



Welcome

Cycling changes everyone's lives for the better – with the possible exception of those invested in the profits of the petrochemical and car industries. Too bad, oil barons!

When you ride a bike yourself, it's good for your physical and mental health. It's good for your independence, because it provides easily accessible personal mobility. It's good for your finances – at least when we're talking about a transport bike – because the running costs are so small. The only activity that comes close the personal benefits cycling brings is walking. And while walking is fine, you can't go as far as easily and it's not as much fun.

When just one other person rides a bike instead of driving, irrespective of whether you cycle or not, the air you breathe is a little cleaner. Your environment is a little quieter. There's potentially one car fewer in front of you in traffic jams and less competition for parking places. It's slightly safer crossing the road or dropping the kids off at school. Hospital and GP waiting times might be one person shorter, because cyclists suffer fewer sedentary-related illnesses.

The benefits to society and the environment might be almost imperceptible when one person starts cycling. Multiplied by tens, hundreds, thousands, or millions, it's transformative. And even when only one person gets on a bike, it can still change a world: theirs.



DAN JOYCE
Cycle Editor

Local riding
To find any Member Group or Cycling UK affiliate, visit cyclinguk.org/groups or phone **01483 238301**

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Susan Robertson (p40) tries out a trike from Edinburgh ABC. By Andy Caitlin

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Top to bottom: Andy Caitlin, Dave Bain, Dan Joyce, Alamy



jamespembroke
media



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