, 10-20 miles. In summer, more like 75-100.

Which of your bikes is your favourite?

I have one bike: a Hewitt steel tourer that does just about everything I want, from shopping to cycling across the country.

What do you always take with you?

Some would say the kitchen sink but I would say the bare essentials!

Who mends your punctures?

I've got really good touring tyres so very rarely get punctures, which is just as well as they are a pain to get on and off.

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

Like others, I'm not making many journeys right now but there is something special about getting thoroughly soaked on a bike.

Lyca or normal clothes?

I may need to whisper this but I find lycra most comfortable.

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

I'd put it towards a cycling adventure.

What's your favourite cycle journey?

My formula for an enjoyable ride is: company, tea, tarmac, toilets.

What would most improve matters for UK cyclists?

Safe, attractive, interconnected routes that are accessible to everyone and make riding a bike or walking the most convenient option for short journeys.

