

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



"There was no fear, it all just came back naturally to me," said 84-year-old Bryce

You ride

Bryce Campbell, partially sighted

After being diagnosed with glaucoma, Bryce Campbell was forced to give up his great love – cycling. A keen cyclist since he was a boy, Bryce raced extensively and even took on Russian Olympic cyclists in the 1970s. In recent years, glaucoma has caused a rapid deterioration in his eyesight. Bryce is completely blind in one eye and describes the vision in his other eye as "like looking through a very dense fog."

Now the 84-year-old veteran from Edinburgh is back in the saddle, thanks to Cycling UK's VIE Velo tandem club for people with visual impairments. We teamed up with the charity Scottish War Blinded to help Bryce get back on a bike, working with a sighted pilot. "It was fantastic!" said Bryce. "It was like low-level flying – I've always likened cycling to that. There's nothing like it."



VIE VELO

VIE Velo is part of Cycling UK's Edinburgh All-ability Bike Centre. To find out more about VIE Velo, please contact David Glover on 07500 069 357 or email david.glover@cyclingsuk.org.

Left: © Scottish War Blinded



Out there

Shop Window
MORE PREVIEWS
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STRING BIKE

Belt drive not niche enough? How about string? A carbon-framed String Bike like the one pictured completed the 3,500-mile Race Across America in 11 days, 10 hours. This one will set you back €4,200; models start at €1,250. stringbike.com

Bike tech

Dynaplug air

An all-in-one tubeless tyre repair and re-inflation system, Dynaplug Air is surely the quickest way to fix a puncture that the sealant itself won't solve. Stab the tyre, discharge the CO₂ cartridge, and as you withdraw the tool a repair plug seals the hole. Price £59.99. dynaplug.com



New tech



ViewRanger for Wear OS

Smartwatch navigation: ViewRanger for Wear OS uses the watch's GPS so you don't need wi-fi or data signals to navigate, record tracks, or to view offline maps saved on the watch. Installation requires an Android phone or an iPhone. viewranger.com

Event LONDON BIKE SHOW

The London Bike Show returns to ExCeL on 29-31 March with the latest bikes, tech, and expert talks. Cycling UK will be launching 2019's Women's Festival of Cycling with TV's Angellica Bell, Anna Glowinski and guests. We'll also be discussing recent campaign successes. For details and to save £10 on a pair of tickets (and a further 15% for groups), visit cyclingsuk.org/london-bike-show-0.





Try this

FIRST-AID TRAINING

Would you know what to do if someone you were cycling with suffered an accident on a ride? Cycling UK teaches a one-day Outdoor Bike First Aid course that's ideally suited to general riders. We

also have an advanced two-day course for ride and tour leaders. Both exceed the requirements for the Emergency First Aid at Work Certificate. More details at: cyclinguk.org/courses-training



On my bike

Jeremy Vine

Broadcaster

Why do you cycle? I love it. For years I went around London in cars, trains, and taxis. When I started to cycle, it was like being able to fly – no such thing as a delay.

How far do you ride each week? 75 miles.

Which of your bikes is your favourite? A year ago I bought a penny farthing with a 56-inch front wheel for £1,200. The service I got from unicycle.uk.com was amazing.

What do you always take with you when cycling? Sorry to say, but in London you need cameras front and back.

Who mends your punctures? The best shop for me is London Cycle Workshop in King Street, Hammersmith.

It's raining: bike, public transport, or car? If I've no choice, bike! Car if I have to be on TV by 08:15.

Lycra or normal clothes? Generally I dress normally. I don't ride fast enough to justify proper clobber.

If you had £100 to spend on cycling, what would you get? A new set of brakes. Why do brakes squeak? It drives me nuts.

What's your favourite cycle journey? I cycled 65 miles from east Devon to north last year. It was a beautiful summer's day and I used a Brompton Electric, which has been a revelation.

What single thing would most improve matters for UK cyclists? Driver behaviour is key, but that won't change so motorists must have their space crimped to allow for segregated cycle lanes.



Picture this

Cycling UK's Instagram photography competition [#bestbybike](https://www.instagram.com/bestbybike) has launched for 2019 and is now running monthly. March and April started with a strong emphasis on spring cycling. See the winners in our next edition.



Try this

TRI-VETS RIDES

If you're aged 50 or over this year, why not take part in a 100-mile or 100km Tri-Vets ride this June or July, put on by the fantastic volunteers from our Member Groups? There's a friendly atmosphere and plenty of stops for refreshments along the way. For dates and locations, see: cyclinguk.org/article/tri-vets-2019.

Right: localize Dymond