

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING

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You ride

Peter (left) receives his award from Andrew Hetherington

Peter Robinson Chair of Aylesbury Cycling UK

Peter, who is also the secretary of South Bucks Midweek Cycling UK member group, was this autumn presented with a Going the Extra Mile Platinum Lifetime Achievement Award for 40+ years of volunteering in cycling.

"I wanted a local group to ride with and to encourage my friend to cycle," he said, "so I started the then Aylesbury CTC group in January 1981 from existing CTC members. Five riders set off on the first Sunday ride a month later. I have been secretary, rides secretary, ride leader and chair over the years. At times, several others have taken a leading role, too.

"The Aylesbury group has waxed and waned over the years but when I retired, I decided to make it a project to reinvigorate the group and attract new riders from outside the Cycling UK membership. With the help of others, I started a Facebook group and a website. I remember being amazed when it reached 30 members; it now has over 400, although not all ride with us.

"As the group grew, there was a need to split the rides to cater for the wide range of abilities and aspirations. There are currently three rides on Sunday mornings and a monthly pub social evening.

"I feel that my greatest achievement as a volunteer has been starting a group that is still going strong, has introduced many people to cycling and has created many friendships. I do less organising now, but I still enjoy route planning and leading rides.

"For me, cycling has always been about freedom, independence and the ability to explore new places simply, under your own steam. I enjoy sharing that with others by leading rides and occasionally holidays."

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](https://www.cyclinguk.org/local-groups). There's lots of advice there for existing groups, too.

Bike tech



Brompton G Line

A bigger version of the Brompton is coming. The G Line has 20in (406) wheels, hydraulic disc brakes and an 8-speed Shimano Alfine hub gear. The fold – to 690x730x402mm – is the same and it weighs from 13.9kg. It's priced from £2,399 or £3,499 for the 4-speed electric version. Review next issue. [brompton.com](https://www.brompton.com)

Classic kit

ESI Chunky grips

ESI's silicone grips have been around for 25 years. They now come in a range of colours, diameters (the Chunky grips are 32mm) and lengths, including ones long enough for a Jones H-Bar Loop or Surly Moloko. All of them are lightweight, really comfortable and grippy in gloves or bare hands. You'll need isopropyl alcohol to fit them. £18.99, [esigrips.com](https://www.esigrips.com)



Really?!

Surly Moonlander 2.0

The latest version of Surly's go-anywhere fat bike has 24x6.2in tyres on 100mm-wide rims. Designed for use on sand, snow and lunar-like landscapes, it also comes



with a 9-speed Pinion bottom bracket gear. On the one hand, the big treads make sense: better flotation and grip. But just look at it! £4,699, [surlybikes.com](https://www.surlybikes.com)

Quick fixes

Replacing internal cables

Internal cables are nice for a bike's aesthetics and will marginally improve its aerodynamics but can be a pain for maintenance. Specifically, how do you fish a new cable out of the frame? It's easiest with a traditional J-bend spoke. This is small enough to fit into 'exit' apertures, the elbow at the end works like a hook and the flattened spoke head helps prevent your prey slipping free. You can get hold of inner cables, cable housing or hydraulic hoses like this.

