

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

Shop
Window
MORE PREVIEWS
ON PAGE 20



Mike with daughter Annette, after riding the 50-mile Eroica Britannia, aged 86

You ride

Mike Hutchinson 90-year-old mile-eater

Cycling UK member 'Mike the bike' has been marking his birthday with a cycle ride since he turned 80 and decided to celebrate by riding 80km. He's added a kilometre each year; this May he rode 90km for his 90th.

For the last couple of years he's been using a Cube e-bike for his birthday rides – and many others besides; he clocked up 3,500 miles on it. Then it was stolen just before his birthday. Fortunately he got hold of a replacement in time.

Like many cyclists, Mike's ridden lots of bikes over the years. He still has the tandem he rode with wife Anne on the Avenue Verte in France when both were in their seventies. And he has an exercise bike in the sitting room.

Mike used to be a keen glider pilot until an unscheduled landing on top of the Black Mountains forced him to give up his wings.

ELECTRIC DREAMS

E-bikes are more popular than ever these days. If you're considering one, read Cycling UK's e-bike guide first: [cyclinguk.org/article/guide-electric-bikes](https://www.cyclinguk.org/article/guide-electric-bikes)

Out there



S-WORKS POWER WITH MIRROR

"The perfect reflection of you" – their words, not mine – this saddle is 3D-printed from liquid polymer and fixed to a carbon shell. I'll pass: I'm holding out for a saddle "made out of rainbow, stuffed with cloud" (Jerome K Jerome). £349 (!), [specialized.com](https://www.specialized.com)



Bike tech Wolftooth Supple Bar Tape

Double-wrapping is the traditional way to improve the cushioning of your bar tape. Or there's this: silicone bar tape that's 5mm thick versus the 1.6mm of other tapes. It's meant for gravel bikes and has a tackier surface to stop your hands slipping. Not cheap: £43. [wolftoothcomponents.com](https://www.wolftoothcomponents.com)

New tech Bibo Sophie Cycling Dress

The technical fabric of this light, stretchy, and breathable dress is 63% nylon and 37% elastane. It has an 'internal mechanism' so it can be clipped from the back to stop it flapping on the bike. The hem and detachable belt are reflective. Sizes 8-14. £149, [bibocycle.com](https://www.bibocycle.com)



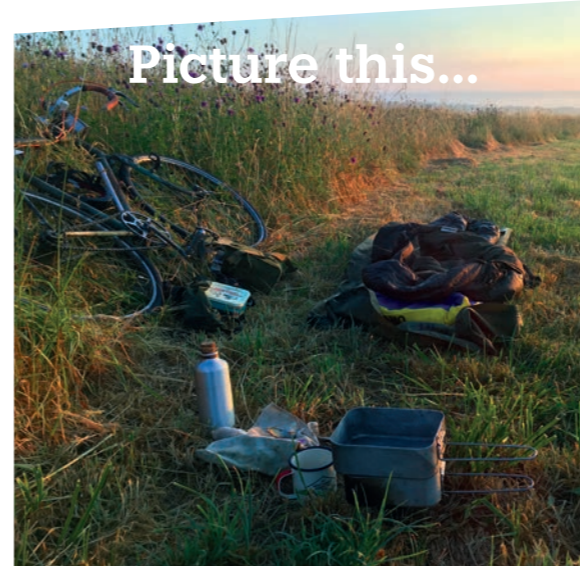
Try this

NOMINATE YOUR NO. 1 CAFÉ

Coffee and cake are two ingredients to a good day in the saddle that we've been missing lately. As lockdown eases and cafés reopen their doors, Cycling UK is championing the best in the business with its annual Cyclist Café of the Year awards. Nominate

your favourite cycle-friendly venue and tell us what makes it so special. Is it the brilliant bike bakes or the warm welcome? Maybe it's the offer of takeaway tea during a socially-distanced trip? Cast your vote! [cyclinguk.org/cyclist-cafe-year-2020](https://www.cyclinguk.org/cyclist-cafe-year-2020)

Picture this...



#12NightsOutIn1Year

We relaxed the rules a little during the lockdown for our #12nightsoutin1year Instagram challenge: not camping out but capturing the mood was okay. Mike Johnson (@zombikombi on Instagram) was judged to be May's winner of a Mini Trangia for this dawn shot over Fovant Down as he brewed a cuppa. Find out what you could win at [cyclinguk.org/12-nights-out-in-1-year](https://www.cyclinguk.org/12-nights-out-in-1-year).

Bike hacks

CLEAN OILY HANDS

Bike repairs often mean dirty hands. Run out of workshop-grade hand cleaner? Or out and about on your bike? Try sugar and washing-up liquid; liquid soap works too. Pour a generous amount of sugar into your palm, then add the washing-up liquid or soap to make an abrasive paste. Rub it thoroughly into your hands, then rinse off.



On my bike



Rebecca Charlton

Presenter, journalist, commentator

Why do you cycle? It's always been a huge part of my life. I was introduced to racing at an early age by my parents, and I was hooked.

How far do you ride each week? During the pandemic, I've been on Zwift most days. When I'm on the road, it varies so much – from busy work spells when I barely ride, to putting on my ride leader's jersey for Blood Cancer UK and riding to Paris.

Which of your bikes is your favourite? My Hasie & the Robots custom Wyndy Milla track bike with deep-section Campag Pistas.

What do you always take with you when cycling? Two spare tubes and a mini-pump, plus a mobile phone and ID.

Who mends your punctures? I rarely mend tubes; I just pop a fresh one in.

It's raining: bike, public transport, or car? If I have to be presentable at the other end, taxi. If it doesn't matter, bike.

Lyca or normal clothes? Lycra every time! I love wearing something fit for purpose, especially Lycra.

If you had £100 to spend on cycling, what would you get? A good pair of bib shorts. That or a big supply of chocolate energy bars...

What's your favourite cycle journey? The short ride through Dulwich, south London, to get to Herne Hill velodrome.

What single thing would most improve matters for UK cyclists? More kindness, patience, education, infrastructure, and awareness. Okay, that's five things...

Event VOLUNTEER CELEBRATION GOES ONLINE

The theme of Cycling UK's Volunteer Celebration this October will be increasing diversity in cycling. The online event will feature a series of workshops, panel discussions, training opportunities, and more – including recognition for those amazing volunteers who have been working hard during the pandemic. To register your interest in attending the online event, go to [cyclinguk.org/Volunteer-Celebration-2020](https://www.cyclinguk.org/Volunteer-Celebration-2020)

