

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Cycling UK member Jonathan has ridden his bike every day for 1,400 days – and counting!

You ride

Jonathan Plummer: cycles every day

I ride every day of the year: 365 days, including Christmas Day. I needed a challenge that would fit in with work and family. Originally I was going to ride every day of 2015, but I just kept on going. When I started, I decided I only had to ride my bike for a bit. Now I ride a minimum number of miles per day, currently at least five.

The self-imposed requirement of riding once a day has led to some interesting situations. When I was working on the TV coverage of the Tour of Britain, the only way I could fit in a ride was to go round the circuit stage in central London, just after the race had finished – including going under the finish line banner, which was quite a thrill.

I fell off my bike badly in September 2015 and couldn't ride for a few days, but since then I haven't missed a day – on holidays abroad, I hire a bike rather than take one – and so far have ridden over 1,400 days consecutively. Sometimes in the winter when I get home from work and it's lashing down with rain and cold and dark, I think about not bothering. I know I would regret it the next day, so I get on my bike and ride.



THE MILE-EATERS' CLUB

If you have records to show that you've surpassed the minimum distance, you could join the 300,000 miles club. More details at 300k-cc.co.uk.

Out there

SEATYGO

Somewhere there is a cyclist who hasn't discovered: a) that seat collars don't have to be quick-release; b) the fact that you can cover your saddle with a shower cap or dry it with a hanky. For that cyclist, there is SeatyGo. It enables you to take your saddle with you "to keep it safe and dry".

seatylock.com



Bike tech

Hope's dual lever

Inspired by an engineering student intern who only has full use of one hand, Hope Technology has developed a dual brake control with separate reservoirs and levers, giving independent front and rear wheel braking. hopetech.com



New tech

NCN on OS maps

Ordnance Survey has partnered with Sustrans to add a new layer to OS Maps showing the National Cycle Network. It's free to use, making it a useful resource whether you're an OS Maps subscriber or plot routes the analogue way with a Landranger and a highlighter pen. osmaps.ordnancesurvey.co.uk

Event BBR CELEBRATION

RIDES The Big Bike Revival has been bigger than ever, with events across England helping hundreds of people to try cycling. Centres that held BBR events are hosting group rides to celebrate everyone who attended an event, all the broken bikes that have been fixed, and all the hard-working organisers and volunteers who made BBR so successful. The rides, which began in September, run until the end of October. cyclinguk.org/celebrationrides





Try this

TAKE A FRIEND TO A COMMUNITY CYCLE CLUB

We know that when it comes to helping someone start and, more importantly, keep cycling, they're more likely to stick at it if they have a supportive network of like-minded people around them. So if you want to get a friend cycling, why not introduce them to a

Cycling UK Community Cycle Club? You can find clubs across England and Scotland, supported by qualified ride leaders, who help with building ride confidence, skills and general support. To find out more, visit cyclinguk.org/community-cycle-clubs.

Picture this...



Cycling UK's Instagram photography competition, **#BestByBike**, is back. August's theme was "Oh, I do like to ride beside the seaside". We think this coastal shot, taken on Sark by **@cyclejerseyci**, was a worthy winner. Keep an eye on Instagram **@wearecyclinguk** for future contest announcements.

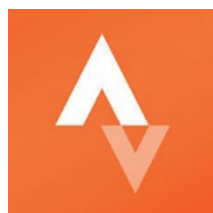
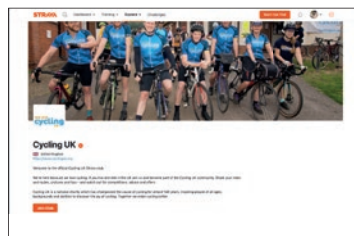


Try this

JOIN US ON STRAVA

Sign up to Strava and join our club! You can record and share routes, and be part of a growing online community of cyclists. You'll also receive the latest news, exclusive offers, and discounts from Cycling UK and our partners.

strava.com/clubs/cyclinguk



On my bike

JJ Chalmers

TV presenter and ex-Royal Marine

Why do you cycle? At first it was for my recovery, then to compete at the Invictus Games. Now I'm looking forward to my kids being old enough to ride with me.

How far do you ride each week? Not as far as I'd like, but there is a quick and easy 12-mile route close to me that I try to get on whenever I get a spare chance.

Which of your bikes is your favourite?

I have an ICE Sprint, which I love as I can fold it up and chuck it in the back of my Land Rover.

What do you always take with you when cycling? A flag! On trikes like mine you can easily be overlooked by drivers.

Who mends your punctures? I do them myself, but the lad who plastered my house is a part-time bike mechanic and now also services my trike.

It's raining: bike, public transport, or car? I rarely work nearby so cycling is not really an option. But I don't mind getting wet on my bike. Like we used to be told in the Royal Marines, "Your skin is waterproof."

Lycra or normal clothes? Lycra, but I don't need padded shorts because the big advantage of a recumbent is that it's like riding on a sun lounger or armchair!

If you had £100 to spend on cycling, what would you get? A trailer for the kids to hitch a ride on the back.

What's your favourite cycle journey? I did the RideLondon 100 a couple of years ago, and I now work on it for the BBC. It's a great route, so many iconic points.

What single thing would most improve matters for UK cyclist? Continued improvement of infrastructure.

