

差出人: **Cycling UK - Cycleclips** cycleclips@cyclinguk.org

件名: More cycle lanes needed during pandemic, ride to change lives and tips on using a turbo trainer from Joe Beer

日付: 2020年4月25日 1:02

宛先: erikon@planetadventure.co.jp



[View this email in a browser](#)

Advertisement

**Please donate now**

**Keep the Wheels Turning  
for health and social care  
key workers**

**we are  
cycling**  
UK

#keepthewheelsturning



**we are  
cycling**  
The cyclists' champion **UK**

**CycleClips**



Dear Eriko,

As the weather warms, we are all itching to get out on for a ride. But even though long-distance riding is off the table for the time being, we share our wide range of cycle routes and ways you can get your adventure fix closer to home.

Also this week in CycleClips we ask you to call on local councils to help create more space for cyclists, we launch an exciting new fundraising opportunity to help our health and social care workers and Joe Beer shares his tips for using a turbo trainer.

To enjoy the full CycleClips weekly email - which this week includes details about our campaign to make roads safer, Virtual Cycle Touring Festival and an audience with Veronique Sandler - plus loads of [other benefits](#), [join Cycling UK today](#).

Stay safe and look after each other

Stay safe and look after each other,

**Christina Bengston**, CycleClips Editor



## Space for cycling during lockdown

From Berlin to Bogotá, city authorities worldwide have acted rapidly to ensure the arrival of lockdown measures were accompanied by [expanded space for cycling and walking](#). However, UK cities have been slow off the mark. We need your help to call on councils to act now to create space for social distancing.

**Take action now**

**In more news**



# #RideChangeLives

**Ride 7** 

**Donate 7** 

**Nominate 7** 

**#RideChangeLives**



Actively support Cycling UK's appeal Keep the Wheels Turning with our fun cycling challenge #RideChangeLives. Everyone can get involved, indoors or outdoors, no matter your cycling ability. Your [donations](#) will support Cycling UK and will help us keep key workers' wheels turning, so they can save lives and continue supporting vulnerable people across the UK. Find out how you can get involved.

[Find out more](#)



### Top tips for using a turbo trainer

In lockdown, stationary cycling is the only safe solution to get a very long ride in. Cycling coach and Cycle magazine contributor Joe Beer has some suggestions to make turbo training useful and bearable.

[Find out more](#)





## Find your perfect ride

As the lockdown continues, cycling is becoming more important to many of us as a means of getting out into the fresh air, maintaining our physical and mental health, and enjoying our daily exercise. Whatever type of cyclist you are, we've got some inspirational [local cycling routes](#) for you. One of the [many benefits](#) you can enjoy as a member of Cycling UK is access to a [free regional map bundle from Komoot](#) to help you plan your perfect ride.

[Join now](#)

### Support health and social care workers

Cycling UK is already helping thousands of health and social care workers to cycle safely to work with free membership. Donate now to help even more!

[Donate](#)



### Editor This Week

Christina Bengston is Cycling UK's Communications and Media Officer.

[Cycling UK](#)

[Groups](#)

[News](#)

[Join](#)

[Donate](#)



[Unsubscribe from CycleClips](#)

This email has been sent from an unmonitored email address - please email

[cycling@cyclinguk.org](mailto:cycling@cyclinguk.org)

Registered office: Cycling UK National Office, Parklands, Railton Road, Guildford, GU2  
9JX

Cycling UK is a trading name of Cyclists' Touring Club (CTC) a company limited by  
guarantee, registered in England no.25185.

Registered as a charity in England and Wales no.1147607 and in Scotland no.SC042541.