

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

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Bike tech

Tern Orox

Tern's new adventure bike is a go-anywhere e-cargo cycle. It comes with 27.5x4in or 29x2.6in tyres, has an 85Nm Bosch Performance CX motor and runs one or two 800Wh batteries for a range of up to 200 miles. Maximum gross weight is 210kg. While most cyclists would be better served by an urban e-cargo bike like the Tern GSD, this all-terrain behemoth will haul very large loads off road – if you need to do that. £5,900+, ternbicycles.com/uk



Left to right: Traffic-free cycling for all. Jez Briggs (rear rider)

You ride

Jez Briggs Chair of Cycling UK affiliate group BikeActive Norfolk

Having volunteered at the adult disability cycling group BikeActive, based at Alton Water in Suffolk, I saw how it brought so much joy to their clients' lives through cycling. So I thought it would be great to set up a similar group where I live in south Norfolk.

Two years ago I bought some equipment, managed to get a group of volunteers together and convinced a few clients, parents and carers to try a ride with us. BikeActive Norfolk started rides along National Cycle Route 30 at Earsham in Norfolk in spring 2023, cycling along the pretty River Waveney valley on a low-traffic route and heading on to a local café afterward. Everyone loved it.

Through spring and summer 2023 we delivered over 100 rides to 20 different clients. We acquired grants for better equipment and were gifted some useful disability cycles. Our incredible volunteers built an amazing website, BikeActiveNorfolk.org, transported our equipment to and from our sessions and helped service our cycles.

It's been hard to get enough volunteers, tough to convince clients to give cycling a try, and difficult to get sufficient funds for much-needed specialist equipment. But thanks to our supporters and funders we have kept going. We will run every week through spring, summer and autumn this year, and fortnightly through the winter months.

We have attracted clients from a local SEN college to ride with us regularly. We will be running at a second venue in Topcroft, Norfolk, which also has low traffic volumes. And we will also be opening a junior group for children and young people. bikeactivenorfolk.org

INCLUSIVE CYCLING

Cycling UK's new programme, the Inclusive Cycling Experience, offers free try-out sessions and non-standard cycle loans in Greater Manchester and Inverness. For details, see p10 or visit cyclinguk.org/inclusive-cycling-experience.

Classic kit

Park Tool CN-10

You seldom regret buying good-quality tools. So it is with Park Tool's Professional Cable and Housing Cutter. The initial outlay – £50! – is steep but this tool cuts cleanly every time, saving the frustration and cost of frayed cables and crunched outers.

There's also a crimper for cable-end caps and a former for reforming cable housing and ferrules.

£49.99,
parktool.com

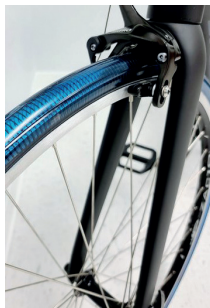


Really?!

Smart Tyres

Pneumatic tyres have been the best option for bicycles for more than 130 years. Non-inflatable alternatives have always been worse. This novel 'METL' tyre from the Smart Tire Company has been displayed for a while and still pops up at bike shows. It employs a tight coil of resilient nickel-titanium tubing for a "smooth ride". The future? Colour me sceptical.

smarttirecompany.com/cycling



5-minute fixes Tubeless fitting tips

Tubeless tyres don't always inflate first time. Make sure the tubeless rim tape is stuck down to a clean rim, starting opposite the valve hole. Make a small hole in it at the valve hole, not a cut, and ensure the tubeless valve is tightly secured so air can't escape. Spray the tyre beads with more soapy water to lubricate. Remove the valve core so air will whoosh in quicker. Try again. No joy? Remove the tubeless valve, fit an innertube, inflate, then deflate and remove, leaving the tyre seated on one side of the rim. Try again. cyclinguk.org/tublesstyes

