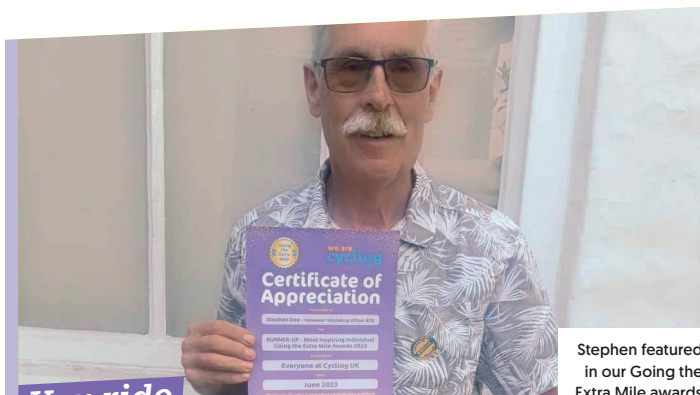


cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Stephen featured in our Going the Extra Mile awards

You ride

Stephen Dee Volunteer BCQ coordinator

Stephen Dee is the Cycling UK volunteer validating officer for the British Cycle Quest (BCQ), a national challenge taking in 402 checkpoints throughout England, Wales and Scotland, including many of the islands. He was a runner-up in our recent Going the Extra Mile awards as the Most Inspiring Individual for his meticulous attention to detail, and the enthusiasm and efficiency with which he carries out the role. He has just completed the entire BCQ challenge himself and was presented with a platinum medal in recognition of his achievement.

"I started doing BCQ as it enabled me to do what I like best: cycle touring," he said. "I did some cycle camps of up to a fortnight in length, but most rides were car assisted and, on occasion, train assisted. Apart from going to areas I had not been to, one thing I loved about doing BCQ was going back to areas I used to cycle through in my younger days."

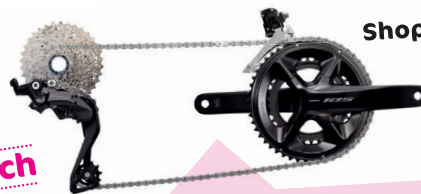
Stephen took on the volunteer role just after he retired and says: "It has enabled me to put to good use the knowledge from my working life, and to move BCQ validation from a paper-based system to an online process."

"In terms of advice to those doing BCQ, I would say the key thing is to think of it as a long-term project. Unless you live on the coast or an island, the first 100 checkpoints are easy to do, then it gets progressively harder. I think the record for completing BCQ and its precursor, the Tourist Explorer Award (TEA), is 18 months. Some finish it in about five years, but most are like me and take more than 10 years to visit all the checkpoints."

cyclinguk.org/british-cycle-quest

VOLUNTEER FOR CYCLING UK

For other ways to support Cycling UK's vision of a better world by bike, including many roles that can be done from the comfort of your own home, visit cyclinguk.org/volunteer.



Shop window
MORE ITEMS
ON PAGE 18

Bike tech

12-speed Shimano 105

Shimano's 12-speed 105 groupset is now available in a mechanical version as well as Di2. Only double chainsets are available – either 50-34 or 52-36 – but you can choose a cassette as large as 11-36. (If that's still too high a gear, check out the new 12-speed GRX on p18.) In a departure for Shimano, this new 105 groupset is [hydraulic] disc brake only. RRP is just under £1,000. shimano.com



Really?!

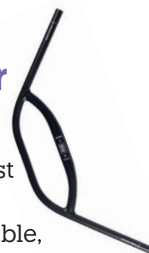
Hase Gravit Dust

German manufacturer Hase makes some fantastic all-ability trikes and tandems but this 'cargo gravel bike' is something of a head scratcher. On the one hand, it is a sporty, lightweight (20kg) cargo bike. Great! On the other hand, who hauls such big loads off road? If you do, prices start at €3,790. hasebikes.com

Classic kit

Jones H-Bar SG Loop

Probably the most comfortable flat handlebar available, Jeff Jones's H-Bar Loop offers multiple hand positions and a 45° back-sweep. It's great for: rigid mountain bikes; gravel bikers and tourers who don't want drops; cargo bikes; and more. This SG (single gauge) version is the least expensive. (The On-One Geoff is an even cheaper copy.) 660mm or 710mm widths. £149, bothybikes.co.uk, jonesbikes.com



Bike hacks

Wrap your spare tube

An innertube stuffed in a seatpack with a multitool can end up with a hole poked in it, while a tube strapped to the frame is equally vulnerable to cuts or abrasion. To protect the tube, wrap it up first. A small ziplock plastic bag works fine. A stretchy neck gaiter, best known by the brand name Buff, is better still. As well as protection for the innertube, it means you're carrying an emergency head covering, scarf or bandage – or just something to wipe your hands on.

