

Opinion Letters

THIS MONTH E-BIKE EFFICIENCY, INCLUSIVE CYCLING, LOW GEARS, WILF LUNN STYLE MALTESER EATING, AND MORE

Cycle Bristol CTC's 'Get Gorgeous' culminated with a 50-mile ride that some did on e-bikes



Left and top right: Joozle Dymond Below right: Alamy

Letter of the month

GREEN TRANSPORT

Matthias Bunte states that e-bikes are “corrupting the idea cycling as a zero fuel and emissions transport” (Letters, Dec/Jan). There is no such thing as fuel- and emissions-free transport. Humans are only around 25% efficient at converting food into energy. The impact of food production is not trivial; EU food emissions are estimated at 1.44g/CO₂e per kcal, with meat and dairy production one of the largest contributors to climate change.

Humans don't match our energy expenditure with inputs, but a cycling journey will likely result in increased food consumption. An electric bicycle, on the other hand, is around 90% efficient at converting electricity into movement. Even if that electricity is generated from a coal power station, it is possible the electric bicycle journey has fewer emissions than a food-powered human eating meat.

Incidentally, a recent study in Norway found car drivers switching to e-bikes had greater improvements in fitness than those switching to normal bicycles, the theory being that they travelled further and used them more. The Bristol Cycling website covers this in depth: bristolcycling.org.uk/cycling-vs-the-electric-car/.

Blaise Kelly

The European Cyclists' Federation has calculated (bit.ly/cycle-ecfCO2) that a bicycle and rider are responsible for 21g of CO₂ per mile, an e-bike and rider just 22g/mile, and a typical car 271g/mile.

Win a set of Lezyne lights worth £110

The letter of the month wins a set of Lezyne Macro Drive 1100XL / Strip Drive Pro lights, courtesy of Upgrade Bikes. The versatile front light delivers 1100 lumens on its highest setting yet lasts 78 hours on its lowest, while the rear – at up to 300 lumens – is ultra-bright even in daylight. For more information about these lights, or to find your local stockist, visit upgradebikes.co.uk



Get in touch

LETTERS are edited for space, clarity and, if necessary, legality. Please note that if you have specific complaint or query about Cycling UK policy, you should address it to the relevant national office staff member. Feedback for the next issue must arrive by 30 April.

WRITE TO: Cycle, PO Box 313, Scarborough, YO12 6WZ or email cycle@jamespembrokemedia.co.uk



Cycling for all

Just a quick email to say how fantastic I think your magazine and organisation are. Perusing our regular collection of cycling magazines (Procyling, Cycling Plus, Bikes Etc), I was staggered at the dearth of articles about women cyclists.

There weren't even advertisements with women in them. Or older people. Or people of other races. The other magazines seem to be only for white, mostly young, men.

Thank goodness we had a copy of Cycle to make me feel like all of us are included in the wonderful and healthy world of cycling!

Mrs April Warburton



An eye test

I have just spent a frustrating couple of hours reading Cycle. It's usually time that I look forward to, and I enjoy reading it cover to cover. I have had to use a magnifier to read some of the articles. It seems to me that the colour and/or shade of the basic typeface has been changed. It has

