

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



"I liked the happy and tired feeling at the end, and I liked the cake," said John, 9

Photo: Graham Brodie

You ride

John Sharp (aged 9), Devon Dirt finisher

Hundreds of riders took part in this year's Devon Dirt Challenge Ride organised by CTC Devon, a Cycling UK Member Group. The youngest cyclist to get a medal was nine-year-old John Sharp, who took on the demanding 60km route that we featured in *Cycle* last issue.

It was John's fourth full Devon Dirt, the second on his own bike. He said: "I liked that there were lots of different types of track and I liked bumping down the rock steps hill [down from Tiplehill Cross near Ilington] following Daddy." He conquered all the climbs and didn't even appear to be that tired at the end.

John's father Toby Sharp said: "What I liked best is the confidence that John gains from proving to himself what he knows he can do away from the pressure of competition".

For more on the Devon Dirt, visit devondirt.co.uk.



CHALLENGE RIDE SERIES 2019

Coming in June and July there are events in Ayrshire, Cheshire, Essex, Norfolk, and Devon. For more details, see: cyclinguk.org/article/challenge-ride-series-2019



Out there

BEAMZ
Spotted at Bespoked, this isn't made from imported bamboo but from coppiced hardwood grown in the UK. The main tubes are hollowed out. All bikes are built to order. beamz.org.uk



New tech



Shop Window
MORE PREVIEWS
ON PAGE 18

Shimano GRX

Shimano has launched a "gravel-specific" groupset, GRX. It offers: hydraulic drop bar brakes; 10- or 11-speed shifters; cassettes that go up to 42t; single or double chainsets (48-31 or 46-30); and mechanical or electronic gear levers. With 1x systems, the lefthand shifter can operate a dropper post. shimano.com



New tech

Bike Box Rollers

Cardboard boxes work fine for air travel but are cumbersome compared to bike cases with roller wheels and handles. So Bike Box Rollers add wheels and handles to your cardboard box (20-30cm wide). They're not cheap, at £66 (A\$123) including postage to the UK, but dedicated bike cases are dearer. bikeboxrollers.com

Event NEW FOREST CYCLING WEEK

Fancy a UK holiday this year? The New Forest Cycling Week is an informal rally for cycle campers with daily group rides and family social events. cyclinguk.org/newforest2019





Try this

WILD WALES CHALLENGE

Set among the spectacular scenery of the Welsh mountains, the Wild Wales Challenge is a demanding day out with around 10,000 feet of climbing over 98 miles. If that's too much, there is also a 64-mile option. Either way, expect stunning views and little other traffic as you ride on lanes around Snowdonia National Park

and the beautiful Dyfi Forest. It takes place on Sunday 25 August, starting and finishing at Bala Rugby Club. The entry fee of £25 includes lunch and refreshments, an engraved Welsh slate plaque, a sag wagon, and a bespoke Challenge Ride Series medal. Full details at: cyclinguk.org/event/wild-wales-challenge-2019

Photo: Derek Gould

Picture this

Share your snaps. Cycling UK is on **Instagram @wearecyclinguk**. Tag us with your **#bestbybike** photos. No prizes; it's just for fun.



"Game changer from the Welsh government"
[@rosscorides](https://twitter.com/rosscorides)



"Lunch with a view... Peruvian Great Divide route"
[@cycleforthesoul](https://twitter.com/cycleforthesoul)



"Cutting through the Devon lanes" #swisbest #devonhills #devonlanes @ctcdevon

Try this

10 WAYS TO GET YOUR FRIEND RIDING

Would you love your friends to cycle too? Whether they are reluctant or say they'd like to join you and just never get around to it, there's lots of advice to help you help a friend in need. Maybe you could lend them a bike and take them on an easy ride? For this and other ideas, visit:

cyclinguk.org/encouragefriends



On my bike

Josie Dew

Cycling UK Vice President

Why do you cycle? Because it's the funnest and fastest and most practical way for me to get around. I've been cycling all my life. If I don't cycle, I don't feel normal.

How far do you ride each week? Pre-children I rode around 450 miles a week. With children, about 200-250 miles.

Which of your bikes is your favourite? I still love my Roberts Roughstuff bikes as they've taken me all over the world. But my favourite at the moment, for carting about offspring, is my Circe Helios Triplet.



What do you always take with you? Ortlieb bar bag and panniers for shopping and children's clobber.

Who mends your punctures? I do. Or, if I ask nicely, Gary (my husband).

It's raining: bike, public transport, or car? Bike! I like all conditions – apart from ice.

Lyca or normal clothes? Normal. Though I wear lycra shorts sometimes.

If you had £100 to spend on cycling, what would you get? New Exposure lights. I'm into daytime flashing!



What's your favourite cycle journey? Ones without time restraints. Alaska to Patagonia – that sort of thing.

What would most improve matters for UK cyclists? Smaller cars, slower speeds. More driver education.



Josie is in Wild Women (p28).