**Intro:**

So, in a culture, where the car is really dominant, being a cyclist can make it feel like you’re a second class citizen. And if you already feel invisible in society, because you’re identity, because who you are or the way you look, it may seem odd that you would opt for more of these othering experiences by choosing to cycle, especially if you then also don’t see yourself represented in the cycling culture or don’t feel like you’re part of the wider cycling community.

Most studies that look into different social groups and cycling tend to but how much do we know about the different experiences of underrepresented groups who do cycle? How much do we know about the experiences of Women of Colour who cycle? And we know that they do – I know we do – as I am one myself.

My name is Dulce Pedroso and I live and ride my bike in Bristol. I got grant through the Active Travel Academy Justice in and for Active Travel initiative for researching this topic for my Masters. So, what I did for my research, I got my bike and myself on the train and traveled to different parts of the country to ride with and talk with m nine women who all identify as a Woman of Colour and, for whom cycling is a big part of their lives.

I feel really privileged to have been able to talk to these women who are all really impressive and influential in different ways, whether that is as ride leaders, social media influencers and cycling advocates or cycling industry insiders or just as a friend or family to encourage people to ride more.

So, what you are about to hear is the first part of a two-part mini podcast put together from the conversations we had back in May. I recorded these conversations while we were riding our bikes so the sound quality isn’t always great and unfortunately you will not hear everyone I spoke to, but if you are interested in the research and want to find out more, you can find out more via the Active Travel Academy, or find me on Instagram.

In this first part you will hear how Sahar, Vera, Mildred, Tina Susan and Sidrah got into cycling and the role cycling now plays in their lives. You’ll hear about the impact of cycle friendly infrastructure, different community projects and initiatives, cycling clubs and family, friends and partners have had on their cycling. You can also start to get a sense of the way cycling has been represented in the mainstream as largely masculine, often White and middle class, sporty activity which may make it trickier to those who don’t see themselves in that image to identify as a cyclist. But I hope you will also take away the positivity and joy in these conversations and I love how these women are talking about how cycling has given them confidence and mental resilience and voice.

I really enjoyed recording these conversations and I hope that you enjoy listening to them.

**[Transition]**

*Dulce:* So, tell me about this route.

*Sahar:* Yeah, so this route it eventually leads on to a route called Route 66, which is a really long route in Bradford which takes you from just nearby here essentially all the way I think you can get into Leeds from it. So, a lot of people use it to travel into Leeds, I usually just stop up Saltaire, which is an area of Bradford that’s really nice. I don’t think we’ll get there today because it takes a bit longer to get there. But I have already started using it like I said in the last few months and I just love it because there’s a separation between like cars and cyclists, which makes me as a beginner feel really safe, because I know that I’m protected by the infrastructure. But it’s really good like, if I had to recommend someone a route, I definitely start them off here and you can get as far as Shipley, Saltaire, Leeds, it gives you a really long route.

Yeah, like getting thrown into a road makes me quite nervous... or you don’t have the additional pressure of having to think as hard of the dangers when there’s a separation. You still have to be aware, but you know that there’s that barrier? Which yeah, for a beginner, this is just perfect. It’s really comfortable. It doesn’t feel like you’re on the road, does it?

Yeah, when I was younger, I used to only cycle very rarely, when I’m young, I mean about eight or nine. I’m only, I’m 20 right now. But when I was younger, I used to cycle very occasionally, just on my street, you know, as kids do up or down the street, but I never really branched out. And it was only this last October in lockdown, where I decided to update my bike. And then it was in November, where I found out about this opportunity in Bradford, which is called The Jump. And it’s basically it’s like a project that’s created by the Bradford Youth Service. And it’s a project to train 16 to 25 year olds to become sports and leadership coaches, sports and activity leaders. And so I started doing that in November, I’m still doing that, that should like, at the moment, we’re just in the final stages of our training. And with that, I told them that my area of interest was running and cycling. They provided me loads of opportunities to be able to practice. And this summer, we’re going to do our British Cycling class. So, that should be really good.

…So, doing that with them has given me the opportunity to be able to pick up cycling, I don’t think I would have known where to start if I did it myself [laughs]. Because it’s quite a big area, isn’t it? And I was just always so nervous. I, when I saw cycling, people cycling on the road, it seems to me like something that people who are experienced or are more of a higher class did, because it’s expensive, like buying all the equipment, and where do you get the lessons from? And I could cycle but I wasn’t just going to go out on the road by myself. So, it always seemed to be something that people of a different class did. So, I’ll be able to work with Jump, it’s made me realise that, you know, anyone can do it. And it’s just yeah, it’s just a lot of fun.

… So, yeah, so it’s something that I knew it was available to me, but I didn’t know how to access it in a safe way. I was probably a bit too nervous going into it [laughs] but like the project that I do with the youth service that’s allowed me to have the opportunity to practice it. Which is really good.

*Dulce:* Do would you call yourself a cyclist?

*Sahar:* Yeah, I would because I do it for I do it for pleasure, but also, I’m trying to work to do it for more than pleasure. For fitness and for transport. And yeah, I consider myself a cyclist. Whenever I label myself as something like cyclist or runner, I feel like it comes with expectations to be extremely good at it, and I shouldn’t but whenever I tell people that I runner a cyclist that doesn’t mean I’m good at it, but I do it. But I should just, I shouldn’t say that. I should just say “yeah, I do it” like I may not be the fastest [laughs] or the most experienced, but yeah, I’m trying to work on that at the moment. But yeah, I would say I cycle but I’m not like, I don’t cycle like a lot or well or anything, but I try to just say, yeah, I cycle. I find it hard to label myself as like sporty or active because I didn’t do it as much.

Yeah, I think like I don’t have a lot of gear [laughs]. I have my bike I have my helmet; I have my lock and that’s about it. I don’t, I don’t have like loads of like, cool clothes or, you know, this is the main only bike I’ve had that has been like my adult life. So, I feel like yeah, like it comes with some expectations or if I turn up somewhere, you know, I feel like I’m the most basic one [laughs]. Well, yeah, I think it doesn’t really matter. And I wanted… that’s why I want to show people that, you know, you can just cycle, you know, be an Asian girl, I’m British Pakistani – so, you can just like, it doesn’t matter who you are, what you are, you can just, you can just enjoy it.

**[Transition]**

*Vera:* Yeah, initially, I joined the club. So, cycling on my own is quite a new thing to me. And I’m still getting used to it. So yeah, initially, I rode a tandem with my partner*...we’ll go on, actually, let’s just go on the path for now. We’ll go across the... little bump...* Yeah, so, I got into cycling through riding a tandem. That was sort of my way into it. And then I bought my first road bike in 2018, three years ago. And that was like, okay, I want to start like, seeing how strong I am on my own, first of all, because I didn’t know, like, my partner was carrying a lot of my weight [laughs]. I knew I wasn’t very fit or strong. So, he had to work twice as hard. So yeah, so got it on my own. I joined a club because I wanted to cycle with people and also not get lost [laughs].

Yeah, so joined the cycling club. And just went on club rides and things like that. And it’s only since like, lockdown, that I started going out on my own because I couldn’t go out with people. But yeah, it’s still remained much of the same. I think it’s for me finding community. *We’re going to go across. So if we just go here, and then we’ll go behind the cones.*

*Dulce:* So what would you say the impact of cycling has been in your life?

*Vera:* “Impact of cycling?” Yeah, so for me, it’s like the building new relationships with people. And it’s given me a bit of a, I guess, a sense of belonging. I didn’t really do much cycling before, but like, I found a lot of good people I get on with, not necessarily because of like cycling, but it’s like, it’s been great for that community. And I think the biggest bit for me is the mental resilience, I think, that’s the impact it’s had. It’s like, just the pushing up the hills and the tough bits of it… is one of the toughest things I’ve like been doing.

*Dulce:* So do you call yourself a cyclist? Are you happy to identify as a cyclist?

*Vera:* Yeah, I think like, and that’s quite recent, really. I think in the last few months. I’m like, yeah, “I’m a cyclist”. I always called myself ‘an aspiring cyclist’. I don’t even know what that meant. Because I thought like cyclist means, you know, you’re like, racing or like, quite serious about it. You’re in lycra, you’re like, you know?

*Dulce:* But you are in lycra.

*Vera:*I am now! [laughs] So maybe that’s why I’m like, I’m gonna call myself a cyclist. But like, you know, my commuting. I don’t commute on this sort of bike. Yeah, I was on my basket bike. And I... *what’s happening here? He’s on his phone. It’s pretty awful.* Yeah, I was on my basket bike and looked like the queen. Didn’t feel like I’m a cyclist but I’m on a bike. I think I call myself a cyclist. Now.

**[Transition]**

*Mildred:* But yeah, in terms of this, this particular path as well. I have a lot of a lot of love for it. And a lot of memories in terms of getting into cycling for the first time. It was always such a convenient way to kind of get out on the bike and I think that’s why a lot of people love it. And I remember, you know, sort of starting out when I think, yeah, the first time I ever did it, I was driven to Warmley, left the car in the carpark there and then rode to Bath and back. And I remember being in so much pain at the end! [laughs] And I remember seeing, like, when you’re approaching that crossing by the Warmley waiting room and you could see it, and it was just like, “oh my God, the car is just there, it’s gonna be so good!”. And so going from that to this being like a sort of, sometimes if I just feel like I want to get out and ride quickly for a couple of hours, it’s just like, I just nip out to Bath and back and then and then get on with my day. It’s this path has probably seen quite a lot of progress in that respect. And when I first started riding on a drop bar bike, which I found terrifying. You know, I first did it here because it was easy to stop. You know, it’s all flat, and you could see where you’re going. And there’s nothing unexpected. And the same when I when first clipped in, I came down here with my clippy shoes, swapped shoes, swapped pedals and then just like kept going sort of stopping at every lamp post and saying, “when I get to that lamp post, I’m going to unclip and stop”, “When I get to that lamp post…”

*Dulce:*Did you fall?

*Mildred:*No, I didn’t! I think, I genuinely think, it’s because I did it that way. Like I just embedded it and it became easy. Not saying I’ve never fallen off, I have, it just took a few years for it to happen. I mean, it took a while for it to happen, but it did happen. [laughs]

…I mean, it relates to many, many aspects of it, because it’s, it’s my job. I am a writer and I write for a cycling publication. So, I write news about cycling and I write “how to” kind of features about cycling, I write reviews of cycling products. And you know, that involves having to go out and cycling for work.

*Dulce:*Sounds horrible.

*Mildred:*Yeah, it’s awful you know. I just like dread it every night… [laughs] No, it’s great. And I’m really very grateful for it. And yeah, so like, it’s a big part of my work. And it was a kind of a career move that meant that I had to actually really embed myself in the industry to even really just kind of get into… *sorry...in the middle of something…* yeah, like I had to really kind of embed myself in the industry just to kind of get my foot in because it’s not easy. So there’s that. And then my, my love of cycling actually is very tied up in my relationship, which is a bit weird. But it was my partner when I met him. It was him who got me into cycling in the first place. Yeah, I was commuting at that point. But it was just a way to get from A to B, where he got me cycling to Bath and then going further afield and trying new types of bikes to try and mountain biking. And he’s, he’s a really big cyclist, and it forms a huge part of what we do together. So not to say that if I stopped cycling, we wouldn’t have a relationship, but it would be a change. [laughs] It would be very changed. But yeah, that that marks like a really big part of my life, I guess.

And, and then also the, probably about 95% of my friendship group come from cycling as well. Because I, very shortly after, I started seeing my partner, and he encouraged me to go and volunteer at the Bristol Bike Project. And so like learning how to refurbish bikes. I went there with no knowledge at all, had no idea how a bike was put together. I really genuinely just went because I wanted to hang out with him. And it turned into a real love that I never thought I would have.

*Dulce***:** For the bike or the boyfriend?

*Mildred***:** [laughs]Both. Not sure which came first, but definitely both. Yeah, the bike project is such an amazing community, that I I’ve made so many friends there. And as a result, I mean, the majority of my friends are from the so it’s a huge part of my life. And then also just in the most basic way, it’s the way I get around. I don’t drive. We don’t own a car. So, if I want to go somewhere, I have to go on my bike. Yeah, it’s my work. It’s my play. And it’s my transportation.

**[Transition]**

*Tina:* So no, I mean, I was going out with a cyclist and you know, we used to put the bikes on the roof of his car and most weekends and go off all over the place. And then he was a teacher. So, we always did really exciting things in the summer holidays. And he said, “you fancy this one?” “Yeah!” [laughs] And the planning for it was fabulous. Remember lying on the carpet looking at the maps and stuff? So we were well geared up before even got in the saddle, you know? So it was it’s one of the best things I’ve ever done in terms of resilience, in terms of personal growth, having to rely on somebody because I’m quite an independent person. And then the kindness of people.

Yeah, I never did say yesterday, but it was, it was 1991, I think that we did it. And then we couldn’t set off until four in the afternoon because the tarmac was melting. That was how hot it was... and going across the Forth Bridge, you know, there was just moments of... and then going to Durham Cathedral. That was a spiritual... we just sat on the grounds. Amongst the venerable saints, just wonderful. And we saw the Northern Lights and we got... I’ve seen them before I went to the Isle of Skie and saw them there. And were sitting at the top of the island, looking out to sea thinking it can’t have traffic lights out to sea. And it was the Northern Lights, was bobbing up and down. You know, it was like "Wow!" And then when we, we were camping at that time, just came out of the tent and those three sheets of white light […] stunning.

Dulce: I didn’t know you’d see them in the UK.

Tina: Oh, gosh, yeah. We set off from Lands End, and we chose we wanted to go that way and Lands End has turned into a theme park itself now, but we saw the Milky Way. We saw it in Egypt together. And then we saw there because there’s a lack of light around there, you know? And it was a wonderful start to the cycle to see that.

**[Transition]**

[laughter]

Eden: So, there is lots of traffic at this time. You’d think having started work early that you would avoid the traffic, but you don’t. You still get all the traffic; you still got all the traffic. But I think, well, at least I’m doing something that’s green. *Oh, sorry*. Yeah, at least I’m engaging in something healthy and green, even if I’m stuck for a while.

… so I grew up in Bermuda. That’s where I’m from. It’s a British territory. And they have these lovely railway trails that Bermuda used to have a railway service that was discontinued maybe 50 years ago. And then it was just paved for pedestrians and cyclists and equestrian lovers to enjoy themselves. Growing up as a family, we’d actually cycle along these gorgeous trails almost daily, just for exercise. And it was my dad that taught me like how to cycle, how to cycle safely, I think, hopefully! [laughs] *…And we don’t have a light here either. So we’re just gonna have to keep an eye out.* But I came here for university because with it being a British territory, it’s sort of easier to study here. I don’t have to pay international fees. And then I met my husband and then I got stuck here. [laughs] Nothing on these gorgeous... *oh gosh*... nothing quite like the railway trails in Bermuda. But... *I am tempted to go.* *Yeah, just gonna have to risk it.* And then... *this is gonna be dreadful... I hope that someone’s reported this. This is an accident waiting to happen! So we’re gonna take this little thing off. We’ll go that way […]*

…I think when my husband and I realised we were going to be together for life, we had this sort of, “do we live in Leicester or do we live in his hometown?” which is Grantham. But clearly, I won that argument. [laughs] And it’s good because Leicester is a lot better for cycling.

…even though it’s not something that he did everyday before he met me, it’s now something that he does do every day now having met me. [laughs] So I’ve spread the cycling fever as it were. [laughs]

Dulce: That’s nice to hear. Often you hear the other way around, that the male partner convinces the female partner.

*Eden:* Not me. Like, this is how we’re gonna roll, man. [laughs] Mmm. No.

*Dulce:* So not in your case. I think I’m going to take a layer off.

*Eden:* I know I think I’m gonna do the same coz it’s really warm. Yeah. We got lucky.

Yeah, I think it was it was sort of just one of those things that we did as kids. I mean, I had quite an unconventional childhood. So, I was home schooled. And so that means I was taught at home by my mum. I’m the eldest of four kids. So we had quite a clan. And I guess I remember cycling, but I must have been like four or five just really small with what we call in North America training wheels. I think here they’re called stabilisers. [laughs] I had training wheels, fell loads of times. But once I was up and running, I like I just couldn’t stop. And then because I was home schooled, we obviously had to have an element of PE, and for our family cycling was PE. Yeah, I mean, I have to be honest, there are loads of times I didn’t want to cycle. I think, you’re a preteen or a teenager getting up at half, six, half, seven, even if it is cycling around gorgeous railway trails, it’s not always the most fun thing to do. But my parents sort of encouraged me to persist with it. And then I think in college because I did go to college around 16 when I finished home school, I didn’t cycle because I just had so much to do studying wise and I lived close to the college, so I didn’t need it for commute. And then I came to university here. And I just, I was spending so much money on Uber. [laughs] I was like, late for my lectures, and I was just thinking, “Oh, my goodness”. I think, because Bermuda is so small, it’s like a mile wide. And it’s 20 miles long, and everything is just like really close to each other. And then coming here, everything felt like so far apart. And so for me, it was just like, so easy to impulse order Uber, because it could be like a world away. And yeah, that clearly was not sustainable. And so I actually, where I lived in my halls was next to, or it became next to an Evans cycle shop, they opened up soon after I started uni. Very, very convenient. And because I was sort of bad with money, and I was like, “Oh, new shiny thing!” And I just went in and I was like I want to maybe cycle to university, you know if you could recommend me a bike and they had loads of options and we can add zeros and take zeros away. I mean, we’ve got every price option as well. So that’s how I ended up with this one. And I don’t quite know why I chose bright blue but bright blue it was! [laughs] I thought actually having a basket would be good for when I’m doing like my Asda shop or bringing back books from the library. And I said okay, well, if I could use this at least for half the Uber journeys then it will pay itself off in a few months and it absolutely did and I started to cycling everywhere not just lectures but to see friends. Did use caution so obviously if I was going out for drinks, maybe not cycling and definitely got caught. Because in Bermuda, because it’s a bit further south like, it gets dark quite consistently throughout the year. But obviously here it gets dark really early. I remember a couple of times getting caught cycling to uni and then realising it was like pitch black at four o’clock. And then like having a harrowing cycle journey home in the dark without lights because I didn’t know it was gonna be dark! [laughs] So that happens. But I guess for me cycling was just a way of getting out in the fresh air. Getting to where I need to be without spending money, but also being healthy, and fast forward seven years, that’s still the case. One hundred per cent! [laughs]

**[Transition]**

*Susan:* I think the thing with cycling it is that you can go cycling all day and it’s like a day trip. It’s like you’ve had, you’ve had a day out in the country, you’ve gotten away from everything. And especially what I found at the time*... whoopsie...* Especially at the time, I found that if you’re out of the house all day, you can’t do all the stuff that you feel you ought to do or need to do, and it gets you away from it. So, I suppose that was more... one reason why I got into cycling, and I was cycling... They were a friendly group, but it was all men. And so there’s, they were nice, but a little bit patronising. [laughs] Quite a bit of mansplaining. [laughs]

*Dulce:*When you joined the club, had you been cycling for a while?

*Susan:*Um, so let me see. So, I... No, no, no, no, no. So, I just, I suppose I’ve not thought about it... no, I hadn’t really actually tried cycling anywhere at all on my own before I joined them. I just turned up one day with what I thought was a light, fast bike, which was a really a heavy hybrid with front suspension that was too big for me. And I cycled with them. And it was the most... I can’t forget that 30 miles, it was the most painful 30 miles.

*Dulce:* Were they all on carbon bikes?

*Susan:*Yeah, some. Yeah, on the road bikes or so. I mean they were on faster, thinner tyres, you know, and stuff like that, or so. And especially with a bike that was just too big, because when I bought it from the bike shop, I bought it new. And I just bought it how... They didn’t really advise me.

*Dulce:* I was gonna say. Isn’t that what bike shops should do?

*Susan:* No, no, they were just selling a bike. I wouldn’t recommend that bike shop to anybody, I never do now. And like when I got on it, and I was riding it. And I didn’t know any different because obviously growing up as a kid, when you ride, when you start off with a bike, it’s too big, because the expectation is that you’re going to grow into it. [laughs] So, no, I rode with them for a while. But then after a while it was starting to like get to really boring stuff like Ordnance survey maps, and start working out different routes in it. …But that was a nice little adventure, trying to plan your different routes and stuff like that as well.

*Dulce:* So, how did you then get into, like touring in different countries?

*Susan:* And so the social cycling club, they actually cycled from Leicester down to Oxford. And I went, yeah, I went along with them.

*Dulce:* Did you have your heavy bike?

*Susan:* Oh, no, I had a road bike at this point. Because I remember the time when I turned up on a road bike, and they were just like, “Oh, you’re doing so well” and I was like “Just shut up because it’s a different bike”. They didn’t... they just thought I’d gotten fitter and faster. Whereas I was trying to explain I’m a personal trainer, I teach quite a few spin classes a week, but they just saw it as I’ve gotten faster.

 … Oh, so I suppose, like with starting from the cycle touring with the social group to Breeze champions, and Breeze rides, and the Breeze champions in Leicester starting up Leicester Women’s Velo, there was one woman in the group, Indy who had cycled from Bordeaux to Narbonne in the south of France. And she’d done it like about eight times before, or so. And she came up with this whole idea. She was like, *and we’re gonna go across here*. She was like “I’ve got this idea of why don’t we get a whole group of women to cycle across France?” and especially with the Breeze network – meant to say that there was like Breeze in Leicester, Leicestershire and in Preston, and so there are all these networks all over the place. So, you could actually start contacting them saying, “we’re going to do this women’s only cycle group across France. Maybe you might, you might be interested or there might be other women riders in your group who would be interested”. British Cycling weren’t interested in it at all because she did mention it to them, but they weren’t interested in it at all, but in the first year, she got 27 women joining us on a cycle across France, or so. It was really, really good. Partly, because it was funny watching all these people wondering what all these women were doing, because it just must have seemed really odd to them, because you get groups of men going out cycle touring, and it wouldn’t be seen as odd but you wouldn’t normally see groups of women. So, she started at that. And then from that I started arranging tours in the UK. Like Coast to Coast and Coast and Castles. Different UK tours or so and so I suppose over a couple of years, just starting to build up the confidence to cycle tour. So, it was quite gradual. And there was one woman in the group who, she was going to go cycle touring anyway and she was looking for somebody to go touring with her. And one of my friends was like, “Well, why don’t you go with her?” And I was like, “Well, what about my cat and my mum?” And I had a cat, which I had to rehome... *so we’re gonna go left so you can drop down the curve or so...*

So, it was, I suppose just a gradual thing, really. Yeah, just a gradual thing that over a period of time getting used to organising tours and cycling, cycle tours and stuff. And then somebody just suggesting, because I wouldn’t have, I don’t think I would have ever thought of doing it, even though I’d been sat at my job every day, which was a nice job, but thinking, I’d hate to think that I’m just going to be, I’m not going to get to see other places, but just not realising that it’s a lot easier to do than what it actually is really. If that makes sense.

**[Transition]**

*Sidrah:* I’ve always cycled. Like, some of my first memories are like when I first learned to ride, and my dad was saying “I’m holding it, I promise I’m holding it!” and he wasn’t holding it. [laughs] But like, you know, I remember having a tricycle and you know, all of those different increments and then I always rode. And then I got to a point where maybe when I was like 10 or 11, I no longer fitted my bike. We gave it away and we didn’t think about it for, like I forgot about cycling for a while. And then my sister who is five years my senior started working and at her work they had a really big… so in our local town we had like a bikeathon, which no longer exists, but and they all used to do it so she bought herself a bike and she would go out cycling. And then for my birthday, they got me a bike and she would also use it for cycling to college, etc. And so, they got me a bike and that was where I would go out cycling with her. And Newlands Corner where I live was like this big hill and she took me out on a ride there once but I used to get quite frustrated, because it’d be too cold. It’d be too cold. Then you get to the weather where we were able to cycle, and she’d be like “oh, my hay fever’s too bad”. [laughs] So, then it kind of fell to the wayside again. And then I got really into running. And then from the running after university I got, I didn’t have a job so I’d run and cycle and a lot. And then I did… *Clear!* *We’re just entering into Richmond Park…* so, I got into the idea of “Oh, I could do duathlon” and that’s kind of where I just started expanding…

… It is easier to stay together cycling than it is running and you see a lot more. And some of my favourite things I like when, I when, we’re driving every once in a while. And I see a dad and a daughter on bikes and she’s coming back from rugby practice and people using it as you know, their mode of transport and nothing excites me more than that. And if we have a family that’s the sort of life, I would like is for all of us to be cycling, because you learn quite a lot. I was able to learn to drive quicker because I was a cyclist because he was like, “oh you’re…” you know at traffic lights, he was like “you’re really good at tapering your speed” and I was like, because when I cycle, I’m clipped in and I don’t ever want to unclip! [laughs] And you know, but he was like “you’ve got good awareness of the road” and I was as like as a bike I’m very vulnerable. So…

Do you know what, I’ve definitely found my voice more was as a cyclist. I was running with a friend. And someone, can’t remember what someone shouted at us, and I shouted back, and she was like “where did that come from?” And I was like, well, I’ve found my voice cycling, because I have to shout out to like, pedestrians or cars or, you know, other people to let them know that you’re there, you have to be visible. Whereas in other points of my life, I might try and shy away from being seen. And trying, you know, melt into the background. But this is the first time that I’ve been, no, for my own safety, I need people to see me. And then that has translated into life in general. And I don’t think I had until when we were running, and that was shouted at me, and I shouted back and she was like “wow”. And that was my realisation of “Oh, okay, yeah”. I’m realising that your voice is actually a really important weapon. Or not a weapon, but there is a certain level of importance to your voice.

**[Transition]**

**Outro:**

Thank you for listening to this recording. And thank you again to the Active Travel Academy as well as Beryl Bikes, who also sponsored this research. And thank you everyone who took part, who took the time to ride with and talk with me and let me use these recordings. Keep riding, keep inspiring! In the next part the conversations will go a bit deeper into discourses around cycling, gender and race, and I hope you will join us then!