



## Welcome

Riding a bicycle keeps you young. Not in the sense of adding days to your life, although to a certain extent it does, but rather in adding life to your days. You may have already seen that as a meme; you can probably buy it printed on a mug.

It's no less true for that. Riding a bicycle provides uncomplicated joy. You can enjoy it as much at 80 as you did aged eight. It's time out from the world's cares, an immersion in your senses and the capability of your body, a connection to the bones and biosphere of the planet.

I think that's why cyclists look younger than sedentary adults. It's partly about being fitter and healthier, but it's also about having a gleam in your eye, being engaged with the world. Using it, not losing it.

The spry cyclists I met at Teesside CTC's Triennial Veterans' Ride in July were a case in point. For some, getting older means a downward spiral in mobility and freedom, terminating in a care-home armchair. For others, it means signing up to do a 100-mile ride. Hopefully we'll all continue to find ourselves on the latter path as the years roll by. Let's cross our fingers and keep cycling!

And if things don't pan out perfectly, we're entering a golden age of assisted pedalling. E-bikes long since evolved from tank-like hybrids with breeze-block sized batteries. Check out the svelte e-road bikes from page 66 onwards.

**DAN JOYCE**  
Cycle Editor

**Local riding**  
To find any Member Group or Cycling UK affiliate, visit [cyclinguk.org/groups](http://cyclinguk.org/groups) or phone **01483 238301**

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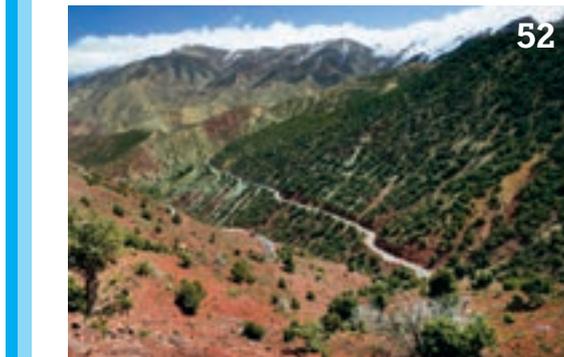
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**On the cover**  
In Switzerland on a nine-day Trans Alp ride in 2018. Photo by Cass Gilbert

Top to bottom: Jo Gibson, Robby Spanning, Getty Images, Susan Nicholson



**jamespembroke**  
media



Founded in 1878

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