

CYCLOPEDIA

Questions answered, subjects explained – Cyclopedia is your bimonthly cycling reference guide

Right: Richard Hallett



Technical

Q
&
A

Which bike would be a rinto star?

Q A friend is planning on travelling to the Pyrenees by taking his bike on Eurostar and other trains. After cycling there for some days, he'll be travelling to the south of France and then Italy for similar rides. He wants to pack his Ribble Alu or Genesis Croix de Fer rinto style for this. (He's read your Dec 2018/Jan 2019 article on this.) Would either of these bikes be suitable for conversion? He knows he needs to install bar-end or down-tube shifters but what else does he need to change? He will be using panniers also.

Dennis Dwyer

A 'Asking for a friend', eh? Almost any non-suspension bicycle is suitable for rinto, which is in essence about dismantling the bike and strapping the parts together to make a smaller, rail-travel-regulations-compliant package. The chief obstacles are: the need to remove the fork and front wheel from the frame, which means taking off the handlebar and stem; and the presence of gear and brake cables. The former is easier if the cycle has a threadless headset, which can be taken apart using a hex key or two. A threaded headset, used with a quill stem, will need a spanner – such as the one I made (right) for a friend.

Your Experts



DR KATE BRODIE
Retired GP
{Health}



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Control cables linking the handlebar and frame are a nuisance, since they limit ease of disassembly and can get tangled when the two are apart. Dedicated rinto bikes have brakes and gear systems designed to ease handlebar removal. Otherwise the rear rim brake calliper can be removed from the frame if the cable guides are slotted to allow the cable to be freed. If not, it should be possible to unfasten the cable from the calliper in the absence of an inner wire end-cap.

Bar-end gear shifters are no better than dual control levers for rinto, since both involve one or two cables connecting the frame and handlebar. One option is to fit cable splitters, although this will require slotted cable stops on the frame. Down-tube shifters are the rinto ideal since gear cables remain undisturbed.



A front mudguard can stay on the fork, but the rear, at least aft of the brake bridge, will need to be taken off and draped around the back wheel for transport. Some form of separation device is provided on a true rinto bike. Panniers may be carried together with their rack as an assembly, if the latter is removed from the frame. Left in place, it will add to the silhouette of the packaged bike, so check dimensions.

It's also worth timing the rinto breakdown process to ensure you have plenty of time to do it on reaching your departure point.

Richard Hallett

Health

Sciatica from cycling

Q I have recently developed sciatica. My GP thinks it may have been triggered by cycling. The first twinge in my back came after a three-day bike ride of about 45 miles each day. It then returned a couple of weeks later after a 25-mile bike ride, and then got worse day by day. My GP advises me to stop cycling for a while, but otherwise