

## CTC RIDE LEADERS

**Name** - Vicky Palethorpe



**How long have you been cycling?**

I was a late starter, my parents bought me a bike that was way too big for me, thinking "she will grow into it, it was a golden Raleigh 3 speed it was so big, I had to go and learn to ride on my friends' tiny bike to get any confidence or a sense of balance I must have been 10 by then. Living in a village with a family with no car, a bike came to be quite important to me. I had the children and was always with someone in the toddler seat, often an older one sitting on my saddle bringing them home from school, and then with older ones in line on their own bikes. When I started a full-time job in my 30s the bike went by the wayside, the car came to be the way to get round, and I didn't get on a bike for 30 years.

**What got you into cycling again?**

A new husband! When I met Jeff, who was already cycling with CTC, I realised the only way we would see anything of each other, was if I cycled too, that was six years ago.

**When did you join the club and why?**

I joined the club in 2016 when I felt confident, I could do 30 miles, Jeff was out every Sunday, so I wanted to join in.

**Why did you decide to become a ride leader?**

After 8 months or so, the group was short of ride leaders. I thought "I know one or two routes well enough" and my name was put on the list.

**What bike do you ride?**

Specialised Diverge

**Favorite film?**

Sense and Sensibility

**Favourite Music?**

1970s rock and world music.

**Hobbies and pastimes,**

I have been with a Buddhist tradition for many years so studying its philosophy and practicing meditation are my passions. I like knitting and do a bit of gardening. I recently started running, to keep fit in the winter months. We look after my granddaughter too, which is always enjoyable.