

Cycling Science How Rider And Machine Work Together

Cycling Science

A new, updated edition of a popular book on the history, science, and engineering of bicycles. The bicycle is almost unique among human-powered machines in that it uses human muscles in a near-optimum way. This new edition of the bible of bicycle builders and bicyclists provides just about everything you could want to know about the history of bicycles, how human beings propel them, what makes them go faster, and what keeps them from going even faster. The scientific and engineering information is of interest not only to designers and builders of bicycles and other human-powered vehicles but also to competitive cyclists, bicycle commuters, and recreational cyclists. The third edition begins with a brief history of bicycles and bicycling that demolishes many widespread myths. This edition includes information on recent experiments and achievements in human-powered transportation, including the "ultimate human-powered vehicle," in which a supine rider in a streamlined enclosure steers by looking at a television screen connected to a small camera in the nose, reaching speeds of around 80 miles per hour. It contains completely new chapters on aerodynamics, unusual human-powered machines for use on land and in water and air, human physiology, and the future of bicycling. This edition also provides updated information on rolling drag, transmission of power from rider to wheels, braking, heat management, steering and stability, power and speed, and materials. It contains many new illustrations.

Authoritative, yet accessible, this guide provides the latest on science and technology from the world's top cycling coaches and researchers.

Comprehensive and cutting edge, coverage includes the rider-machine interface, environmental stressors, health issues, the planning of training programs, racing techniques, and more.

Robert Penn has saddled up nearly every day of his adult life. In his late twenties, he pedaled 25,000 miles around the world. Today he rides to get to work, sometimes for work, to bathe in air and sunshine, to travel, to go shopping, to stay sane, and to skip bath time with his kids. He's no Sunday pedal pusher. So when the time came for a new bike, he decided to pull out all the stops. He would build his dream bike, the bike he would ride for the rest of his life; a customized machine that reflects the joy of cycling. *It's All About the Bike* follows Penn's journey, but this book is more than the story of his hunt for two-wheel perfection. En route, Penn brilliantly explores the culture, science, and history of the bicycle. From artisanal frame shops in the United Kingdom to California, where he finds the perfect wheels, via Portland, Milan, and points in between, his trek follows the serpentine path of our love affair with cycling. It explains why we ride. *It's All About the Bike* is, like Penn's dream bike, a tale greater than the sum of its parts. An enthusiastic and charming tour guide, Penn uses each component of the bike as a starting point for illuminating excursions into the rich history of cycling. Just

like a long ride on a lovely day, It's All About the Bike is pure joy- enriching, exhilarating, and unforgettable.

'I am blown away by the level of detail Phil Cavell brings to his work.' Elinor Barker MBE, multiple world champion and Olympic gold medallist 'Phil is eminently qualified to write the Midlife Cyclist. Well, he is certainly old enough.' Fabian Cancellara, Tour de France rider and two-time Olympic champion 'An amazing accomplishment... a simple-to-understand précis of your midlife as a cyclist – you won't want to put it down.' Phil Liggett, TV cycling commentator 'I'm determined to grow old gracefully in lycra, and Phil Cavell has been helping me to do it successfully for years.' Gary Kemp Renowned cycling biomechanics pioneer, Phil Cavell, explores the growing trend of middle-aged and older cyclists seeking to achieve high-level performance. Using contributions from leading coaches, ex-professionals and pro-team doctors, he produces the ultimate manifesto for mature riders who want to stay healthy, avoid injury – and maximise their achievement levels. Time's arrow traditionally plots an incremental path into declining strength and speed for all of us. But we are different to every other generation of cyclists in human history. An ever-growing number of us are determined to scale the highest peaks of elite physical fitness into middle-age and beyond. Can the emerging medical and scientific research help us achieve the holy triumvirate of speed and health with age? The Midlife Cyclist offers a gold standard road-map for the mature cyclist who aims to train, perform and even race at the highest possible level.

A new edition of a guide to heart-rate monitor training for entry-level cyclists of all body types and abilities explains how new technological advances and personalization options can help maximize a cyclist's enjoyment of the sport. Original.

In sport disciplines such as running, ice skating, bicycling and cross-country skiing the aerodynamic drag force constitutes the major obstacle to overcome. Furthermore, in ski jumping and in various activities involving a ball the aerodynamic lift force comes in addition into action. This book describes the various sport disciplines on the basis of aerodynamic analysis and also cover the biomechanics part by illustrative performance examples. Such treatment of the underlying physical phenomena of sport activities gives a valuable supplement to existing literature on sport. The reader will also be guided to references which exist for the various topics discussed, so she or he can go into a deeper study of the particular sport activity at wish.

A book about a brilliant invention - the bicycle. A book about the joys of cycling, a book that peels back the myths of the cycling fraternity. A book about being a boy on a bike or a girl on a bike. A book that states that the bicycle is for everybody to enjoy not just the Carbon Fiber Cowboys and the Lycra Loonies

Who is The Secret Cyclist and why all the secrecy? "Every public aspect of our lives is so tightly controlled that being truly honest is all but impossible in a newspaper interview, never mind a whole book. You try write a warts-and-all blog

about your office. Question how the business is run, make sure you remember to call your boss a moron, and then tell me how it goes." He's ridden for World Tour teams for ten years. He's achieved top ten finishes in Grand Tours. He likes coffee. These are just a few details about the professional rider who wants you to know what the view looks like from the centre of the peloton. What do the riders really make of Team Sky? How does the pay structure work? Why should you never trust a kit endorsement from a professional? Is doping still an issue? The Secret Cyclist tackles the big questions head-on, revealing a side to cycling that fans have never seen before.

The essential practical guide to setting up your bike to maximise performance and avoid injury, written by renowned Lead Physiotherapist at British Cycling, and Consultant to Team Sky, Phil Burt. Foreword by Sir Chris Hoy and introduction by Chris Boardman.

A hilarious and essential illustrated field guide that breaks down the tribes of the bicycling community: from the spandex-clad weekend warriors to the hipsters on street bikes who love to laugh at each other (and themselves) Anyone who rides a bike knows the bicycling world is made up of tribes. From tattooed messengers to pretty urban hipsters to grouchy shop owners, they may look like they live on different planets, but they are united by their abiding love of bikes—and often their total disdain of other members of this insular world. Bike Tribes is the Preppy Handbook of bicycling, replete with one-of-a-kind illustrations that taxonomize the special habits, clothing, preferences, and predilections of cyclists. Mike Magnuson, an avid rider, bicycling expert, and longtime contributor to Bicycling magazine, covers the basics of racing, etiquette, and apparel and gear, including running commentary on cycling culture, poking holes in practically every pretension in the cycling world. Bike Tribes is a fun romp through the various subcultures in the bike community—bound to appeal to newcomers and grizzled cyclists alike.

The bicycle is a common, yet unique mechanical contraption in our world. In spite of this, the bike's physical and mechanical principles are understood by a select few. You do not have to be a genius to join this small group of people who understand the physics of cycling. This is your guide to fundamental principles (such as Newton's laws) and the book provides intuitive, basic explanations for the bicycle's behaviour. Each concept is introduced and illustrated with simple, everyday examples. Although cycling is viewed by most as a fun activity, and almost everyone acquires the basic skills at a young age, few understand the laws of nature that give magic to the ride. This is a closer look at some of these fun, exhilarating, and magical aspects of cycling. In the reading, you will also understand other physical principles such as motion, force, energy, power, heat, and temperature.

Cycling is exploding in a good way. Urbanites everywhere, from ironic hipsters to earth-conscious commuters, are taking to the bike like aquatic mammals to water. BikeSnobNYC—cycling's most prolific, well-known, hilarious, and

anonymous blogger—brings a fresh and humorous perspective to the most important vehicle to hit personal transportation since the horse. *Bike Snob* treats readers to a laugh-out-loud rant and rave about the world of bikes and their riders, and offers a unique look at the ins and outs of cycling, from its history and hallmarks to its wide range of bizarre practitioners. Throughout, the author lampoons the missteps, pretensions, and absurdities of bike culture while maintaining a contagious enthusiasm for cycling itself. *Bike Snob* is an essential volume for anyone who knows, is, or wants to become a cyclist.

A user's guide to the most cutting edge knowledge in cycling science. If you're a keen cyclist but want to know more about the science behind the bike, this is the book for you. Get the practical application of this knowledge to give you the performance edge and put you ahead of the peloton. *Performance Cycling: The Science of Cycling* is written by world renowned cycling authors alongside scientists working at the cutting edge of cycling research. Learn about: the latest training methodologies; how to implement pacing strategies; optimising nutrition; how to effectively set up your bike; and how to mentally prepare for optimal performance. Whether you are a novice or pro cyclist, *Performance Cycling* is the essential user's guide to guarantee you reach your full potential.

Includes information on treating and preventing all kinds of bicycle-related injuries and pains

U.S. Olympic cycling manager Ed Burke presents practical cyclist-to-cyclist advice on how the heart, lungs, and muscles work and how this knowledge can help any rider get the most out of the sport. This is the book for the cyclist who wants to know the why of training, not just how. U.S. Olympic cycling manager Ed Burke presents practical cyclist-to-cyclist advice on how the heart, lungs, and muscles work and how this knowledge can help any rider get the most out of the sport. This is the book for the cyclist who wants to know the why of training, not just how.

The classic bicycle road racing book first published in 1978 chronicles a 150-kilometer European road race and its competitors in vivid, realistic detail.

Reprint.

Provides advice on equipment and skills, including tips on how to prevent injury and convert a mountain bike into a road bike

Provides a training schedule, exercises, nutritional guidelines, equipment suggestions, and tips on technique for safe and healthy cycling for the middle-aged

An updated edition of a classic: an indispensable companion for a new era in cycling. The bicycle is almost unique among human-powered machines in that it uses human muscles in a near-optimum way. This essential volume offers a comprehensive account of the history of bicycles, how human beings propel them, what makes them go faster—and what keeps them from going even faster. Over the years, and through three previous editions, *Bicycling Science* has become the bible of technical bicycling not only for designers and builders of

bicycles but also for cycling enthusiasts. After a brief history of bicycles and bicycling that demolishes many widespread myths, this fourth edition covers recent experiments and research on human-powered transportation, with updated material on cycling achievements, human-powered machines for use on land and in air and water, power-assisted bicycles, and human physiology. The authors have also added new information on aerodynamics, rolling drag, transmission of power from rider to wheels, braking, heat management, steering and stability, power and speed, and other topics. This edition also includes many new references and figures. With racks of bikeshare bikes on city sidewalks, and new restrictions on greenhouse gas-emitting cars, bicycle use will only grow. This book is the indispensable companion for a new era in cycling.

Offers ninety-two humorous and insightful rules of cycling, from tips on what gear to use and how to enforce proper road etiquette as well as stories from the sport's legendary figures.

Provides an overview of how the rider and the machine work together, examining the tire rolling resistance, the difference between yield strength and ultimate strength, and the importance of aerodynamics.

"...an engaging book: part diary, part manifesto." The Guardian A round-the-world bicycle tour with one of the most original artists of our day. Urban bicycling has become more popular than ever as recession-strapped, climate-conscious city dwellers reinvent basic transportation. In this wide-ranging memoir, artist/musician and co-founder of Talking Heads David Byrne--who has relied on a bike to get around New York City since the early 1980s--relates his adventures as he pedals through and engages with some of the world's major cities. From Buenos Aires to Berlin, he meets a range of people both famous and ordinary, shares his thoughts on art, fashion, music, globalization, and the ways that many places are becoming more bike-friendly. *Bicycle Diaries* is an adventure on two wheels conveyed with humor, curiosity, and humanity.

This expert guide to competitive ultra-distance cycling is all riders need to cycle a very long way, fast. Ultra-distance events are among some of the greatest challenges a cyclist can face, with riders spending hundreds of miles in the saddle over a 24-hour period, battling the elements and overcoming both physical and mental hardships. What was once elite is now commonplace, and today thousands of dedicated riders cycle up to and over 100 miles on ultra-distance rides every week. To add to this, the increasing profile of major events such as Race Across of America (RAAM), Race Across the Alps (RATA) and Ultracycling Dolomitica means that many more riders are being drawn to the challenge of 'non-stop' endurance cycling. *Ultra-Distance Cycling* is the first mainstream book to offer practical, authoritative guidance to cyclists looking to step-up to long-distance endurance events, as well as expert advice to established competitors seeking a competitive advantage. Written by a leading sports scientist and a record-breaking ultra-distance cyclist, this unique book is both science and experience based, offering practical and performance-

enhancing insights on a wide range of areas. These include physical training and mental preparation, guidance on your support network, advice on PR and sponsorship, as well as all-important sections on equipment, nutrition and the major ultra-distance cycling events. This definitive manual provides riders with everything they need to ride longer and faster, and to excel at ultra-distance cycling events.

Lonely Planet: The world's leading travel guide publisher Discover 200 of the best places to ride a bike in this beautifully illustrated hardback. From family-friendly, sightseeing urban rides to epic adventures off the beaten track. Destinations range from France and Italy, for the world's great bike races, to the wilds of Mongolia and Patagonia. These journeys will inspire - whether you are an experienced cyclist or just getting started. The book is organised by continent. In the Americas we join a family bikepacking trip in Ecuador; we pedal the Natchez Trace Parkway and stop at legendary music spots; we ride the Pacific Coast Highway in Oregon and California; go mountain biking in Moab and Canada; and explore the cities of Buenos Aires and New York by bicycle. European rides include easy-going trips around Lake Constance, along the Danube and the Loire, and coast-to-coast routes; routes in Tuscany, Spain and Corsica; and professional journeys up Mt Ventoux and around the Tour of Flanders. In Asia, we venture through Vietnam's valleys; complete the Mae Hong Son circuit in northern Thailand; cross the Indian Himalayas; and pedal through Bhutan. And in Australia and New Zealand we take in Tasmania and Queensland by mountain bike; cycle into Victoria's high country and around Adelaide on road bikes; and try some of New Zealand's celebrated cycle trails. Each ride is illustrated with stunning photography and a map. A toolkit of practical details - where to start and finish, how to get there, where to stay and more - helps riders plan their own trips. There are also suggestions for three more similar rides around the world for each story. Each piece shows how cycling is a fantastic way to get to know a place, a people and their culture. About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, gift and lifestyle books and stationery, as well as an award-winning website, magazines, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Eleven-year-old Alex Peterson may be the least-athletic boy at his school, yet he dreams of accomplishing something "not a whole lot of other people in the world have ever done": a 200-mile, single-day bicycle ride from Seattle to Portland. Alex discovers that if he's to reach even the starting line, he must overcome more than his physical disability. He must also find a way to revive his father's own long-dormant dreams, and convince his dad to join forces with him, before they can achieve together what neither would on his own.

Every July hundreds of thousands flock to the Champs-Élysées in Paris—and millions more to their televisions and computers—to witness the dramatic conclusion of the grueling three weeks of the Tour de France. There is no better measure of the worldwide love of the bicycle. But of the 1.2 billion cyclists traversing the world's roadways and trails, few of us take the time to consider the science behind the sport. The simple process of getting about on two wheels brings us in touch with a wealth of fascinating science, and here journalist Max Glaskin

investigates the scientific wonders that keep cyclists in their saddles. Cycling Science tours readers through a wide variety of topics, from tire rolling resistance and the difference between yield strength and ultimate strength, to the importance of aerodynamics and the impact that shaved legs have on speed. Each chapter explores a different subject—fundamentals, strength and stability, materials, power, aerodynamics, and the human factor—and is organized around a series of questions: What is the ideal frame shape? What is the biggest source of drag? What keeps a bicycle from falling over? How much power can a cyclist produce? Which muscles does cycling use? Each question is examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read through for a comprehensive overview of how machine and rider work together. Athletes have much to gain from understanding the science of their sports, and Cycling Science will be a must-read for cyclists of all stripes—professionals, recreational riders, and anyone seeking to enhance their enjoyment of cycling.

"Sports nutritionist Matt Fitzgerald lets us in on his no-diet secrets that can help endurance athletes get leaner, stronger, and faster." ? Men's Fitness Revealing new research and drawing from the best practices of elite athletes, *Racing Weight* is a proven weight-management program designed specifically for endurance athletes. Coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. His comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The *Racing Weight* program helps athletes: Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get—and stay—lean *Racing Weight* offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. *Racing Weight* superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With *Racing Weight*, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Bicycling is undergoing a renaissance in this country as millions of people are taking to the streets in this nostalgic, beloved pastime. From purchasing one's first bike to learning all its different components, *Bicycling Big Book of Cycling for Beginners* is the go-to guide for any beginning cyclist's collection. The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter, faster, and safer using this incredible wealth of knowledge. As the sales of new bicycles increase every year, these helpful tips will educate and inform beginning cyclists so they perform to the maximum potential, all while having fun. Trusted bicycle consultant Tori Bortman distills the essentials every beginning cyclist needs to know. She covers different types of rides, the components of bicycles, proper cycling clothing and equipment, basic road skills, nutrition, training, maintenance, and how to ride for a cause. She also explores how to approach cycling from the conceptual beginnings into tangible, real-time facts about riding as a new cyclist, as well as elaborating on the bountiful health benefits of cycling, including weight loss, stress reduction, and boosted immunity. This is the ultimate guide to bicycling know-how for beginning cyclists.

For professional cyclists, going faster and winning are, of course, closely related. Yet surprisingly, for many, a desire to go faster is much more important than a desire to win. Someone who wants to go faster will work at the details and take small steps rather than focusing on winning. Winning just happens when you do everything right – it's the doing everything right that's hard. And that's what fascinates and obsesses Michael Hutchinson. With his usual deadpan delivery and an awareness that it's all mildly preposterous, Hutchinson

looks at the things that make you faster – training, nutrition, the right psychology – and explains how they work, and how what we know about them changes all the time. He looks at the things that make you slower, and why, and how attempts to avoid them can result in serious athletes gradually painting themselves into the most peculiar life-style corners. *Faster* is a book about why cyclists do what they do, about what the riders, their coaches and the boffins get up to behind the scenes, and about why the whole idea of going faster is such an appealing, universal instinct for all of us.

Cycling: A Sociology of Véломobility explores cycling as a sociological phenomenon. Drawing on extensive ethnographic fieldwork, it considers the interaction of materials, competencies and meanings that comprise a variety of cycling practices. What might appear at first to be self-evident actions are shown to be constructed through the interplay of numerous social and political forces. Using a theoretical framework from mobilities studies, its central themes respond to the question of what it is about cycling that provokes so much interest and passion, both positive and negative. Individual chapters consider how cycling has appeared as theme and illustration in social theory, as well as the legacies of these theorizations. The book expands on the image of cycling practices as the product of an assemblage of technology, rider and environment. Riding spaces as material technologies are found to be as important as the machinery of the cycle, and a distinction is made between routes and rides to help interpret aspects of journey-making. Ideas of both affordance and script are used to explore how elements interact in performance to create sensory and experiential scapes. Consideration is also given to the changing identities of cycling practices in historical and geographical perspective. The book adds to existing research by extending the theorization of cycling mobilities. It engages with both current and past debates on the place of cycling in mobility systems and the problems of researching, analyzing and communicating ephemeral mobile experiences.

Ride faster, fitter, smarter, & farther Every road rider has goals. Yours may be to begin racing, to become more competitive, or to win a specific tour. Not interested in racing? Perhaps you want to complete your first century ride, improve your overall fitness, or ride father and faster just for the sheer joy of flying on two wheels. No matter what your goals, *The Complete Book of Road Cycling and Racing* gives you all the information you need to become a better, more performance-focused cyclist. Written by an accomplished racing coach, cyclist, and exercise physiologist, this book shows you how to: Fit the bike to your body for maximum efficiency and comfort Ride safely in a group Cope with any weather or altitude Maintain your bike Prepare for races of all types Master racing strategies and tactics Train efficiently and stay in peak condition year-round And much more

At the end of the 19th century, Jim Crow laws still separated blacks from whites, and the excesses of the Gilded Age created an elite upper class. Major Taylor, a young black man, wanted to compete in the nation's most popular and mostly white man's sport, cycling. Birdie Munger, a white cyclist who once was the world's fastest man, declared that he could help turn the young black athlete into a champion. Taylor faced racism at nearly every turn. Kranish shows how Taylor indeed became a world champion, traveled the world, was the toast of Paris, and was one of the most chronicled black men of his day. -- adapted from jacket
A new, updated edition of a popular book on the history, science, and engineering of bicycles. "The book helps fill in the picture of a complex and fascinating man...indispensable for the serious study of the subject."—Edmund Wilson, *The New Yorker* The most influential poet of his age, Yeats eluded the grasp of many who sought to explain him. In this classic critical examination of the poet, Richard Ellmann strips away the masks of his subject: occultist, senator of the Irish Free State, libidinous old man, and Nobel Prize winner.

Investigating the scientific wonders that keep the cyclist in the saddle and explaining how the bike and rider work together, this fascinating book is the perfect way to analyse your own kit

and technique by showing you the techniques of the professionals. Each chapter investigates a different area of physics or technology and is organised around a series of questions; What is the frame design? How have bicycle wheels evolved? What muscle groups does cycling exploit? How much power does a professional cyclist generate? Each question is investigated using explanatory infographics and illustrations to clarify the answers. Dip into the book for answers to specific questions or read it right through for a complete overview of how machine and rider work together. At its heart, the simple process of getting about on two wheels contains a wealth of fascinating science.

“No matter what or how you ride, read this book and remind yourself just how enjoyable cycling can and should be.”—Eben Weiss, author of *The Enlightened Cyclist* Just Ride is a revelation. Forget the ultralight, uncomfortable bikes, flashy jerseys, clunky shoes that clip onto tiny pedals, the grinding out of endless miles. Instead, ride like you did when you were a kid—just get on your bike and discover the pure joy of riding it. A reformed racer who’s commuted by bike every day since 1980, whose writings and opinions appear in major bicycling and outdoor magazines, and whose company, Rivendell Bicycle Works, makes bikes for riders ready to opt out of a culture overrun by racing, Grant Petersen shares a lifetime of unexpected facts, controversial opinions, expert techniques, and his own maverick philosophy. In 87 short, two-to-three page chapters, it covers: Riding: Count Days, Not Miles; Corner Like Jackie Robinson; Steer with Your Hips, Shift with Your Legs Suiting Up: The Shoes Ruse; Ponchos—the Ultimate Unracer’s Garment Safety: #1 Rule—Be Seen; Helmets Aren’t All They’re Cracked Up to Be Health and Fitness: Why Riding Is Lousy All-Around Exercise; Saddles Don’t Cause Impotence; Drink When You’re Thirsty—Not Before Also includes chapters on Accessories, Upkeep, and Technicalities, and a final chapter titled “Velosophy” that includes the essential, memorable thought: Your Bike Is a Toy—Have Fun with It. Winner Silver Medal 2013 Independent Publisher Book Awards

Notable luminaries throughout history have been inspired and humbled by the simple joy of riding a bicycle. For centuries, this powerful connection between people and bikes has driven humans forward as inventors, travelers, and thinkers. From Susan B. Anthony and Mark Twain to Eddy Merckx and Greg LeMond, collected here are entertaining, inspiring, and philosophical thoughts about cycling from writers (and riders) reflecting on the pleasures, power, and freedom of the bicycle. With beautiful black-and-white photos and illustrations on every spread, this elegant collection of quotations is sure to motivate anyone to get on their bike and enjoy the ride.

Ride faster and more efficiently with *Serious Cycling*. Exercise scientists have unearthed a wealth of information that cyclists can use to improve their performance. However, most cyclists have never had access to this great body of knowledge. Now you do. *Serious Cycling* bridges the gap between scientific observation and cycling performance. It takes the latest scientific data on physiology, biomechanics, nutrition, injury prevention and recovery, and training, and translates it into practical applications that will have an immediate impact on your personal training program. Written by one of cycling’s top experts, this book will help you build endurance, increase lactate threshold, and enhance cycling strength and power. Two-time U.S. Olympic team staff member Ed Burke has combined physiological training principles and real-world experiences to make *Serious Cycling* the reference that no elite cyclist should be without. The training methods and techniques he presents are what the top cyclists use. You’ll learn how to - use power meters and heart rate monitors to gauge what is happening in your body while you work out; - prevent injuries and illness, even during periods of hard training and racing; - use proper nutrition and cutting-edge supplementation strategies to train harder and recover more effectively; - make your body and your bike work with—not against—each other, - get the best, most current information on proper positioning and cycling biomechanics; and - apply effective tactics and race strategies to ensure your success in time trials, road races, and

criteria. Whether you're a competitor, a club member, or a weekend century rider, Serious Cycling will give you the know-how—and the means to apply it—so that you can reach your full potential.

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