

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Photo: Gerald Hoban, volunteer photographer

You ride

Sue Coles Lifetime achievement award winner

Sue Coles, chair of Winchester CTC and its outgoing secretary after 25 years of service, was presented with a Going the Extra Mile Gold Lifetime Achievement Award during the group's 40th anniversary celebrations. The award was in recognition of her outstanding contribution to cycling over four decades. She was also presented with certificates as runner-up in two categories of our recent Volunteer Awards (see page 49).

Nominating her for the awards, incoming secretary Sarah Lee said: "Sue has consistently acted as a focal point for cycling activities in Winchester and beyond for even longer than the 40 years of the club's existence. As well as performing her Winchester CTC roles with passion and rigour, she continues to be an active member of committees and focus groups for cycling infrastructure in Hampshire. She is a very knowledgeable, experienced and well-informed advocate who is noted for her wise counsel."

Sue herself said: "I am thrilled but campaigning is mostly teamwork and so this is also recognition for others. In the 1990s, the late John Edwards and I were fed up with the interests of cyclists either being ignored, or being told by the local authorities that the policy was not to encourage cycling because it was dangerous. If possible, work with a fellow campaigner as this helps to maintain your enthusiasm."

On her role as group secretary for a quarter of a century, she said: "I have really enjoyed my time as it enabled me to do what I love doing and at the same time help the club."

cyclinguk.org/sue-coles

GOING THE EXTRA MILE AWARDS

To nominate an outstanding volunteer for an award, go to: cyclinguk.org/article/how-thank-volunteers-what-they-do or contact the volunteering team volunteering@cyclinguk.org



Shop window
MORE ITEMS
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Bike tech

Pinion E-Drive System

Pinion's E-Drive, or Motor Gearbox Unit, was one of the standout products at this year's Eurobike. Integrating a bottom bracket gearbox (9- or 12-speed) with an 85Nm motor, it's a belt-drive transmission with everything important hidden inside. Maintenance? Pinion claims you'll need a 10-minute oil change after 10,000km. This could be a game changer for eMTBs, e-cargo bikes, e-commuters and e-trekking bikes.

pinion.eu/en/e-drive

Really?!

Sixpack Racing Millenium ICR Stem



"Headset cable routing done right" – an oxymoron for sure. Sixpack Racing's blurb at least acknowledges that haterz gonna hate. "You can jump straight to the comment section and tell us that you hate headset cable routing, if it makes you feel any better." Will do! €149.95, sixpack-racing.com

Classic kit

Ergon GP2



If you have a flat-bar touring, trekking or commuting bike (even a folder like a Brompton), flared grips with bar-ends can really improve hand comfort and also help when climbing. Ergon grips are the benchmark. The GP2 has the shortest bar-ends in the range, only big enough for a couple of fingers, but it's enough. £45.99, ergonbike.com

Bike hacks

Wheel truing guides

A wheel jig isn't essential to true a wobbly wheel. Put your bike on a workstand or (if there's no other option) upside down on the floor so you can spin the wheel. If your bike has rim brakes, you can use the blocks as guides. If it has discs or drums, fix a temporary guide to one or both seatstays or fork legs. Options for guides that can be adjusted so they're close to the rim include: a pencil held in place with a looped elastic band (pictured); a cable tie fastened to the stay/fork; a matchstick embedded in Blu Tack.

