

Obituaries

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You're welcome

I thought you'd like some feedback on the response to your article which included the Itteringham Village Shop. You probably tick along from month to month uncertain whether your efforts make a difference.

Last weekend we were extremely busy in the shop and café. Why? Because cyclists were coming to find our village shop, having read the Cycle magazine article. Some brought their copies with them to show us and say how amazing it was to see us featured. At one point on Sunday we had 21 customers being served at the same time. It's normally much more paced out.

Thank you for creating the opportunity for us. Long may it continue!

Mike Hemsley, Itteringham Village Shop volunteer

Bikes in cubbyholes

I would like to add to John Morfrey's letter in the Aug/Sep issue about bikes on trains. I have just returned from a lovely bike trip along the Forth & Clyde and Union canals between Glasgow and Edinburgh. As I live in Newcastle Upon Tyne, I used the LNER trains to and from Edinburgh.

It was almost impossible and very stressful to hang up the bikes (one of which was an e-bike) in the 'wardrobes' on the train. Can you influence the train companies to facilitate bike carriage?

Jane Loughridge

Small bike finder

I was interested in the Bike Finder article in the Aug/Sep issue about a small, light bikepacking bike as I too am a small woman (5ft 2in) and I spent a long time trying to find a suitable touring bike. I would be

surprised if the Sonder Camino had a low enough step-over for Katy Hill. I have tried allegedly 'small' bikes to find they are for someone much bigger than me! The Whyte bike, meanwhile, needs so many changes that it seems it is just not the right bike at all. I know you will have struggled with this challenge!

May I put in a word for Oxford Bike Works? Richard had a smaller frame made for me (and also for my equally small husband). He accommodated all my needs, including very low gearing. It fitted easily into Katy's budget.

Linda Rutledge



Lost GPX files

Jack Thurston's Lost Lanes Books definitely raised the bar for cycling guides for great rides, inspiring photographs, and an aim to make the routes accessible by rail if possible. However, an important feature missed by your reviewer is that each ride has a dedicated Lost Lanes web page, where the route can be downloaded as a GPX or TCX file. An OS map can also be viewed and printed, together with a PDF of turn-by-turn instructions.

David Elder

Bike going cheap

On a ride today, my wife came alongside and mentioned that her bike sounded like a nest of chaffinches. She was right. It may have been the right response from a maintenance point of view, but my few drops of oil on the chain killed both the chaffinches and all the poetry of the observation.

Mark Shelton

Photo of the month

Elementary: a Watsonian



Yes, we are still in this world, albeit at 99 years old, and still riding the bikes. The picture of Joyce on her bike with a sidecar attached was taken at Easter in 1949. Watsonian sidecar manufacture was discontinued in 1963,

from memory. At the time it was our eldest son at three weeks old who was bedded down in the sidecar, which could be detached for storage.

Lionel Joseph

CYCLING UK FORUM

Get immediate feedback from other members at forum.cyclinguk.org. Here's an abridged extract from a recent thread: cyclinguk.org/fixed-gear-knees



FIXED GEAR AND KNEES

3speednut: I have recently got into fixed-gear/singlespeed. At 60, I don't want my enthusiasm for this to damage my knees. I have it geared quite low (46/18) and avoid the worst of the local hills. I don't feel like I'm doing damage but I don't want to ruin it.
Jdsk: Calendar years aren't that important from here on. Exercise and having fun are. I wouldn't worry about damaging joints with one important exception... don't push through pain. If you don't feel as if you're doing damage then you probably aren't.
Tigerbitten: Do you or your family have any history of arthritic type damage in any joints, not just knees? If not then you're probably fine, go for it.
djnotts: I rode fixed as a teen and then for five years in my late 50s, early 60s. My knees are

one of the few parts of my body that are just fine. Just don't push big gears!
Carlton green: On a 27" wheel I make 48/16 a 69" gear. To me that seems to be too high. Wayfarer, a very experienced fixed-gear cyclist, used 63".
53icolin: 68 or 69 inches used to be regarded as about the right place to start; I found I preferred 64 inches.
NATURAL ANKLING: High gears won't damage your knees just bad foot articulation (natural = like walking and running). Just get those calves subtle with exercises.
fossala: In my experience you have a higher chance of knee pain on gears than fixed.
mig: It's probably more critical to have your bike set up correctly if you're planning significant miles on a fixed-gear, especially saddle height.