



**Try this**  
**Rebellion with a cause**

Visit [cyclinguk.org/rebellion-way](http://cyclinguk.org/rebellion-way)

If you're planning on riding one of Cycling UK's long-distance routes this year, Norfolk's Rebellion Way is a good place to start. A 373km meander on quiet, mostly flat back roads, byways, cycle paths and bridleways under panoramic skies, it's a fantastic introduction to multi-day touring. Cycling holiday company Saddle Skedaddle is offering a five-day trip that will give you the option of donating to Cycling UK to help with the upkeep of the route and others like it. What's more, the company will also make a donation for every mile ridden on the Rebellion Way by each of its customers. [skedaddle.com/uk](http://skedaddle.com/uk)

**Watch this**



Cycling UK volunteer Robert Tomlin recently undertook an in-person course held for volunteers at our Golspie Bothy in Sutherland in north-east Scotland. He made a video of it, which is at [bit.ly/cycle-golspie-rlt](http://bit.ly/cycle-golspie-rlt).

Cycling UK's free online ride leader training module is still available to all registered member

group ride leaders for another few months. Through the course, you will learn how to manage a group safely, how to carry out a risk assessment, what to do in case of an emergency and much more. Visit [cyclinguk.org/ride-leader-training](http://cyclinguk.org/ride-leader-training).

**Offer**

**Get the Oldie, raise money for Cycling UK**



The Oldie ([theoldie.co.uk](http://theoldie.co.uk)), the humorous magazine founded by Richard Ingrams in 1992, is offering Cycling UK members a trial subscription of six issues for £6, a saving of £25.50. And for each one of you who takes up the offer, the Oldie will donate £5 to Cycling UK. The offer is for UK addresses only. After you receive your first six issues, you can either cancel the subscription or continue at the reduced rate of £25.75 for every six issues thereafter, saving 96p per issue. Simply go to [checkout.theoldie.co.uk/offers](http://checkout.theoldie.co.uk/offers) and enter code CYC2024.



**On my bike**

**Hannah Dobson**

Managing editor of Singletrack World magazine, 100 Women in Cycling judge

**Why do you cycle?**

For fun, and because it connects you with your surroundings and the people in it.

**How far do you ride each week?**

No idea. I find stat monitoring generates an inadequacy complex, so I just ride.

**Which of your bikes is your favourite?**

My e-cargo bike is one of the greatest things I've ever bought. But if I wasn't always testing new ones, I'd need a gravel bike and mountain bike, and I think then I'd struggle to pick a favourite.



**What do you always take with you when cycling?**

Gloves. And I always carry a pump and multitool.



**Who mends your punctures?**

I rarely get them, and I ride tubeless which is usually easy to fix with a plug.

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

Bike and all the waterproofs. I live in the Pennines – it's always raining.

**Lycra or normal clothes?**

I hardly have any normal clothes. It's nearly all mountain bike clothing and test gear.

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

Probably a ticket to a Sisters In The Wild weekend or similar bike festival.

**What's your favourite cycle journey?**

It's hard to beat a big day out on the moors on a sunny day in May.

**What single thing would most improve matters for UK cyclists?**

Normalise bikes. Let's have as many pump tracks as we do swing sets and slides. Introduce bikes as fun, and people will want to keep riding them.



Below: Sam Saunders, FlickrCC