



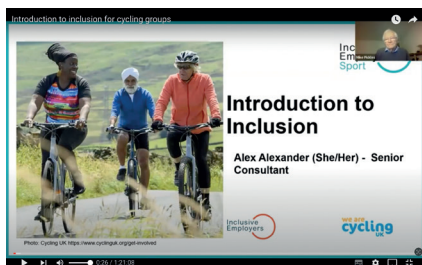
Try this
Spread the word

20% membership discount available

Help us pedal towards a more sustainable future by encouraging your friends to join Cycling UK today. From exclusive discounts, group rides, and invaluable third-party insurance, our community offers something for every rider and supporter. We strive for a world where the streets are free of congestion and the air is clean to breathe, but this is only made possible by our members. Refer your friends and they'll save 20% on the price of membership – that's got to be worth a coffee on them on your next café stop!
cyclinguk.org/refer-friend

Right: Paul Campbell

Watch this



Cycling UK has put together a series of resources aimed at encouraging greater equality, diversity and inclusion within cycling groups (cyclinguk.org/webinars-groups-and-volunteers). The latest is a webinar led by expert Alex Alexander from Inclusive Employers called: 'An introduction to inclusion for

cycling groups'. Topics covered include: how you can make everyone feel safe and welcome; what we mean by inclusive language; how to challenge exclusion; allyship; why inclusion matters; and more. We urge all our groups to watch the webinar and implement its advice to help make the joy of cycling accessible to all.
bit.ly/youtube-inclusion-cycling

Events

Bespoked 2024

After a visit to Dresden in Germany for 2023, Bespoked, the handmade bicycle show, returns to the UK this year. It takes place at the old Victoria Baths building in Manchester from 28-30 June. Bespoked is the best show bar none for bike nerds. It's worth going whether you're interested in buying a custom bike or just want to admire fine brazing, niche components and left-field ideas. We'll have more information about tickets next issue. bespoked.cc



Below: Getty Images



On my bike

Jaz Morse

Cycling UK's senior acquisition officer & one of our 100 Women in Cycling 2023

Why do you cycle?

For fun, adventure and my mental health.

How far do you ride each week?

It varies wildly depending on if I get out on the trails. Not much office commuting now!

Which of your bikes is your favourite?

I've updated the fleet recently and sold my 26in Santa Cruz V10 and Cove G-Spot, so I think it's over to the dark side of gravel with my On-One Pickenflick. Or maybe it's my Commencal Meta? Do I have to choose?



What do you always take with you when cycling?

A Ginsters pasty and a multi-tool.



Who mends your punctures?

Peaty's biofibre sealant usually does the job.

It's raining: bike, public transport, or car?

Bike with decent waterproofs.

Lycra or normal clothes?

MTB kit as standard, but I've been known to race in snuggly jumpers. Normal clothes when commuting just to prove a point!

If you had £100 to spend on cycling, what would you get?

It should be coaching, but bike park uplift tickets would win for me.

What's your favourite cycle journey?

Not a journey as such, but you can't beat the sense of community found at women's rides anywhere in the country.

What single thing would most improve matters for UK cyclists?

Safe and accessible infrastructure. I'm sure many more people would immediately use their bikes for everyday journeys if it felt less intimidating.

