

Like other e-bikes, Menna's Tern GSD only provides assistance when she's pedalling. Every journey therefore requires some effort. How much depends on how strenuous the journey is and on which assistance mode is selected; most e-bikes have a choice of three or four. Under UK law, an e-bike's motor assistance must cut out at 25km/h (15.5mph), with a maximum sustained power of 250W. That's a lot – as much as a fit cyclist working fairly hard – and it makes a huge difference on hills.

Having recently returned from maternity leave when she started using her e-cargo bike, Menna found that the electric assistance gave her the confidence to cycle regularly and really helped to pedal up the hill near her house. "I was worried about my fitness," she said, "not just because I'd just had a baby, but also because I work from home so it's harder to find time to exercise."

Despite her concerns, Menna has enjoyed riding her e-bike and has already seen improvements in her fitness. She said: "Even though the kids have grown and they're heavier, I've noticed that it takes less effort than a few months ago to climb hills."

### MAKING CYCLING E-ASIER

The Cycle to Work scheme isn't the only easy entry point to e-biking. Cycling UK's Making Cycling E-asier project, which launched in May 2022, offers free one-month e-cycle loans, plus skills and confidence sessions, to communities in Manchester, Leicester, Sheffield, and Luton and Dunstable. It gives people the opportunity to feel the benefits of using an e-cycle for short, everyday journeys, so that they can decide whether to get one for long-term use.

Derrick Udusegbe is someone who did just that. When he heard about Making Cycling E-asier, he and his wife, Success, signed up right away. Through the scheme, the couple received two free, one-month e-cycle loans. Derrick pedalled off from Khizra Mosque in Manchester on a Specialized Vado SL 4.0, Success on a Raleigh Motus Tour Plus.

The couple added child seats to the e-bikes so the whole family could travel by e-bike to pick up groceries and run daily errands. "The kids get so excited when we use the e-bikes to go anywhere," said Derrick. "They love watching the world go by as we pedal. And whenever our youngest child won't go to sleep, we



Derrick Udusegbe and (right) wife Success both have e-cycles

pop him in the carrier seat, start cycling and he falls asleep straight away."

One hurdle the couple encountered was storage space. "We don't have a lot of extra space in our house to keep the e-bikes," Derrick said. So they purchased a small but sturdy bike shed to securely store them.

While some people consider e-bikes to be 'cheating' (although it's not clear how you can 'cheat' at cycling to work or the shops), Derrick has already found that his fitness is improving. Even with the extra assistance, he's getting frequent exercise he wouldn't otherwise have had. "Manchester is very hilly," he said. "I used to dread cycling uphill, but my e-bike allows me to reach the top without feeling very out of breath. It makes it more enjoyable and I am also pleased to have lost a lot of weight."

Despite owning two cars, the couple discovered that since they started riding their e-bikes for everyday trips, they no longer use one of them. They plan to sell it. "Like most people, we've noticed that things are much more expensive than they were this time last year," Derrick said. "So we're always looking for ways to save money. Our second car now sits gathering dust so we intend to sell it."

As well as helping the family's finances, using e-bikes instead of a car for short, everyday journeys will help tackle road congestion and reduce the harmful



emissions that accelerate climate change. The more people there are that do this, the better off we'll all be. According to the Department for Transport, at the end of June 2022 there were 40.7 million licensed vehicles in the UK, an increase of 0.6% compared to June 2021. We need to reduce emissions from vehicles, not raise them.

For help and advice on which e-bike to buy, visit [cyclinguk.org/e-bikes](https://cyclinguk.org/e-bikes). ●

### New year, new e-bike?

Don't miss your chance to win one of two e-bikes in Cycling UK's New Year raffle. We've got an Islabikes eJoni step-through (worth £2,599.99) and a Raleigh e-bike (worth £1,699) up for grabs. You can also win amazing prizes from Muc-Off, Carradice, Cannondale, Stolen Goat and more.

Tickets for the online raffle cost just £1 each. Every ticket purchased helps support Cycling UK's campaigning and charitable work to enable millions more to cycle. To take part, visit [cyclinguk.org/raffle](https://cyclinguk.org/raffle) and purchase your tickets by the closing date of 28 February. For more details on what you can win and how to enter, see page 12.