

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



82-year-old Gina took up cycling at 50

You ride

Gina Harris LEJOG record attempter

I am 82 years old and I plan to cycle from Land's End to John o' Groats (LEJOG). I will be doing this mostly on my own. My journey will begin on 27 May and I hope to arrive on 23 June, by which point I will have travelled about 950 miles – more if I get lost! If I do manage to complete my challenge, I will be the oldest woman ever to bike the length of Britain. Of course, I will be a lot slower than most people who do it.

In view of my age I won't be carrying camping equipment but instead will book accommodation along the way. I will not be staying in smart hotels but mainly in hostels and Airbnbs.

I took up cycling at the late age of 50 and joined CTC. I still go cycling with my friends but I am usually the last in the group. I am no sprinter; I am a long-distance plodder. This will be an advantage because, at my age, I could not hope to set a speed record. I have travelled extensively by bicycle in Europe and across America, so it will not be the first long cycle journey I have ever made.

My goal is to raise money for Women's Aid, whose refuges help women and their children escape from domestic abuse and control.

Gina's Twitter account is @CyclingGina. Her Just Giving site is [justgiving.com/gina-harris9](https://www.justgiving.com/gina-harris9)

READ MORE ON LEJOG

For LEJOG route details, GPX files, stories, and advice – including Cycling UK's End to End pack – visit cyclinguk.org/lejog.

Event WELSH FESTIVAL OF CYCLING

CTC Cymru's Welsh Festival of Cycling is back after a two-year break. It will again be based at Ruthin Rugby Club, which has some of the country's best cycling on its doorstep. Camping is from Friday 22 until Monday 25 July, with rides organised for Saturday and Sunday. For details and booking: cyclinguk.org/event/welsh-festival-cycling. To volunteer, email Lowri Evans: secretary@ctcchesterandnwales.org.uk



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Bike tech

Scope Atmoz Tire Pressure Control System

Push a button on the handlebar to raise or lower the pressure of your tyres as you ride along. Doughnut-shaped pressure reservoirs fit around the hub and connect via twin hoses to a tubeless valve. It's wireless (ANT+ and Bluetooth). €3,998, scopecycling.com

Classic kit

Avid BB7 brake



Avid's venerable BB7 is a mechanical disc brake that's a viable alternative to hydraulics not just a cheaper option. Straightforward to set up for effective, rub-free braking thanks to independently adjustable pistons (only one of which actuates), it's also durable and fairly light. It comes in longer-pull MTN and shorter-pull Road versions, with shinier and lighter options. From £65/calliper, sram.com

Really?

Ere Tenaci Gravel Bar Cover

Are we at peak gravel yet? How about now? This bar cover is 50% tape, 50% mountain-bike-style push-on grip – albeit longer and with raised bumps. The idea is to give better grip when you're on the drops. Possibly a solution in search of a problem? £35, erereasearch.com





Try this

Volunteers' Week

Celebrate Volunteers' Week, which runs from 1 to 7 June, by thanking the amazing people who devote their time and energy to getting other people cycling. Buy them a coffee, bake them a cake, or download an editable 'thank you' card to show how much their efforts are valued. You can also

recognise outstanding efforts by nominating someone for a Going the Extra Mile Award from Cycling UK. Whether it's a long-serving dedicated committee member, an outstanding event organiser, or the ride leader who turns up week in week out. cyclinguk.org/volunteers-week-2022



Picture this

Like Cycling UK? Connect with us online! Facebook, Twitter, Instagram, LinkedIn, Strava, YouTube – even TikTok. You can find Cycling UK on most major social media platforms. Share your rides and routes, photos and tips using **#WeAreCyclingUK**, and look out for competitions, advice and inspiration. By supporting and engaging with our content, you are enabling even more people to discover the joys of cycling. Together we can make the world a better place by bike.

Bike hacks

Hidden tenner



Forgot your debit card or phone? Tech failure at the cash register? Emergency tenner to the rescue, whether it's coffee and cake or spares like an innertube or a cable. Leave

a £10 note rolled up in a handlebar end, with an elastic band wrapped around it to hold it quietly in place. As bank notes are now polymer it can stay there until needed. It can even be used as a tyre boot for a split sidewall. Send your bike hacks to editor@cyclinguk.org.



On my bike

Lee Craigie

Adventure Syndicate Director

Why do you cycle?

For transport. For the planet. For financial reasons. Those things but ultimately because it makes me feel good.

How far do you ride each week?

Hmm. Dunno. It varies. Ten miles or 1,000 depending on what I'm up to. (1,000 miles would be an exceptional week.)

Which of your bikes is your favourite?

That's like asking a person to choose between their children.

What do you always take with you when cycling?

A sense of humour and a bike repair kit: pump, tube, tubeless repair, tyre levers, multi-tool with chain breaker.



Who mends your punctures?

I do. I'll happily mend other people's too.

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

Bike. But a bike with mudguards.

Lycra or normal clothes?

Normal clothes all the way. My best performing piece of bike clothing is a Fair Isle sweater.



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

RideWithGPS and OS Maps subscriptions so I can plan fun adventures.

What's your favourite cycle journey?

Any A-to-B traverse of a mountainous region that involves some element of hike-a-bike, such as the GR5 from Geneva to Nice in the French Alps or the Fisherfield traverse in the Scottish Highlands.

What single thing would most improve matters for UK cyclists?

A cohesive network of safe, segregated cycling infrastructure that would come into being at exactly the same moment that driving became dramatically dis-incentivised.

