

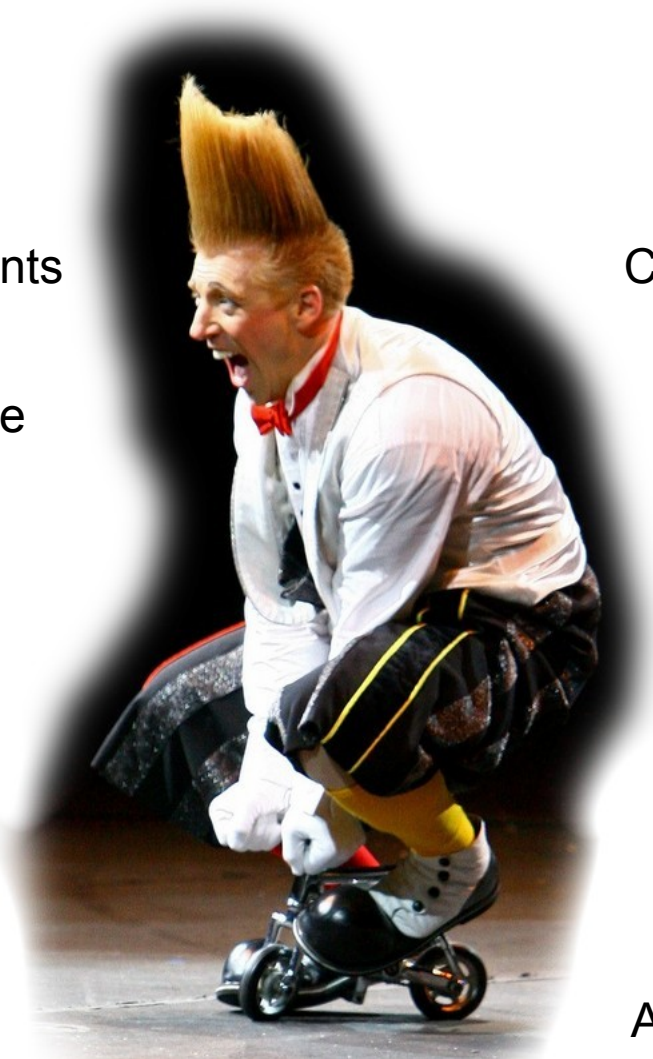
An Undistinguished Look at... Road Cycling



Landon Boyd

March 27, 2009

The World of Cycling



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

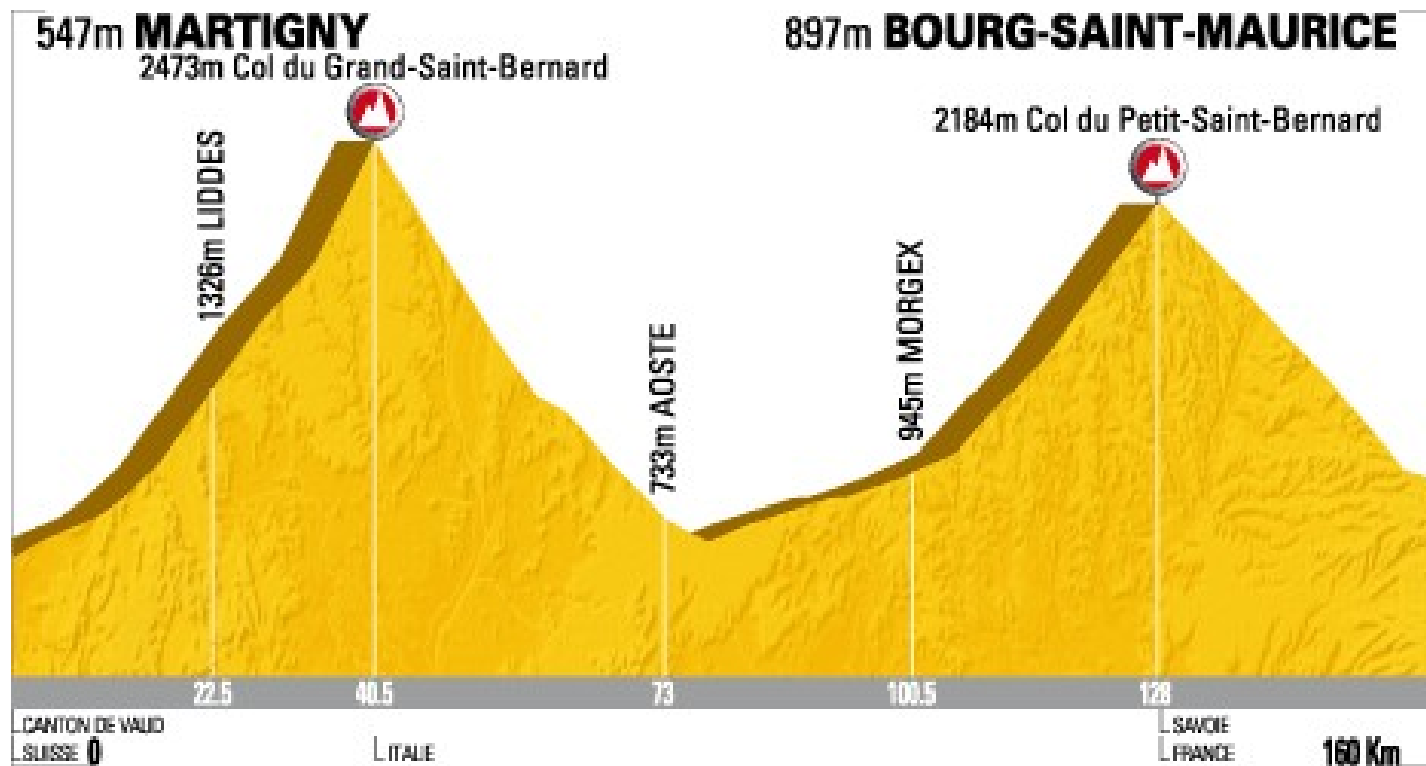


Thor

Tour de France

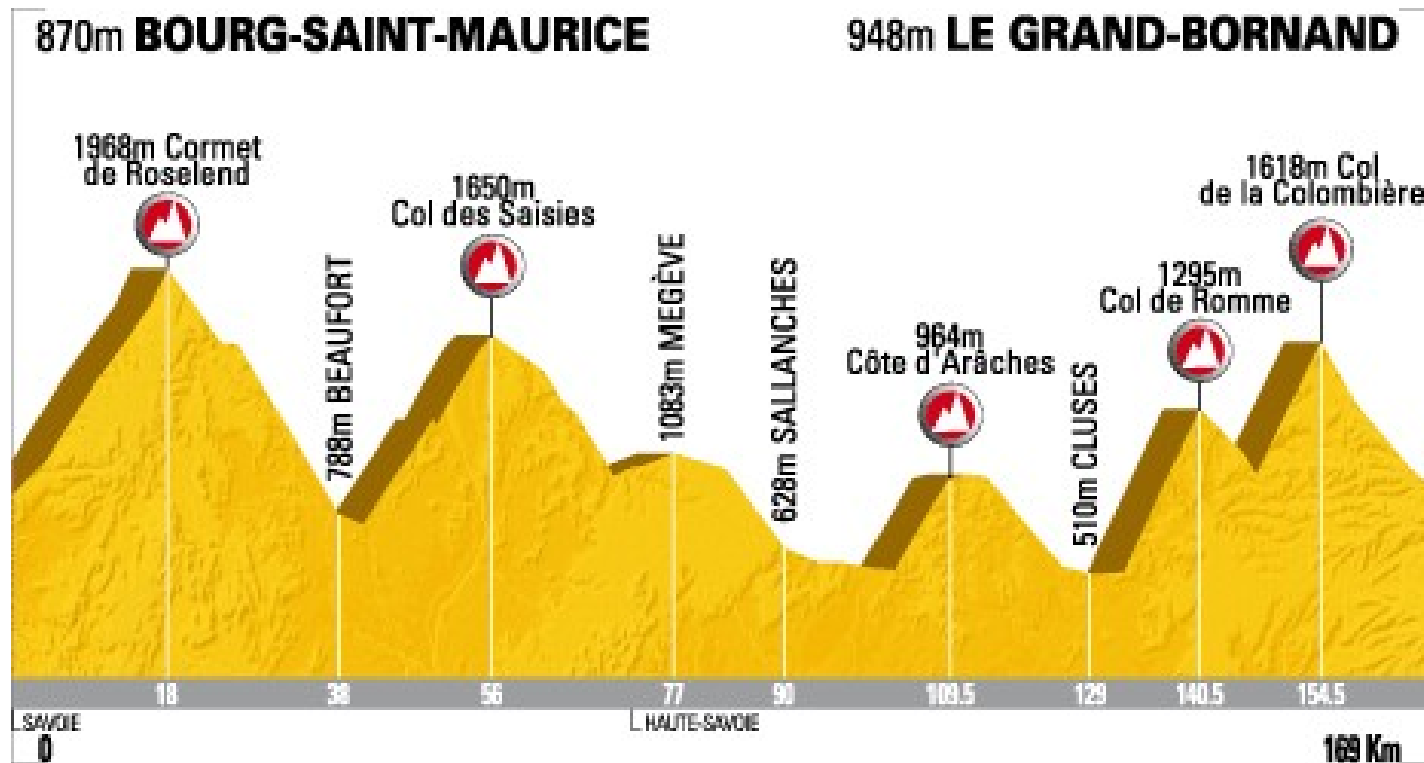
- Est. 1903
- 3 weeks in July
- 19 stages – flat, mountain, time trial
- Avg road stage, ~170km

- Here's a stage of this year's Tour:



Tour de France

... and here's the next day:



- 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...



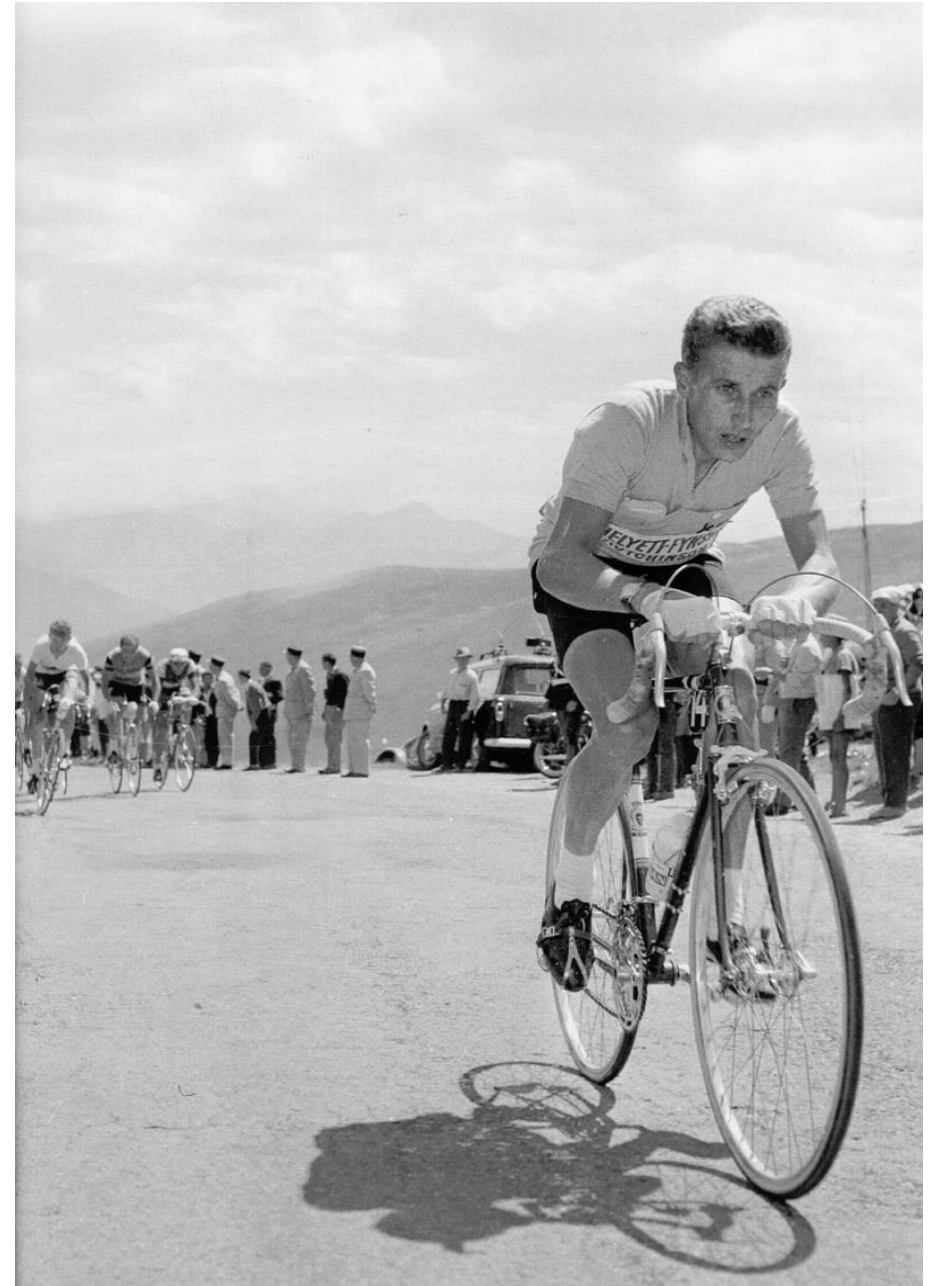
Big Names: Jacques Anquetil

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

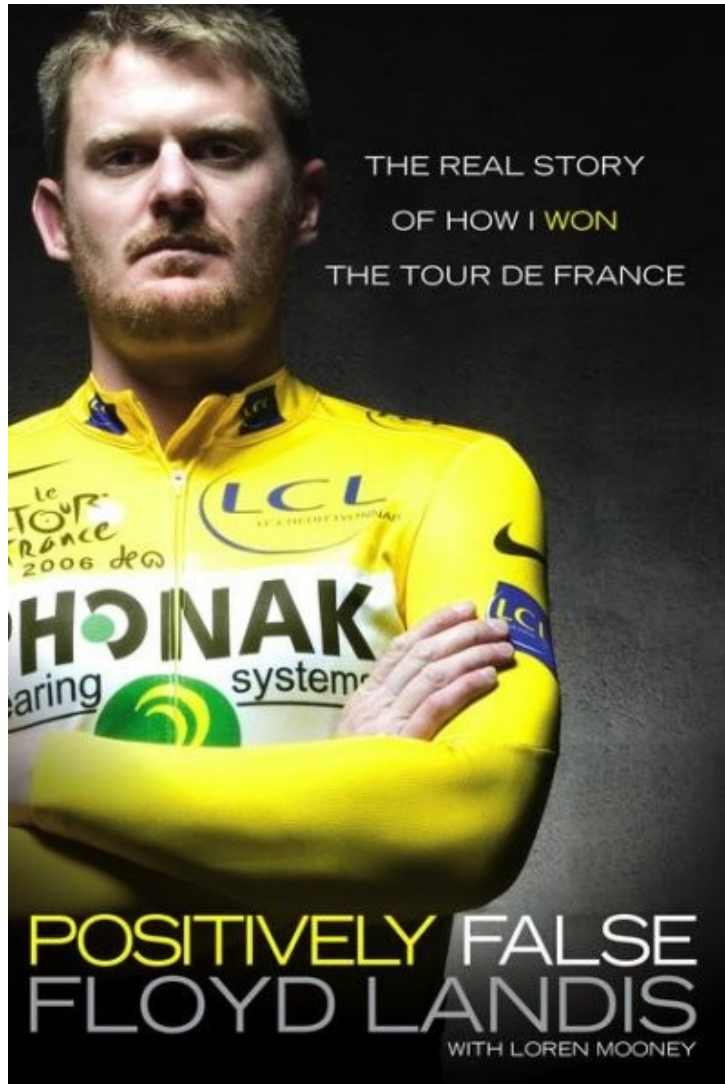
- Won a stage of the Tour in 1988
- Wore the yellow jersey for 5 days in '88, 9 days in '90
- 1990 Paris-Roubaix: second by 1 cm!!!
- Silver in 1984 Olympic road race

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.

