

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



"I feel I know every inch of the route," said Helen. "I've ridden some of the roads before."

You ride

Helen Langridge: riding the world

Cycling UK member Helen Langridge plans to set off from Brussels on 31 May 2020, aiming to complete 18,000 miles in 110 days. That would shave two weeks off the existing women's round-the-world record of 124 days, held by another Cycling UK member, Jenny Graham.

Helen will be cycling for 15-16 hours each day in order to break the record. She wants to raise awareness about mental health problems, having struggled with depression and anxiety since she was a teenager.

She said: "I want to show people that mental ill health doesn't mean you can't achieve great things. I want to push my limits and see how fast and far I can go. I've been at my lowest, now I need to be at my best."

Helen cycled across 30 countries with her husband from 2017 to 2018. She has been training six days a week and planning her route, alongside her full-time job, for the last year. Her website is: helenlangridge.com



JENNY GRAHAM'S JOURNEY

For her record-breaking trip around the world, Jenny Graham made eight podcasts. You can listen to them at theadventure syndicate.com and podbean.com



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Out there

CAKE ÖSA+

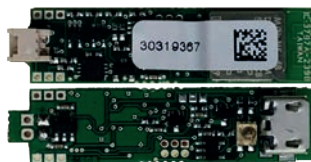
"Gets you to the trail and completes your zero emission ride." That's the promise of this weird-looking modular electric motorcycle, which has a range of around 37 miles with its medium (1.5kW) battery. Prices start at €8,500. ridecake.com

New tech

\$10 power meter

Staring at your stem to see how many Watts you're producing has long been the preserve of racers ready to spend hundreds of pounds. Now it's available for under \$10. The caveat? That price is for manufacturers, not the public.

sensitivus.com/news/



Bike tech



Lidl Crivit Bike Bags

Budget supermarket Lidl is selling bikepacking bags for less than a tenner each. There's a 10L bar bag, a 2L frame bag, and a 9L saddlebag (pictured). All have waterproof zips and seams, and the saddlebag and bar bag have waterproof liners.

bit.ly/lidl-crivit-9-99

Event 99TH MERIDEN CYCLISTS' MEMORIAL SERVICE

The cyclists' memorial service at Meriden, commemorating cyclists who died in war, is due to take place for the 99th time this May. As Cycle went to press – and Coronavirus allowing – it was scheduled for Sunday 17 May, starting at 11am. Wreaths will be laid at the war memorial, followed by refreshments at the village hall. cyclinguk.org/event/meriden-cyclists-memorial-service





Try this

MICROVOLUNTEERING

Want to help Cycling UK in its mission to get millions more people cycling but only have a little time to spare? Microvolunteering is the answer! Cycling UK staff send out regular, optional tasks via our volunteering platform, Assemble. Tasks include sharing social media

messages, completing surveys, and taking part in national campaigns such as Pothole Watch (p12). They can usually be done by phone or computer whenever convenient, yet they are a vital contribution to our work. Visit: tinyurl.com/cyclingukmicrovolunteer

Picture this

Storms and floods have made **#12nightsoutin1year** photo competition a real challenge. Despite the poor weather, loads of you have hit the trails and spent a night out. February's winner was Callum Christie, who headed to the Scottish Borders. Callum won a Restrap frame bag for his photo. Find out how to win great prizes from Restrap and Ordnance Survey at cyclinguk.org/12-nights-out-in-1-year.



On my bike

Mike Burrows

Cycle designer & carbon fibre pioneer

Why do you cycle? I'm an engineer and love efficiency. Cycling is the most efficient way to get from A to B – and to stay fit without having to exercise.

How far do you ride each week? 200-250 miles.

Which of your bikes is your favourite? The one I'm on most is the 8Freight, because that's what I ride to work and back. For weekend touring, it's the Ratcatcher.



What do you always take with you when cycling? Puncture outfit, pump, spare innertube. Usually a rain cape just in case.

Who mends your punctures? I do! Up to about six per tube before I dump it.

It's raining: bike, public transport, or car? There is only bike – other than going to London, when I jump on the train.

Lycra or normal clothes? I'm inclined towards the Lycra. I've got a dirty job; I'm a machinist. It makes sense not to go home in my working clothes because the missus wouldn't want swarf on the sofa.

If you had £100 to spend on cycling, what would you get? Some new Assos winter tights, although I'm not sure £100 would buy a pair any more.

What's your favourite cycle journey? Down to Walberswick in Suffolk, an 85-mile round trip. But the nicest I've ever done was touring through France.

What single thing would most improve matters for UK cyclists? Better bicycle design! It's Victorian, the Thomas Humber diamond-frame bicycle. The bicycle needs to be seen to be a 21st century solution.



BIKE HACKS

QUICKLINK REMOVAL

Special pliers aren't required. Fit the chain on the chainring so the quicklink points up in an inverted V. (It's fiddler with a narrow-wide chainring, pictured.) Give the chain a sharp tap with a multitool, spanner or rock. To refit, loosely fasten the quicklink, then carefully rotate the cranks so it's situated in the top run of chain. Apply the rear brake and tread down firmly on the lead pedal.

