

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Steve retired as CTC Highland's secretary after 25 years

You ride

Steve Carroll CTC Highland stalwart

Steve was recently awarded a Certificate of Appreciation for 25 years of volunteering for CTC Highland. How did he come to be involved for so long?

"My wife Denise and I come from a mountaineering background," he said. "But in the mid 1990s Denise developed a serious neurological condition, losing the use of her right leg. Our access to the outdoors was limited – until I hit on the idea of trying a tandem. Soon we were going on day trips, then cycle touring. At this time, a group of cyclists formed a CTC section in Inverness. We joined them. When the leading lights of CTC Highland moved away, I took on the role of Chair and Secretary.

"My wife and I attended many a CTC rally and toured extensively in France by tandem. We rode the Camino de Santiago together too. I've also ridden the Edinburgh-London-Edinburgh audax twice and Paris-Brest-Paris once. Our cycling nowadays is much less ambitious but Denise has recently purchased a pedelec, and I do a lot of rough-stuff rides on local trails – sometimes with my nine-year-old grandson.

"It has been a great pleasure to serve Cycling UK and its members."

GOING THE EXTRA MILE

Do you know a volunteer who deserves recognition for helping others enjoy cycling? Nominate them for a Going the Extra Mile award. Email volunteering@cyclingsuk.org



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Bike tech

ISLABIKES ROTHAN 14

Not exactly new tech, since the balance bike was invented in 1817, but rather a larger version of Islabikes' existing Rothan, with 14in wheels instead of 12in. It's meant for children aged three and up (inside leg range 36-47cm or 52cm with optional long seatpost). It weighs 3.4kg. £199.99, islabikes.co.uk



Classic tech

Shimano M520 pedals

In the last 17 years, while other clipless pedals have arrived with different designs and higher price tags, Shimano's budget M520 has remained unchanged. It's compact, fairly light (380g/pair), and very durable. Nominally a mountain bike pedal, it's just as good on road, touring, and commuter bikes.

£41.99, shimano.com

Out there

Titanium MyTi Ultra pedals

Crushing news for weight-weenie owners of Speedplay Nanograms: Titanium (sic) MyTi Ultras are lighter yet at 100g/pair. They're made from 3D-printed titanium and use a leaf spring retention system, with cleats for MTB and road shoes. £329, titanum.bike



Event WOMEN'S FESTIVAL OF CYCLING

Celebrate the fifth anniversary of the Women's Festival of Cycling with us. We're asking all of our fantastic riders and groups to host women-only or women-friendly rides to inspire more women to cycle. The festival runs from Saturday 17 July to Sunday 1 August. To find out more and read our tips on how to put on a great introductory ride for women, visit cyclingsuk.org/womensride





On my bike

Dr Ronx Ikharia

Emergency Medicine Doctor and TV presenter

Why do you cycle?

I learned to cycle aged 25 and have never looked back. I feel free. My mind empties and I'm almost meditating. I'm thinking of nothing, fully aware of my surroundings.

How far do you ride each week?

My commute to work is an eight-minute walk so my Brompton stays at home. But I do love a spring or summer adventure.

Which of your bikes is your favourite?

My 7-year-old Brompton is my baby. I love how it folds and that it's British made. I can take it on buses, trains and into buildings.

What do you always take with you?

I always forget something – lights, my helmet, trouser clip, or lock.

Who mends your punctures?

My Brompton has never had a puncture because I purchased special tyres.



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

If it's raining, I fold my Brompton and get transport. If I'm on an adventure, the waterproofs go on.

Lycra or normal clothes?

Lycra on an adventure, normal clothes for travelling in London.

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

Some new handle grips, either Ergon or Brooks



What's your favourite cycle journey?

London to Southend-on-Sea: flat, less than 50k, with sea at the end.

What single thing would most improve matters for UK cyclists?

Dedicated, protected cycle lanes/paths all around the UK, with good signage and lighting.



Try this

GIVE GROUP RIDING A GO

As we move back to some semblance of normality, this summer is the perfect time to join your nearest group and find like-minded people to help you make the most of your cycling. With Covid-19 measures in place, including a Covid officer in many cases to oversee activities, you can be sure of a safe and friendly ride

plus a very warm welcome from cyclists who know all the best routes, coffee stops and views in the area. To find your nearest group, go to: cyclinguk.org/groups-listing. To find out more about how to join a group ride, go to: cyclinguk.org/article/how-take-part-group-ride

Photo: Peter Cornish

Picture this...



Our monthly **#12nightsoutin1year** challenge is back. This year it's supported by OS Maps, the natural partner for a challenge all about exploring and enjoying the outdoors. To be in with a chance to win great prizes, including an annual subscription to OS Maps, share a photo of your overnight adventure on Instagram. The winner of June's challenge will also receive a Brukit stove from Alpkit. Details and T&Cs at cyclinguk.org/12nightsoutin1year

Bike Hacks

CUTTING A FORK STEERER



The best way to cut a threadless fork's steerer tube is to use a saw guide, held firm in a bench vice. If you own neither, a couple of old stems will do the job. First hold the fork in the frame

with the headset, the proper stem, and any spacers. Mark the steerer right above the stem (or spacer if you want one above the stem). Disassemble, then fit the two old stems so there's a small gap between them for the saw blade. This gap should be ~3mm down the steerer from your mark. Cut the steerer, then file smooth.