An Undistinguished Look at...
Road Cycling

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The World of Cycling

- Commuting
- Touring
- Recumbents
- Randonneurs
- Cyclocross
- Road Racing
- Triathlon
- Duathlon
- Human Powered Vehicles
- Artistic Cycling
- etc...

- Messengers
- Alley Cats
- Goldsprints
- Bike Polo
- Fixed Gear Freestyle
- Freestyle BMX
- Trials
- Mountain
- Downhill
- Jumping
- XC
- BMX
- etc...
Why Ride?

Exercise +
Fresh air +
Speed +
Scenery =

GOOD SENSATIONS!
Why Watch?

A harder question to answer....

http://www.youtube.com/watch?v=0bx2f9Ze3CA

Let's try to put it in context.
The Peloton

Flock of geese:
• ~30% of effort = wind resistance
• Changes shape with conditions

Wolf pack:
• Team leader kept out of the wind
• Lower ranking riders set the pace
• “Domestiques” fetch the water
• “Directeur Sportif” barks orders from the car
A domestique takes one for the team...
“The Break”

• A few riders break away from the peloton
• Tense alliances form
• When it works, you get a “paceline”:
  http://www.youtube.com/watch?v=J5CfRsmtQ44

• Cooperation can break down close to finish

• Stage 5 of the 2008 Tdf: 8 minute lead, swallowed by the peloton in the last km.
  http://www.youtube.com/watch?v=hdQ1ifV3MC0
Types of Racers

Climbers

“The Chicken”

Sprinters

Thor
Tour de France

- Est. 1903
- 3 weeks in July
- 19 stages – flat, mountain, time trial
- Avg road stage, ~170km

- Here's a stage of this year's Tour:
The race is won and lost going up hill
Downhill looks like more fun:

http://www.youtube.com/watch?v=-kZSzB4kEE8
Paris-Roubaix

“The Hell of the North”

- Est. 1896 (!)
- 1 Day “Classic” race
- mid-April
- 260 km
- ~50 km over cobbled roads (pavé)

http://www.youtube.com/watch?v=zpwNq5TYBug
Paris-Roubaix

If you finish, you get to have a shower...
Big Names: Jacques Anquetil

Won 5 Tours (1957, 1961-1964)

Bizarre Personal Life:
- Seduced and married his Dr.'s wife
- Had child with 18 y.o. stepdaughter
- ... and another with stepson's ex-wife

- Book: "Sex, Lies and Handlebar Tape"
Big Names: Eddy Merckx
“The Cannibal”

Won:
- TdF 5 times between '69 and '74
- Paris-Roubaix 3 times
- World Champion 3 times
- Giro D'Italia 5 times
- Milano-Sanremo 7 times

Held the “hour record” for many years

Retired from the bike business this year.
Big Names of the 80's

Bernard Hinault
“The Badger”

5 time TdF champ

Greg LeMond

Won by 8 seconds in 1989
Lance Armstrong

1993: won the world championship as a brash youngster
1996: cancer in testes, lung, abdomen, brain
1999-2005: won 7 straight Tours
2005: retired

- Formerly married to Cheryl Crow
- Other gf's: Ashley Olson (?!), Kate Hudson
- Twitter addict

2009: he's baaack...
David Zabriskie

One of the more... interesting... characters in today's peloton.

Has his own brand of chamois cream ("DZ Nuts").
Canadians Can Ride!

Steve Bauer

- Won a stage of the Tour in 1988
- Wore the yellow jersey for 5 days in '88, 9 days in '90
- 1990 Paris-Roubaix: second by 1 cm!!!
- Silver in 1984 Olympic road race

Svein Tuft

- Second in 2008 World Time Trial (despite a flat tire)
Doping

The dark side of pro cycling. :(

Tour de France shenanigans:

2006: Floyd Landis wins, then stripped of title
2007: Leader “Chicken” Rasmussen thrown out
2008: Riccardo “The Cobra” Ricco thrown out

etc, etc, etc, etc, etc, etc.....
Technology

Not that much different from 100 years ago.

One big invention in 1940s: derailleur

- Rules keep the bikes from getting too radical.
- Biggest difference is materials.
- Weight of current pro bike: 6.8 kg
Technology: what's the difference?
Technology: what's the difference?

- 324 g
  - $125
- 209 g
  - $630

115 g = $505
Want to Build Your Own Bike?

You can do it!

Google “Bike Kitchen”
FIN.