

# cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Today Steven is just half the man he used to be, as his 'before' picture below shows

## You ride

### Steven Johnson: halved his weight

**A**s a teenager in Birmingham, I became a keen cyclist after visiting Tommy Godwin's shop. I did road racing, time trialling, and track racing, and was Saracen RC's Junior Best All-Rounder in 1975 and 1976. But after a serious crash on the track, I didn't cycle for decades.

Aged 59, I was nearly 20 stone, borderline diabetic, and had high blood pressure. I decided to get fit. I joined a gym and did cardio training three times a week, using a basic exercise bike. In a year I lost nearly 10 stone, winning an award called Changing Lifestyles.

I bought a bike, a Ribble 883, and now regularly ride sportives. Last year I did a 10-mile time trial, finishing in a time of 23:20. I believe the thousands of training miles I rode in the '70s enabled me to lose the weight and get back in the saddle without too much fuss. I hope my journey can inspire others. Never give up!



## CYCLING & WEIGHT LOSS

For some straightforward tips on how to lose weight by cycling, visit the Cycling UK website. [cyclinguk.org/article/ten-tips-cycling-weight-loss](https://www.cyclinguk.org/article/ten-tips-cycling-weight-loss)

## Event EXPEDITION TRAINING

This March, Cycling UK is running an Expedition Module to train staff at Stage 1 Cycles in Hawes to lead overnight off-road camping trips. This will enable them to run a joint trip with Help the Heroes on the Great North Trail later in spring. We are running more Expedition Modules across 2020. [cyclinguk.org/expeditionmodule](https://www.cyclinguk.org/expeditionmodule)



Shop Window  
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## Bike tech

### Lezyne Power HB Drive StVZO 500

Powerful battery lights that meet Germany's StVZO standard, and thus qualify as 'approved lights' in the UK ([cyclinguk.org/lighting-regulations](https://www.cyclinguk.org/lighting-regulations)), are rare. This has 500-lumen high and 290-lumen low beams and a decent run-time. \$119.99, UK price TBC. [lezyne.com](https://www.lezyne.com)

## Out there

### HASE BEEST

First shown at Spezi bike show in Germany last spring, to celebrate the 25th anniversary of Hase Bikes, this spider-like recumbent walker made a reappearance at Eurobike. Hase's smaller Beest is based on a Kettwiesel frame, the larger two-seater Beest on a Pino.

[bit.ly/cycle-hasebeest](https://bit.ly/cycle-hasebeest)



## New tech

### Heated grips

Halfords has launched "the world's first bicycle with heated grips": the Carrera Subway All Weather, a sensible but otherwise unremarkable hybrid. Heated grips themselves aren't new – see [amegrips.com](https://www.amegrips.com). The bike is £400. [halfords.com](https://www.halfords.com)





For more about BCO, visit [cyclinguk.org/british-cycle-quest](http://cyclinguk.org/british-cycle-quest)

Try this

## BRITISH CYCLE QUEST

Do you have a thirst for adventure but need motivation to encourage you out the door? Cycling UK's British Cycle Quest gives you 402 reasons in the form of checkpoints to discover by bike throughout England, Scotland, and Wales. You can visit all of them or as few as ten to claim an award.

Pictured with their British Cycle

Quest medals are new BCO volunteers Stephen Dee and Jacqui Godfrey, who have taken over from outgoing validator Jeff Eaves (centre).



On my bike

## Chris Heaton-Harris MP

Minister for Cycling

**Why do you cycle?** For leisure. I live near Pitsford Reservoir in Northamptonshire. It's seven miles around it and I live a mile away, so I do a nine-mile circuit.

**How far do you ride each week?** I'm a fair-weather cyclist, so if it's chucking down with rain, not at all. If it's half decent, I'll go. I probably average once a fortnight.

**Which of your bikes is your favourite?** I only have one, a lovely 12-year-old Giant mountain bike.

**What do you always take with you when cycling?** Not much. I try to leave my phone at home because it's an escape. It's my time.

**Who mends your punctures?** Pitsford Cycles, at the reservoir.

**It's raining: bike, public transport, or car?** I'd walk first, if I wanted to get some exercise.

**Lycra or normal clothes?** Never lycra! I obviously haven't seen a photo of me.

**If you had £100 to spend on cycling, what would you get?** I'd have my bike serviced.

**What's your favourite cycle journey?** The Brampton Valley Way, an old Beeching-closure rail lane. It's a beautiful route. I go up to the Kelmarsh Tunnels – you can go through them to Market Harborough – then stop at the Stag Pub in Maidwell, where you can get soup and a sandwich for a tenner.

**What single thing would most improve matters for UK cyclists?** Dedicated infrastructure.



## Picture this...



**GREAT NIGHTS OUT** Will you brave the winter bite? Cycling UK is running a competition to encourage people to hit the trails and enjoy a night under the stars at least once a month throughout 2020. To be in with the chance of riding away with a handmade accessory from Restrap, share your adventures on Instagram (#12NightsOutIn1Year) and don't forget to tag us @wearecyclinguk. [cyclinguk.org/12-nights-out-in-1-year](http://cyclinguk.org/12-nights-out-in-1-year)

## Bike hacks

### WINTER RIDE SAVERS

Caught in the rain and cold without the right kit? Plastic bags to the rescue! To keep your feet warmer, step each foot into a plastic bag before putting the shoe on. A plastic bag up your jersey keeps the cold off your chest. No rain jacket? A black bin bag with holes torn in for your head and arms beats a soaking. If your hands are cold, get a few pairs of free plastic gloves from a petrol station forecourt.



Pitsford Reservoir (above) and diesel pump (left) by Alamy