

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Heidi has already raised more than £21,000 for charity

You ride

Heidi Barker Nine-year-old fundraiser and influencer

Youngest of the 100 Women in Cycling 2023, nine-year-old Heidi Barker from Cheshire has raised more than £21,000 for charities through cycling and walking. Her first challenge saw her walk the distance from Land's End to John o' Groats. She is about to finish her current fundraiser, cycling the distance from Paris to London.

Since April 2023, Heidi has been plugging away at the 214-mile total in rides of about 1.5 miles, doing longer ones on weekends. She loves sport and being out in nature, even enjoying the experience of learning to ride in an empty pub car park in 2020 – spurred on no doubt by her dad's promise to pay her £1 for every 20 metres her feet didn't touch the ground.

Heidi hasn't just focused on her own cycling, however, but encouraged her friends and family to cycle more. Her cousin Lillie loves it now, and best friend Ella started cycling to school after Heidi explained how it wakes you up in the morning and gets you ready for school. She's also taken social media by storm, encouraging her 10K followers to 'join' her on rides by posting about them using the hashtag #RidewithHeidi. Her favourite experience so far was going for a ride with cycling influencer Sigrid the cat.

"It makes me feel really happy and free", she says.

100 WOMEN IN CYCLING 2024

Nominations for this year's 100 Women in Cycling awards open on International Women's Day, Friday 8 March. To nominate someone you find inspiring, visit cyclinguk.org/100women.



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Bike tech

Pashley Multi-trike

The curious thing about Pashley's new Multi-trike, which can carry two children and/or up to 240 litres of luggage in its cargo box, is the drive system. There's no chain or belt. A generator at the cranks activates battery-driven motors on the rear wheels, so there's just a wire to transfer power. The idea is that the box can be mounted lower. It's due sometime this year and is expected to cost around £6,500.

pashley.co.uk



Classic kit

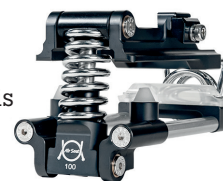
Rear Mudhugger

To stay clean(ish) and dry(ish) on soggy UK trails you need a rear mudguard with good coverage that sits close enough to stop spray but not so close it'll jam. This is it. The Rear Mudhugger is compatible with a dropper post and/or bikepacking seatpack as it fixes to the seatstays. The longer Mk2 version is pictured. It's £34.99 from themudhugger.co.uk

Really?!

Air Seat

"The world's first full-floating saddle suspension system designed for bicycles", which fits between your bike's seatpost and saddle, is strongly reminiscent of a Brooks sprung saddle. It weighs 250g and costs NT\$2,800 – about £71. One advantage is that you can keep using your favourite saddle. Another is that... no, that's it.



airseatliyiida.com



Bike hacks

Secure your grips

Friction-fit grips are easier to install and often stay put better if you use hairspray. Lightly spray the grip area of both ends of the handlebar. Fit the grips while the hairspray is still damp as it'll act as a lubricant. It dries like tacky glue, however, giving your grips more 'hold' [sic]. If the grips are too loose, add a couple of wraps of electrical insulation tape around the grip area before applying hairspray. Then refit the grips. (Note that silicon grips often require isopropyl alcohol for fitting, so don't use hairspray for them.)