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The faster you go, the more drag becomes a problem. At high speeds, racing a bicycle can feel like swimming through water: you can really feel the air pushing against you and (as we've already seen) you use around 80 percent of your energy overcoming drag. Now a bicycle is pretty thin and streamlined, but a cyclist's body is much fatter and wider.

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Bicycle science - how bikes work and the physics behind them

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--Hitting the road --Taking it to the track

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--Mastering the mountains --The extreme sport of cyclo-cross --More action ahead. Series Title: Velocity (Capstone Press) Responsibility: by Suzanne Slade.

The science of bicycle racing (Book, 2014)
[WorldCat.org]

To successfully achieve efficient transfer of power from the body to the drive train of the bicycle the major concern is bicycle configuration and cycling body position. Peak power output appears...

(PDF) The Science of Cycling: Factors

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Affecting ...

Bicycle racers are aware of the problem of wind resistance and over the years have developed techniques for reducing it. Bicycle designers and inventors have experimented in developing alternative bicycle designs and HPVs (human- powered vehicles) with an emphasis on better aerodynamic performance.

Science of Cycling: Aerodynamics & Wind Resistance ...

The second in series of sport science resources developed by San Francisco's Exploratorium, The Science of Cycling takes

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you behind the scenes to learn about the sport from the perspective of top athletes, bicycle makers, and scientists. Science of Cycling: Bicycle Physics & History | Exploratorium. The Exploratorium is more than a museum.

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Drafting or slipstreaming is an aerodynamic technique where two vehicles or other moving

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objects are caused to align in a close group, reducing the overall effect of drag due to exploiting the lead object's slipstream. Especially when high speeds are involved, as in motor racing and cycling, drafting can significantly reduce the paceline's average energy expenditure required to maintain a certain speed and can also slightly reduce the energy expenditure of the lead vehicle or object.

[Drafting \(aerodynamics\) - Wikipedia](#)

Cycling, also called bicycling or biking, is the use of bicycles for transport,

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recreation, exercise or sport. People engaged in cycling are referred to as "cyclists", "bicyclists", or "bikers". Apart from two-wheeled bicycles, "cycling" also includes the riding of unicycles, tricycles, quadracycles, recumbent and similar human-powered vehicles (HPVs). ...

Cycling - Wikipedia

If you've ever felt overwhelmed—by the training, the racing strategies, the etiquette, or simply the pressure—former pro road cyclist and long-time cycling coach Janel Holcomb [janelholcomb ...

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Road Racing 101: What Cyclists Need to Know | Bicycling

Farnborough, England, United Kingdom About Blog Launched in 1891 Cycling Weekly is the world's oldest cycling magazine and the only one to be published weekly. The magazine covers domestic and international racing, offers in-depth training advice, tests the latest equipment, previews sportives across the UK and throughout Europe and much much more.

Top 10 Cycling Magazines & Publications To

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Like Tour de France bikes, track bikes must exceed a minimum weight of 6.8 kilograms. Strip a road bike of the gears, derailleurs, and brakes, and a lot of teams wind up adding weight to make the...

The science of Olympic track bikes | WIRED UK

A study that just came out of the Biomechanics and Ergonomics Research Laboratory at M.I.T. found another technique of doing a bike fit is 98% as accurate as computer and camera motion analysis ...

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The Science of Bike Fitting | CyclingTips

Actually, a real bike would have an even lower speed for two reasons. First, a frictional force would do negative work on the system. Second, bikes have wheels that spin.

The High-Speed Physics of Olympic BMX | WIRED

Abstract. In this holistic review of cycling science, the objectives are: (1) to identify the various human and environmental factors that influence cycling power output and velocity; (2) to discuss, with the aid of a schematic model, the often complex

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interrelationships between these factors; and (3) to suggest future directions for research to help clarify how cycling performance can be optimized, given different race disciplines, environments and riders.

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