

2015 BIKE FAQ

Your chance to learn about bike optimisation, equipment and simple ways to go even faster



Why listen to this seminar?

- Worked with top bike brands for experts for >20yrs
- Testing in several wind tunnels & access to many experts
- Coaching A/G to Elite athletes in the art of Triathlon

 **SCOTT**

 **PowerBar**

 **ROTOR**

 **INDURANCE**

 **speedo**

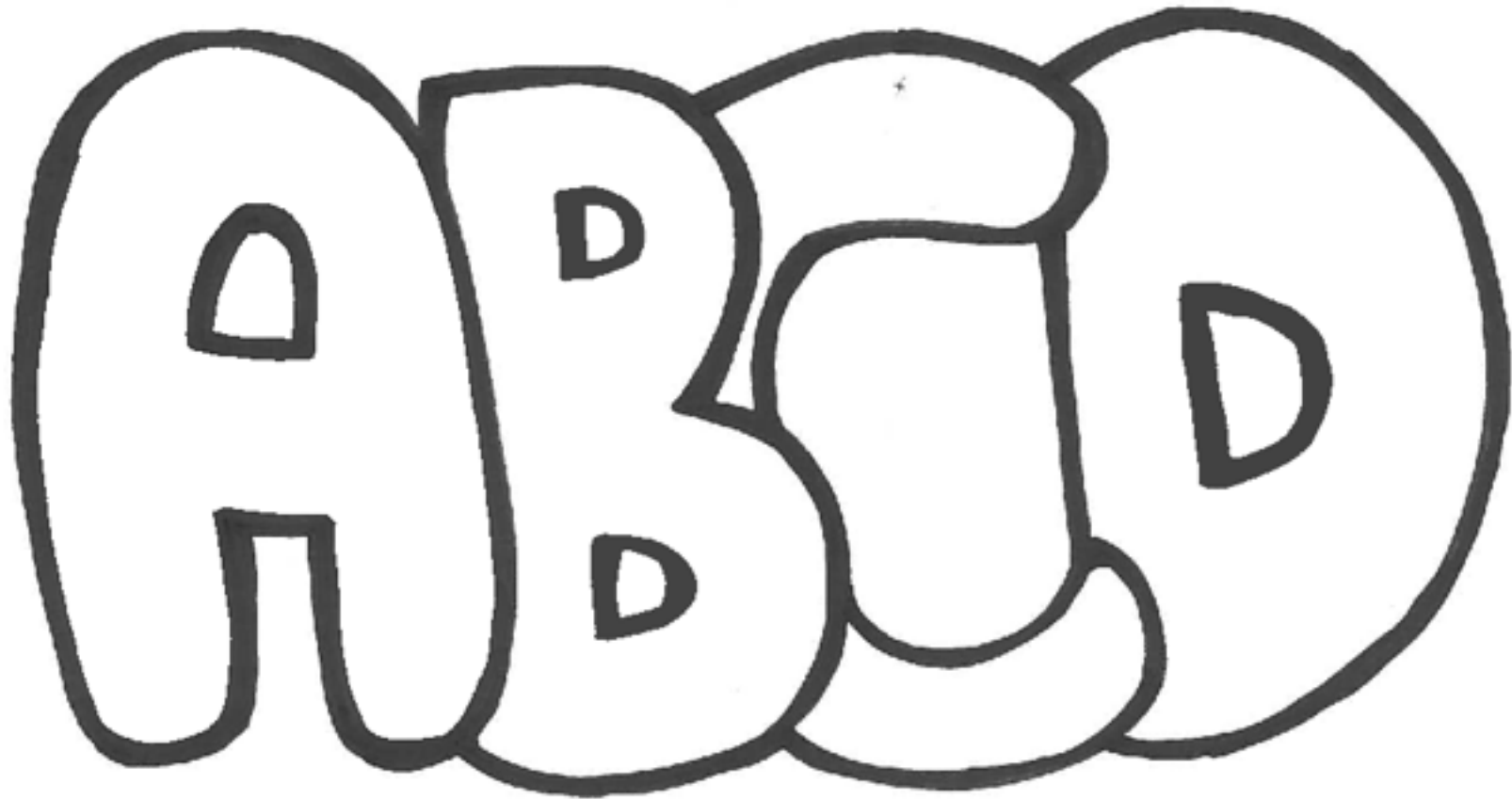
 **neovite**

 **NOPINZ**

 **dryrobe**
ADVANCE

 **SVC**

 **CEP**
The intelligent sportswear



Think about your set up holistically:
Aerodynamics: Bike Handling: Comfort: Drive

* Get fitted correctly

1. The ideal saddle height should allow you to get a horizontal foot at the very bottom of the pedal stroke without needing to roll your hips on the saddle.
2. The nose of the saddle will vary from over the BB to as much as 8cm behind, depending on height and riding style.
3. With hands on the brake hoods, you should be able to ride with elbows slightly bent.
4. On aerobars, your knees should be within 5-8cm of the back of your elbow/tricep area

1. Look at the rider first

- You are the **BIGGEST OBJECT** to hit the air
- accounting for 70-80% of total drag

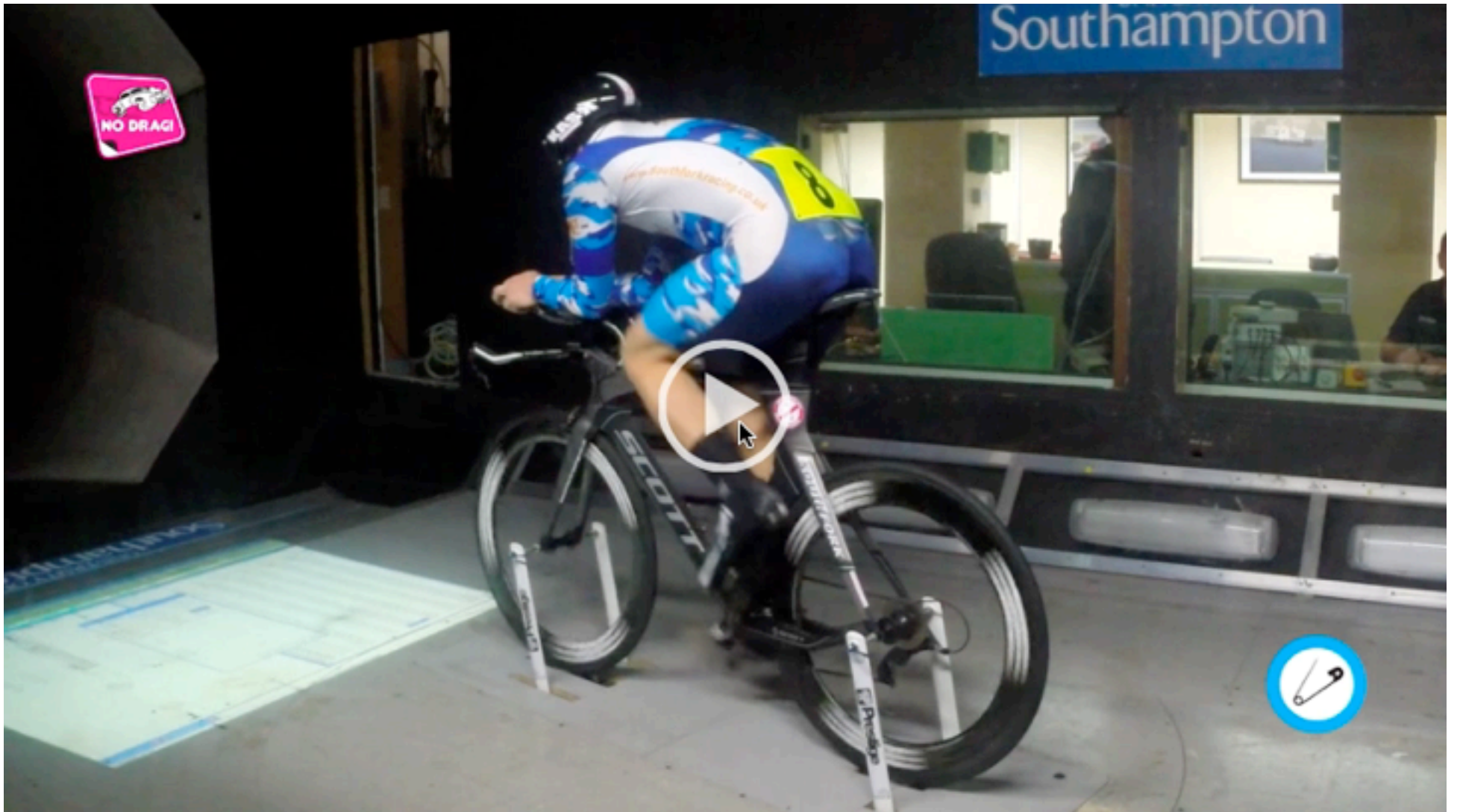




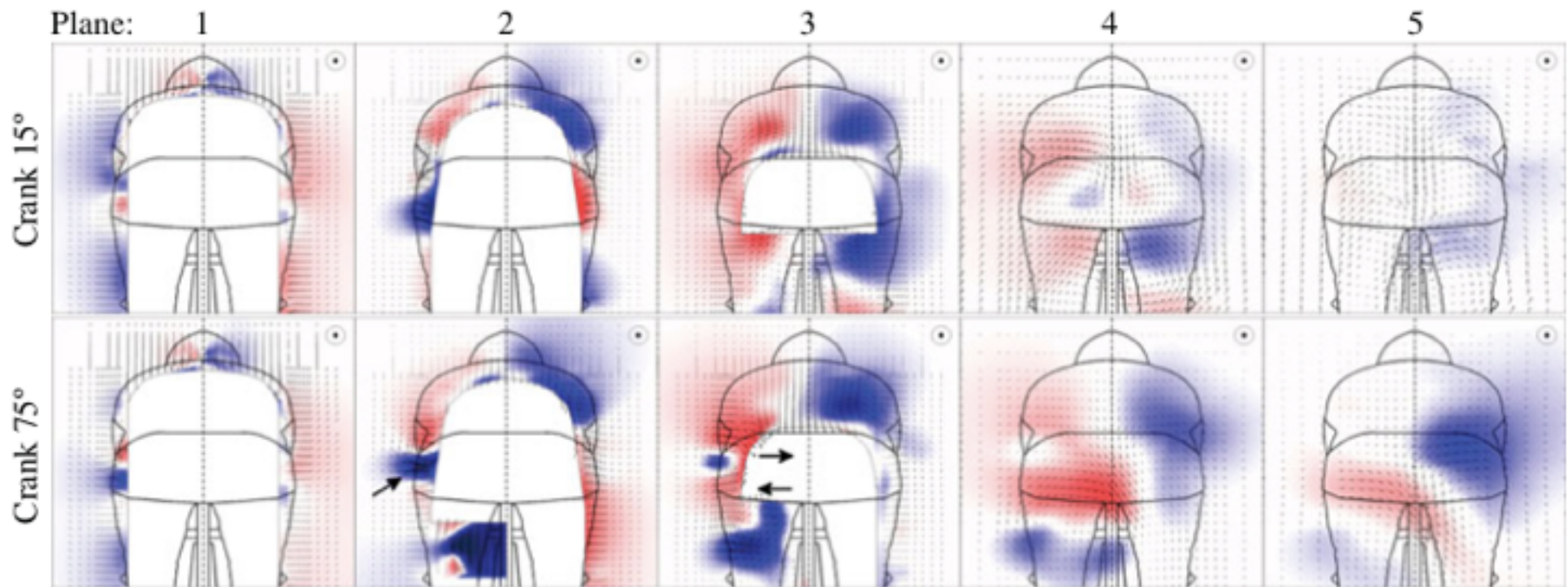
Pro Triathlete Vicky Gill with JBST.com set up Almere 2014 (9h42, bronze medallist)

2. Buy aero race clothing

- Less drag by replacing flapping cycle top
- Reduce number flapping with NopinZ belt
- Don't use gloves unless vital?
- Invest in aero helmet to suit your riding



Flow topology in the wake of a cyclist and its effect on aerodynamic drag 29



Crouch et al (2014) J. Fluid Mech. (2014), vol. 748, pp. 5–35

3. Get your bike race-ready

☐ Gearing adequate? Chain efficient?

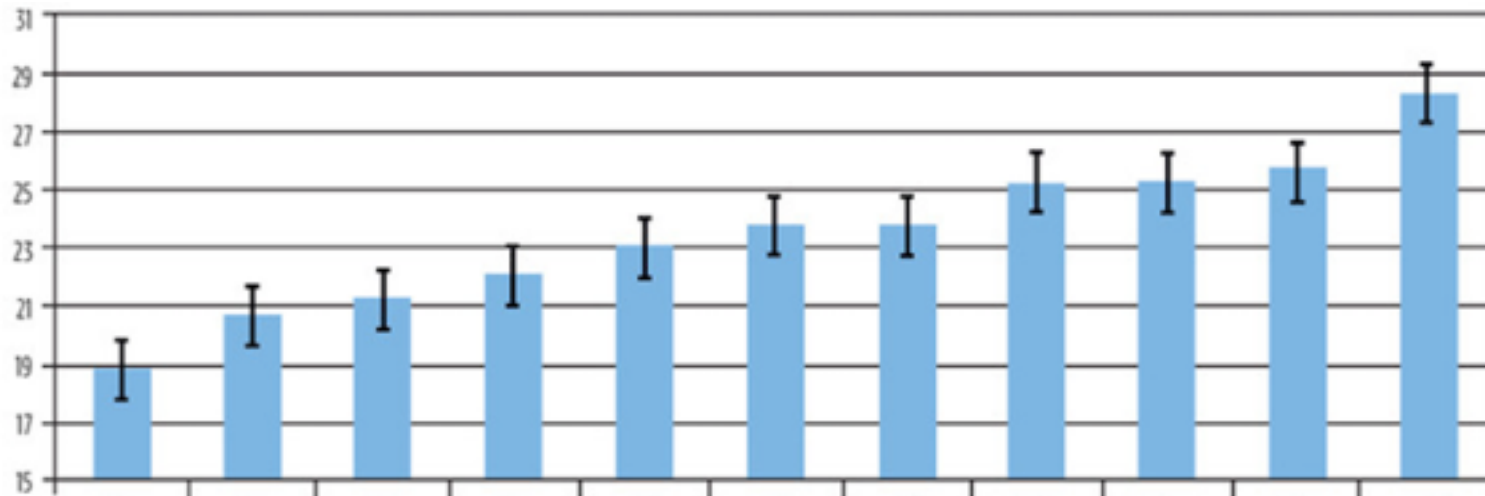
Nutrition options and placement - aero/easy?

☐ Spares “calculated” & stored smart

☐ Shoes, pedals & transitions

4a. The simple speed gains

□ “Good” 23-25mm tires at 95-115psi



4b. The simple speed gains

- Practice comfortable race tuck



4. The simple speed gains

- Hide cables, round bottles, accessories



4. The simple speed gains

- Ride in straight lines and smoothly



- ... by riding rollers regularly.

5. Get expert information and help



CoachJoeBeer.com

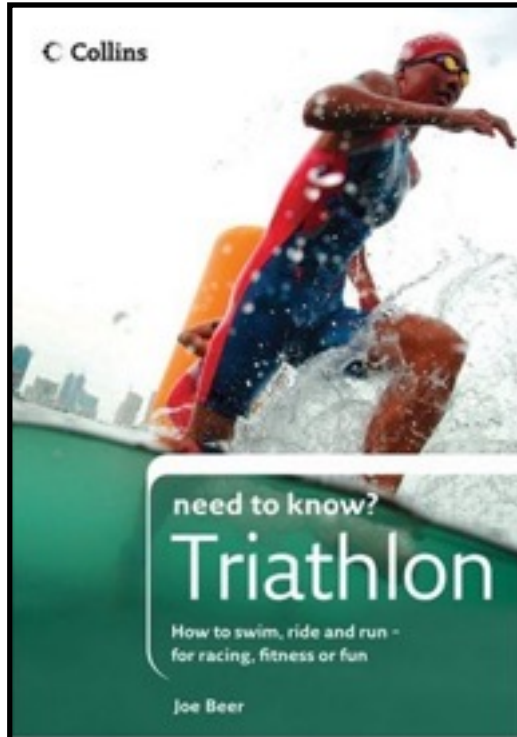
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