



***Special Olympics***

## **CYCLING COACHING GUIDE**

Cycling Rules & Etiquette



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## Teaching Cycling Rules

The best time to teach the rules of cycling is during practice. Please refer to official *Special Olympics Sports Rules* for the complete listing of cycling rules. Both you as a coach and your athlete need to:

- ♦ Know the proper uniform/attire to wear for practice and competition.
- ♦ Show an understanding of the event that the athlete is competing in.
- ♦ Understand that the divisioning process includes gender, age and preliminary times.
- ♦ Realize that preliminary times may be adjusted by the coach in extenuating circumstances.
- ♦ Know the course (layout, number of laps etc.)
- ♦ Know to watch for direction from the Chief Referee.
- ♦ Know not to interfere with other riders.
- ♦ Follow official Special Olympics cycling rules and [UCI Rules](#).

## Special Olympics Unified Sports® Rules

Unified Sports Cycling refers to only Tandem Time Trial and can be found in the official *Special Olympics Cycling Rules*.



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## Protest Procedures

Protest procedures are governed by the rules of competition. The role of the competition management team is to enforce the rules. As coach, your duty to your athletes and team is to protest any action or events while your athlete is competing that you think violated the official *Special Olympics Cycling Rules*. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Check with the competition team prior to competition to learn the protest procedures for that competition. Many times a simple inquiry into the situation can correct an official's timing or scoring error without the need to file a full protest. It is important to work together with your officials. Not all situations require an official protest filing.

All protest forms must be fully completed and should contain the following information:

1. Date
2. Time submitted
3. Sport - Event - Age Group - Division
4. Athlete's name - Delegation
5. Reason for protest (Cite the specific rule violation from official *Special Olympics Sports Rules* or UCI Rules.)
6. Signature of Head Coach



## Cycling Etiquette

In cycling, it is important that all riders understand the importance of safety first. Should your athletes ride single file or two-by-two? As a coach, you need to determine what is the safest for your riders depending upon the roads you are training on. Practice both ways.

Riders should never wear headphones or use cell phones while riding. Riders need to learn to recognize traffic noises and alert the group as to a car approaching from behind the group. An announcement such as CAR BACK will alert the group. Practice what you should do when a car approaches.

When a rider in the group flats: Develop a plan before riding so everyone knows who waits and who does not. But remember to teach your athletes NOT to wait for another rider during a race!

Water bottles: Athletes should each have their own water bottles clearly marked – no sharing bottles. Teach the athletes and their caregivers to properly clean bottles after each use; using bleach once a week helps to keep the bottles clean. Practice with your athletes on how to drink from their water bottles if they are going to be riding for any length of time. Athletes without the appropriate skills to do so should not have a bottle on their bike, i.e., their bottle can be carried by the coach. Riders should be taught not to throw bottles while riding.

Riders in the lead of the group should alert riders behind of an obstacle. This can be done verbally or by pointing. When an obstacle on the road is seen ahead, the lead rider points with the right or the left hand depending upon where the obstacle is. For some athletes, this is not practical due to balance or control problems; in those situations, coaches should develop a verbal warning plan for obstacles and practice with their athletes.

Spitting and blowing noses: Bike riders may need to spit or blow their noses while riding. Some athletes may not be able to take a hand off of the handlebars to blow their nose. As a coach, you will need to work with each athlete to determine an appropriate technique for spitting or blowing the nose. In a race situation, the athlete needs to be considerate of the other racers.

Going to the bathroom: Remind your athletes to use the bathroom at least 30 minutes before their competition.

Changing clothes: When possible, athletes should not travel to the event in cycling attire. Athletes should change out of cycling shorts as soon as possible after training or racing. Dry clothes should be available to change into after racing or training. At no time should athletes be allowed to change in the open.

Warming up on the course: Riders may warm up on the course only during open course times. Riders must understand that it is not always possible to practice the course at race speed. Riders must respect other riders practicing on the course and give way to all officials and course marshals working on the course. Riders should alert race officials as to any potential hazard seen on the course while warming up.

## At Competition

Staging: Riders should be ready to race approximately 20 minutes before the start of their race. Riders need to know how to get to the starting line and line up according to official instructions.

Racing: Racers must respect their fellow racers and should not use profanity at any time during the competition. Safe riding is required at all times; no abrupt or erratic moves are allowed. Riders need to be taught not to move from one side of the road to the other abruptly.

After the race is over: Athletes should congratulate riders they were racing with.

Listening to officials: Athletes need to obey all officials' commands during warm-up and racing.

Bell ringing: The ringing of the bell signifies the last lap of the event. All competitors finish on the same lap as the leader. If a rider has been lapped and has been instructed to stop or leave the course, the rider must do so.

Riding backward on the course: NEVER!

The lead vehicle: Riders are not allowed to pass the lead vehicle.



## Sportsmanship

Good sportsmanship is both the coaches' and the athletes' commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below, we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### Competitive Effort

- Put forth maximum effort during each event.
- Practice each event with the same intensity as you would perform them in competition.
- Always finish a race or event - Never quit.

### Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.

### Expectations of Coaches

1. Always set a good example for athletes and spectators to follow.
2. Instruct cyclists in proper sportsmanship responsibilities and encourage that they make sportsmanship and ethics the top priorities.
3. Respect judgment of race officials, abide by rules of the event and display no behavior that could incite the public.
4. Treat opposing coaches, directors, cyclists and spectators with respect.
5. Shake hands with other cyclists.
6. Develop and enforce penalties for athletes who do not abide by sportsmanship standards.
7. Reward good efforts.

### Expectations of Athletes & Partners in Unified Sports

1. Treat everyone with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect: Shake hands prior to and after races.
4. Respect judgment of race officials and abide by rules of the sport.
5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair competition.
6. Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.
7. Treat your equipment with respect, i.e., never throwing your bike.
8. Accept seriously the responsibility and privilege of representing Special Olympics.
9. Define winning as doing your personal best.
10. Live up to the high standard of sportsmanship established by your coach.

### Coaching Tips

- Discuss what good behavior is, such as congratulating opponents after all events, win or lose; and controlling temper and behavior at all times.
- Give sportsmanship awards or recognition after each practice or competition.
- Talk about what it feels like to win and lose respectfully.



## Cycling Attire

Appropriate cycling attire is required for all competitors. Every sport has specialized clothing, and cycling is no exception. A coach can help riders understand the need for proper clothing and know how to dress to keep healthy. Discuss the importance of wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and competitions. For example, long-pant jeans or blue jean shorts are not proper cycling attire for any event. Explain that athletes cannot perform their best while wearing jeans that restrict their movement. Take athletes to local cycling events or watch cycling videos to point out the attire being worn. You should set the example, by wearing appropriate attire to training and competitions.

Establishing a partnership with one of the bicycle retailers in your community can help your program. Visit several area shops to determine who can best assist your program. You are not looking for “sponsorship,” but a reliable shop that will help your athletes the most. The shop does not have to be the biggest in town, but it needs to have staff who will best understand the needs of Special Olympics athletes. Some shops may be able to offer reduced prices, but remember, business people need to charge for their services. Be sure to check with Special Olympics, Inc., to determine availability of group discount programs. In addition, several mail order catalogs offer discounted prices on cycling apparel and equipment.

## Helmets

Helmets must meet the safety standards of the Governing Body for cycling in the host country. The fit of a helmet is extremely important. Loose helmets can obstruct vision and will fail to protect during a fall, while helmets that are too small will result in a literal headache to the rider. The front edge of the helmet should rest just above the eyebrows. Straps should be secure enough to prevent the helmet from sliding back from the forehead during an impact. The front and back strap intersections should fit just below the ears. Check with the manufacturer’s instructions. Finally, helmets should provide ventilation slots on the front, sides, top and back of the shell. Helmets that have been involved in a collision involving a blow to the head should be inspected and replaced if necessary.



## Shirts/Jerseys

Shirts or jerseys with sleeves must cover the shoulders and should provide comfort and allow freedom of movement in the shoulder and back areas. T-shirts are suitable if tucked in. Remember, loose clothing can get caught in the bicycle’s moving parts or saddle (seat). Cycling jerseys provide protection from the elements and pockets for carrying identification, keys and food; the bright colored fabric promotes visibility.





### Shorts

Lycra stretch shorts provide upper leg support, have a padded seat for added comfort and reduced chafing, and allow for freedom of movement in legs and hips. Cycling shorts are designed to be worn without undergarments. Properly fitted mid-thigh shorts are acceptable if cycling shorts are not available. Whether your riders choose to wear Lycra or other shorts, washing the shorts after every training session is a must for good hygiene.



### Socks

Cyclists should wear socks, preferably socks covering the ankle.

### Shoes

Although running shoes will work, an athlete serious about cycling will want to invest in a pair of cycling shoes. The stiff soles and cleats will provide efficiency to the athlete's pedal stroke. The shoes should fit comfortably without binding or restricting circulation. The rider should try shoes on with the same type of sock used for riding.

A road shoe may be efficient (due to their stiffness and lightweight) but a Mountain bike or a touring shoe may be more practical because these shoes tend to be more comfortable and easier to walk in.





### **Gloves**

Cycling gloves can add comfort for holding the bars and can protect the hands in the event of a fall, and should therefore be worn at all times.



### **Cold/Wet Weather Attire**

Coaches and athletes should always be prepared for inclement weather. Some examples of useful clothing to have available include:

- ♦ Headband
- ♦ Cycling rain jacket
- ♦ Warm undershirt
- ♦ Cycling tights or leg warmers
- ♦ Cycling jacket or arm warmers
- ♦ Long fingered cycling gloves
- ♦ Shoe covers

### **Accessories**

- ♦ Eye protection is recommended for all athletes and essential for athletes with contacts
- ♦ Hydration system such as CamelBak® may be useful to ensure proper hydration





## Cycling Equipment

The sport of cycling requires the type of sporting equipment indicated below. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance. As you show each piece of equipment, have your athletes name -and give the use for each. To reinforce this ability, have the athletes select the equipment used for their events as well.

### **Bicycle**

There are several different types of bicycles used by Special Olympics athletes. Your riders may be using any one of the following bicycles:

#### Road Bicycle

The drop-style handlebars allow the athlete to ride in a more aerodynamic position. Typically, road bicycles have narrow, high-pressure tires better suited for riding on pavement. Road bicycles can have as many as 30 different gears. Road bicycles are most appropriate for athletes who have higher skill levels.

#### Mountain Bicycle or Hybrid Bicycle

These bicycles have upright and relatively straight handlebars offering a more comfortable position. Typically, these bicycles have heavier wheels and tires with more tread, which are slower on the pavement. Three chainrings on the front sprocket is common and allows for up to 27 gears.



#### Tandem Bicycle

This is the classic bicycle built for two people, which is available in both road and mountain bicycle styles.

#### Hand Cycle and Tricycle

A three-wheeled bicycle (tricycle), typically chain -by the athlete, is equipped with one wheel in the front and two wheels in the back. This may allow an athlete with balance challenges to safely cycle. A hand cycle is a three-wheeled cycle with standard bicycle drive train and standard bicycle crank arms. The hand cycle is operated by pedaling and shifting using only the upper body.

### **Pedals**

Pedals can be found in three types: platform, platform pedal with toe clip and strap, and clipless. Coaches should encourage athletes using platform pedals with toe clip and straps to upgrade to clipless pedals. Double-sided mountain bicycle pedals are easiest to use and can be paired with a mountain bicycle or touring shoe that is safe and comfortable to walk in.



## Tires

Tires come in a variety of widths, diameters and tread profiles. Each variety of tire, along with its corresponding tire pressure, offers different characteristics. A narrow high-pressure tire offers the least amount of rolling resistance. For athletes using a mountain bike, a high-pressure smooth-profile tire will be most efficient for riding on pavement. Coaches should encourage athletes to have spare inner tubes correctly sized for their tires in case of a flat.



## Saddlebag

The cyclist should be ready for small mechanical problems while training. Your cyclist's bicycle should be equipped with a small saddlebag with a few basic tools. Items are listed below.

### The Basic Saddlebag

Item	Quantity
Spare inner tubes	Minimum one, two or more
Tire levers	Two or three
Identification	Card with name and phone number
Patch kit (tapered edge patches)	One kit, but purchase extra glue tubes
CO2 Cartridge (to inflate spare tube)	One inflator, three cartridges

## Tool Kit

- Portable tool box or bag
- Spoke wrench
- Freewheel removal tools
- Freehub lockring tool, if Hyperglide-type freehub
- Chain whip
- Chain tool
- Screwdriver for derailleur adjustment
- Crank-arm bolt wrench (3/8" drive ratchet with socket to fit); crank-arm puller
- Allen keys: 3, 4, 5, and 6mm; 7 and 8mm may be needed for certain parts
- Combination wrenches, especially 8, 9, and 10mm; adjustable wrenches (6 and 12-inch)
- Pedal wrench (do not substitute cone wrench for pedal wrench)
- Metric tape measure (to measure positioning changes)
- Plumb bob (simply a weight with cord, again to track position changes)



- Permanent marking pen (for marking wheels, jerseys, underwear, etc.)
- Bicycle floor pump (needs to fit both types of tire valves: Schrader and Presta)
- Spare tires and tubes
- Seat-post binder bolt (spare)
- Chain lubricant, bicycle grease
- Electrical tape
- Safety pins





**Equipment Accessories**

- ◆ Bicycle computer
- ◆ Frame pump or CO2 cartridge inflator
- ◆ Cones (traffic and marking)
- ◆ Stopwatches
- ◆ Clipboards
- ◆ Whistles
- ◆ Beverage cooler
- ◆ First aid kit
- ◆ Push broom
- ◆ Duct tape



## Cycling Glossary

Term	Definition
<b>Aerobic</b>	Exercise at an intensity that allows the body's need for oxygen to be continually met. This intensity can be met for long periods.
<b>Anaerobic</b>	Exercise above the intensity at which the body's need for oxygen can be met. This intensity can be sustained for brief periods of time only.
<b>Apex</b>	The sharpest part of the turn where the transition from entering to exiting takes place.
<b>Attack</b>	A sudden increase in speed to ride away from other riders.
<b>Bonk (The)</b>	A state of severe exhaustion caused by the depletion of oxygen in the muscles, which has been brought about by failure to eat and drink enough during the race.
<b>Bottom Bracket</b>	The part of the frame where the crankset is installed, including axle, cups and bearings of the traditional crankset, or the cartridge of sealed bearing cranksets.
<b>Brake Calipers</b>	The levers on the handlebars that pull the brake cable, thus activating the brakes.
<b>Brake Levers</b>	Mechanisms attached to the handlebars that control both the front and rear wheel brakes on a bicycle with more than one gear.
<b>Brake Pads</b>	Rubber pads attached to the brake arms, which clamp the rim during braking.
<b>Brakehoods</b>	Rubber covering of the brake calipers, hence "riding on the hoods" is riding with hands resting on the brakehoods.
<b>Breakaway</b>	The leading rider or group of riders who have broken away from the peloton; a second rider or group of riders between the breakaway and the peloton is called the chase group.
<b>Bridging a Gap</b>	Going off the front of the peloton and making contact with a breakaway up the road.
<b>Bunch</b>	The main cluster of riders in a race; also the group, pack, field or peloton.
<b>Cable Clipper</b>	A wire cutter whose teeth cut by passing each other like a pair of scissors, required for making a clean cut of a brake or shift cable.
<b>Cadence</b>	The pedal revolutions per minute (rpm).
<b>Cassette</b>	The set of gear cogs on the rear hub; also freewheel, cluster or block.
<b>Chain</b>	The flexible metal link between the rear wheel and the front chain ring. It transmits the power from the pedals to the rear wheel.
<b>Chainring</b>	A sprocket on the crankset; also a ring.
<b>Chain Rings</b>	The front gear wheels that drive the chain. One- to three-speed bicycles have one chain ring. Ten- to sixteen-speed bicycles have two chain rings. Bicycles with more than sixteen speeds (touring and mountain bikes) have three chain rings.
<b>Chainstay</b>	Small tube running from bottom bracket back to rear dropouts.
<b>Chain Tool</b>	A tool designed to break the chain by extruding the pin from one of the links.
<b>Chamois</b>	A soft, absorbent, slightly padded liner of the crotch of the cycling short, designed to be worn next to the skin.
<b>Chasers</b>	A group of riders ahead of a peloton trying to catch a breakaway.



Term	Definition
<b>Circuit</b>	A course that is ridden two or more times in a race.
<b>Cleat</b>	A metal or plastic fitting on the sole of a cycling shoe that engages the pedal.
<b>Clincher</b>	Tire and tube separate, and the tire expands under pressure to grip the sides of the rim like a car tire.
<b>Clipless Pedals</b>	Pedals designed for use with cleated shoes. The foot is held on to the pedal by attaching the cleat into the clipless pedal.
<b>Cog</b>	A sprocket on the rear wheel's cassette or freewheel.
<b>Crankset</b>	A pair of crank arms.
<b> criterium</b>	A mass-start race of multiple laps on a course that is about one mile or less.
<b>Cycling Gloves</b>	A fingerless glove, similar to a rowing or golf glove, but with padding on the palm for comfort on the bars and protection from crashes.
<b>Cyclocross</b>	A fall or winter race contested on a mostly off-pavement course with obstacles that force riders to dismount.
<b>Derailleur (front &amp; rear)</b>	Mechanism that moves the chain from one gear wheel to another. The front derailleur moves the chain between two to three chain rings. The rear derailleur moves the chain among as many as 8 gear wheels.
<b>Derailleur Adjustment</b>	A plastic or metal barrel where the shift cable enters the rear derailleur. Turning left or right adjusts where the derailleur hangs relative to the cogs on the freewheel. Front derailleur usually is adjusted by changing cable attachment. Set screws on front and rear derailleurs determine the full range of movement.
<b>Downshift</b>	To shift to a lower gear: larger cog on the rear, smaller chainring on the front.
<b>Downtube</b>	The tube extending from the bottom of the headset down to the bottom bracket.
<b>Drafting</b>	Drafting, or riding closely behind another rider in the slipstream (a pocket of moving air created by the rider in the front), decreases wind resistance. This enables the second rider to maintain speed with less effort. A drafting rider can save as much as 25% of effort and be more rested at the finish of the race.
<b>Drivetrain</b>	Components directly involved in making the wheel turn: chain, crankset and cassette.
<b>Dropout</b>	Open-ended fixtures at the fork ends and at the convergence of the seat and chain stays, which receive the axles of the wheels.
<b>Drops</b>	Lower parts of a turned-down handlebar, also called the hooks.
<b>Echelon</b>	A form of the pace line used in a crosswind: Riders line up offset to the lea side of the rider in front so the pace line stretches across the road at an angle or echelon.
<b>Ergometer</b>	A stationary bicycle-like device with adjustable resistance used in physiological testing or indoor training.
<b>Feed Zone</b>	Designated areas on a race course where riders can be handed food and drinks,. It is customary to feed from the right because most riders are right handed (too bad for the lefties).
<b>Field Sprint</b>	The sprint for the finish line by the main group of riders.



Term	Definition
<b>Fixed Gear</b>	A direct-drive power train using one chainring and one rear cog with no freewheel mechanism. Used on track bikes, which have no derailleurs and no brakes and which decrease speed with back pressure on the pedals. Also used on rollers or on road training bikes to improve pedaling technique.
<b>Foot Brake</b>	Mechanism that stops the rear wheel when pedals are pushed in reverse. Foot brakes are used on single speed bicycles.
<b>Frame</b>	The bike's chassis. Frames are made from a variety of materials including steel, aluminum, titanium and carbon fiber.
<b>Freewheel</b>	The cluster of gear wheels attached to the rear wheel, which provides a variety of gears.
<b>Front Fork</b>	Component of a bike frame that extends from head tube forking down over front wheel to front axle.
<b>Gapped</b>	When a rider falls back out of the draft of the rider in front, usually due to a sudden increase in speed by the rider in front, or to fatigue.
<b>Gear</b>	Toothed wheel (sometimes called ring) that drives the chain.
<b>Gear-Shift Lever</b>	Lever used to switch gears by activating the front and rear derailleurs.
<b>Grupo</b>	Includes crankset, brakes, calipers and front and rear derailleurs.
<b>Hammer</b>	To ride hard in big gears.
<b>Handlebars</b>	The bicycle's steering apparatus.
<b>Handlebar Tape</b>	Tape used to cover the handlebars. Usually made out of plastic, cork or cloth. Some types have foam padding.
<b>Headset</b>	The bearing apparatus at the top and bottom of the head tube into which stem and fork are fixed; should be adjusted snug so there is no play, but not tight so that it binds.
<b>Headtube</b>	Short vertical tube at the front of the frame.
<b>Helmet</b>	Worn on the head to protect from head injury. Helmets used by Special Olympics athletes and coaches must meet the standards of the American National Standards Institute (ANSI Z 90.4).
<b>Indoor Trainer</b>	Used for indoor training or for warming up before a race. A bicycle is attached to the indoor trainer unit by removing either the front or rear wheel. The indoor trainer is a good training tool since the athlete can use his/her own bicycle.
<b>Interval Training</b>	A training method that alternates periods of effort with periods of rest.
<b>Jam</b>	A period of hard fast riding.
<b>Jump</b>	A hard acceleration out of the saddle.
<b>Lead-out</b>	When one rider leads another to the line in his slipstream so the other can slingshot around the first rider for the final meters of the sprint. In any bunch sprint, the first rider to go for the line is considered to be giving the lead-out.
<b>Lantern Rouge</b>	The last finisher in a stage race, considered a position of honor because it takes some skill and planning to be last yet not eliminated by the time cutoff.



<b>Term</b>	<b>Definition</b>
<b>Mass Start</b>	Any race event in which all contestants leave the starting line at the same time.
<b>Minuteman</b>	The rider in front of you in the starting order of a time trial, so called because most time trials use a one-minute interval between starters, but correctly used no matter what the actual interval might be.
<b>Motorpace</b>	To ride behind a motorcycle or other vehicle; usually done for speed work in training, but there are some motorpaced races on the track and on the road.
<b>Mudguards</b>	Fenders.
<b>Off the Back</b>	A rider who has failed to maintain contact with the main group.
<b>Overgearing</b>	Using too big a gear for the terrain or for one's conditioning.
<b>Oxygen Debt</b>	The amount of oxygen that must be consumed to pay back the deficit incurred by anaerobic work.
<b>Paceline</b>	A line of riders in which each lead rider pulls off at regular intervals, drops back to the last position, and begins to rotate through to the front of the line again, May be ridden with riders pulling off the front as soon as they are clear of the previous rider, thus creating a second line of riders dropping back to the rear position; may also be ridden as a double pace line in which the pair of riders at the front pull off simultaneously to the left and to the right.
<b>Peak</b>	A relatively short period of time during which maximum performance is achieved.
<b>Pedals</b>	The foot levers that turn the chainrings.
<b>Peloton</b>	The main group of riders in a race.
<b>Pinch Flat</b>	Internal puncture caused by rim pinching the tube when the wheel hits a hard object.
<b>Presta Valve</b>	Narrow valve stem with small metal screw-down cap, common on light racing tires (see Schrader Valve).
<b>Prime</b>	Prize given to the leader of particular laps during a criterium, or to the first to arrive at a designated line in a road race; pronounced "preem."
<b>psi</b>	Abbreviation of pounds per square inch, unit of measure for tire inflation.
<b>Pull</b>	A turn taken on the front of a paceline; a breakaway of the peloton.
<b>Pull Off</b>	To move to the side after taking a pull.
<b>Resistance Trainer</b>	A stationary training device into which a bike is clamped.
<b>Rim</b>	The outside section of a wheel, around which the tube is inflated. Most rims are made of steel or aluminum. The tire covers the tube and holds it to the rim.
<b>Road Race/Mass Start Event</b>	Road races are mass start events which take place on public roads (mass start is a race in which all the racers start at the same time from the same location). They can be point-to-point races, or loops of one to 25 miles (40km) in length.
<b>Road Rash</b>	Skin abrasion resulting from a crash, the most common cycling injury.



Term	Definition
<b>Rollers</b>	An indoor training device composed of three rollers (about three to twelve inches in diameter depending on the type of rollers), set parallel in a rectangular rack that rests on a flat surface.
<b>Saddle</b>	The bicycle's seat.
<b>Saddle Sores</b>	Skin problem in the crotch that develops from chafing caused by pedaling.
<b>Schrader Valve</b>	Inner tube valve like those found on car tires.
<b>Seat Position</b>	Height of seat from center of bottom bracket; fore and aft positioning of seat over bottom bracket; forward and backward tilt of seat.
<b>Seat Stay</b>	Small frame tubes descending from behind the seat to the rear dropouts.
<b>Seat Tube</b>	Frame tube running from seat down to bottom bracket.
<b>Sewup Tire</b>	A tire that is sewed together around its inner tube and glued onto a slightly concave rim, also called a "tubular."
<b>Shift Lever</b>	Modern shift levers are built into the brake calipers; before that, shift levers were placed near the top of the down tube.
<b>Sit on a Wheel</b>	To ride in someone's draft.
<b>Skewer</b>	A metal bar with a cam action lever which clamps the hub of the wheel into the frame.
<b>Slipstream</b>	Pocket of protected air behind a moving rider.
<b>Spin</b>	Ability to pedal at high cadence.
<b>Spoke</b>	The thin metal support rods which comprise the inside of a wheel and keep the wheel round (or true).
<b>Spoke Wrench</b>	A wrench with a slot designed to fit the top of a spoke.
<b>Sprocket</b>	General term for chainring or cog.
<b>Stationary Bicycle</b>	A stationary bicycle is used for indoor training. The unit provides different levels of resistance.
<b>Stem</b>	The bar that extends from the top of the headset to the handlebar.
<b>Take a Flyer</b>	To go very early in a sprint.
<b>Tempo</b>	Fast riding at a brisk cadence.
<b>Thread Cut</b>	When a puncture has cut one or more threads of the tire casing (throw the tire away).
<b>Time Trial</b>	Time trials pit individual riders against the clock, with the goal to cover the course distance in the shortest amount of time. The course is usually straight out for the 500 meter to 1km distances, and out-and-back for the 5km thru 25km.
<b>Tires</b>	Protect the tube. Tires come in a variety of sizes depending on the size of the rim. Tires come with different treads depending on the terrain the bicycle is used on. Mountain bike tires normally are "knobby" while road racing tires have a smooth tread.
<b>Top Tube</b>	The frame tube running from the seat to the top of the headset.



<b>Term</b>	<b>Definition</b>
<b>Toe Clip</b>	Toe piece attached to a pedal, which holds the foot on the pedal.
<b>Tubes</b>	Tubes hold the air that keeps the tires inflated.
<b>Turn Around</b>	The point where riders reverse direction on an out-and-back time trial course.
<b>UCI</b>	Union Cycliste Internationale, the International Federation of bicycle racing.
<b>Upshift</b>	To shift to a higher gear, smaller cog or larger chainring.
<b>Velodrome</b>	A banked track for bicycle racing.

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