

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

Shop Window
MORE ITEMS
ON PAGE 20



You ride

Read more about Rob online:
cyclinguk.org/volunteer

Rob Butler Volunteer ride leader

Rob Butler from Reading CTC has been taking part in group rides for more than a quarter of a century. In recent years, he has also coordinated the very popular Tuesday rides and was nominated for a silver Going the Extra Mile Lifetime Achievement award by fellow club member Morris Dowding.

Morris says: "Rob has an encyclopaedic knowledge of cycle routes, which has been of great service to countless numbers of participants. This knowledge includes not only understanding what the roads and lanes are like for recreational cycling throughout the seasons, but also keeping up to date with suitable venues for coffee/pub/lunch stops.

"Rob's rides range across Berkshire, south Oxfordshire, south Buckinghamshire and north Hampshire. Since retirement, he's concentrated on organising the Tuesday rides, which are particularly focused on appealing to cyclists of more mature years. They attract an average of 17 riders throughout the year."

The Tuesday rides continued during Covid times, with Rob keeping everyone engaged and modifying the rides to make sure they were run within the guidelines in place at the time. For over a decade, Rob also led regular Sunday rides and put on a leisurely, shorter ride aimed at attracting new or nervous cyclists.

Rob says it was a "huge surprise" to receive the silver award, which was presented to him by Cycling UK's Jaz Morse. He adds that he has "gained a great many close friends by being a volunteer, and nothing was better when leading a ride than if a new cyclist came up afterwards and said how much they had enjoyed themselves and that they would certainly be coming out again".

LOCAL GROUPS

You can find your local cycling group, or learn how to set up your own, on the Cycling UK website: cyclinguk.org/local-groups. There's lots of advice there for existing groups, too.

Bike tech



Schwalbe Clic Valve

Schwalbe won a Eurobike 2024 award for this valve. It converts presta, Woods and schrader valves to a new click-on standard, with its own pump head. With presta or Woods, it replaces the valve core; with schrader, it adapts screws on top. It should be better for tubeless use with presta valves as the airflow is improved and it'll gum up slower. Schrader is surely fine as it is? schwalbe.com

Classic kit Green Oil lubricants

Green Oil's biodegradable lubricants and cleaners have been around since 2007, utilising plant-based ingredients instead of petrochemicals. Editor Dan Joyce uses them for a few reasons: they're eco-friendly; his workshop doubles as his office and he doesn't want to sniff PTFEs and petroleum products all day; they work well, assuming sensible drivetrain care. green-oil.net



Really?! Scicon Nose Cover

Holy nose fairings, Batman! If you saw the Tour de France this year, you can't have missed sprinter Dylan Groenewegen's beak-like glasses attachment – unless you tuned in after the UCI had ordered him to remove it. If you want this most marginal of marginal gains, however, it can be yours for a mere €350! sciconsports.com



5-minute fixes Tidy frayed cables

If you need to tidy up a frayed brake or gear cable to crimp on a new end-cap, or even to pass it through a brake calliper or a derailleur, all you need is a plastic cable tie. Fasten it tightly around the brake or gear cable, behind where it starts to fray. Then hold the cable tie and rotate it clockwise around the cable, while pulling it gently toward the cable's end. You'll wind the loose strands back together. (Note: you can reuse the cable tie by carefully disengaging its pawl with a penknife.)

