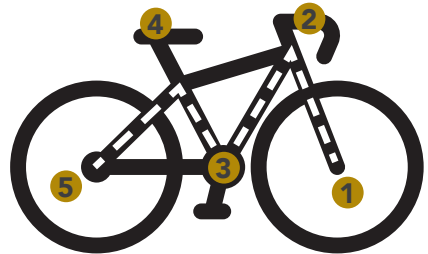


Road Cycling Resource



M Check of your bike

1. Check the front wheel is done up and tyre is inflated properly
2. Handlebars are secured properly
3. Cranks and pedals are not loose and the chain is clean
4. The seat is fixed and at the correct height
5. That the back wheel is done up and inflated.



Cycling Terminology

2

Apex: The shortest distance through a turn.

Bunch: The main cluster of riders in a race. Also called the group, pack, field or peloton.

Cadence: Pedalling rate or the number of revolutions per minute (RPM).

Cassette: The set of gear cogs on the rear hub. Also called a freewheel, cluster or block.

Clipless: A type of pedal that locks into the cleat of special cycling shoes for better power transfer when pedalling.

Drafting: Cycling behind another rider so they block the wind for you.

Drops: The lower part of a down-turned handlebar typically found on a road bike.

Half wheel: When you're riding behind someone and you let your front wheel creep up on the back wheel of their bike. This is a dangerous move since the other person can't see what you're doing. If they swerve unexpectedly, you could crash. Half wheeling can also be moving half a wheel off the front of the group increasing speed.

Paceline: A line of riders (all it takes is two, yet the more there are, the better it works) traveling closely together and taking turns in the lead in order to save energy.

Spin: To pedal at high cadence.