

## 200 meter line

### **200 meter line**

The 200 meter line is black to contrast with the track and is 200 meters before the finish line. This line across the track, near the back rail gate is used for sprint timing only.

### **aero**

adj. abbreviation for aerodynamically efficient.

“That helmet is so aero.”

### **aero-bars**

n. handlebar extension which places hands out over the front hub, similar to a skier’s tuck.

### **ANSI**

n. bicycle helmet standard set by the American National Standards Institute (ANSI).

### **Alpenrose**

Alpenrose Velodrome in Portland, OR.

[www.obra.org/track](http://www.obra.org/track)

### **apex**

1) n. the apex is the middle or sharpest point of a curve

2) v. to plan your line around a bend to touch the inside of the lane at the apex, starting and leaving the turn at the outside of the lane, to flatten out the required curve and increase allowable speeds.

### **ATB**

n. All-Terrain Bike or Biking. A synonym for MTB.

### **attack**

n., v. a sudden attempt to ride ahead of a group of riders.

### **Australian Pursuit**

n. individual pursuit event where multiple riders are started equally spaced around the track. Riders are eliminated as they are caught from behind. Often the event goes until only one rider remains as the winner, but can be run on time.

### **B.A.A.R.**

Best All Around Rider. often a competition with points per event. Could be called an omnium.

### **Baker, Jerry**

A longtime cycling enthusiast and an important part of the Seattle cycling community for many years. One of the instrumental folks in the creation

## bonk

of the Marymoor Velodrome and its maintenance. He won the first Seattle to Portland in 1979, when it was a race and has ridden every STP since. Jerry has been at the forefront in promoting & administering the MVA & local cyclocross racing. He is a venerated leader of the cycling community in the Seattle and hundreds join him on his annual New Year’s Day social ride.



### **bail**

1) or bail out. v. to jump off in order to avoid an imminent crash.

2) v. to give up on a ride because of bad weather coming in.

### **balustrade**

n. the outside railing around the velodrome.

### **bars**

or handle bars. n. on road & track bikes, refined component which promotes aerodynamics, body geometry, muscle teamwork, stability, and comfort.

### **bell lap**

n. the last lap of a race will be announced by ringing a bell & display of the number 1 on the lap cards.

### **blocking**

n. getting in the way of rival riders, to help a teammate get ahead on a breakaway.

### **blue band**

also Cote d’Azur. n. French origin. The blue band designates “out-of-bounds” and is the inner edge of the track all the way around. No passing on the blue band during races.

### **bonk**

n., v. slang term for blowing up, hitting the wall, or otherwise running out of stamina in midride. Can be caused by -- and is frequently blamed on -- insufficient water or calorie intake, but in truth is usually a result of insufficient training. “Had I eaten more linguini last night, I’m certain I wouldn’t have bonked.”

## bottom bracket

### **bottom bracket**

n. the bearing assembly to which your crank arms attach.

### **break**

or breakaway. n., v. a splitting of the field, where some riders race ahead, trying to avoid being reabsorbed by the larger and more aerodynamically efficient peloton.

### **bridge**

usually “bridging a gap” by making progress from one group to the next one in front. Takes a great deal of energy, but is often worth it.

### **Burnaby**

Burnaby Velodrome (200 meter indoor wood track) in Burnaby (outside Vancouver), British Columbia, Canada. Harry Jerome Sports Center. UCI racing and rules apply. Marymoor riders need International USA Cycling License to participate. [www.burnabyvelodrome.ca](http://www.burnabyvelodrome.ca)

### **campy**

adj., n. short for Campagnolo, a famed Italian road bike component manufacturer.

### **cassette**

n. the assembly of gears mated to the rear hub of a road bike. See also gear cluster.

### **cached**

adj. to be too tired to ride any farther; bonked.

### **century**

n. a 100 mile bike ride, or a metric century which is 100 km (60 miles). Takes about 3.5 or 4 hours, respectively, on a road bike, if you're in reasonable shape.

### **chainring**

n. a gear at the front, attached to the cranks.

### **chainring tattoo**

n. the dotted-line scar you get from gouging your shin on the chainring. See rookie mark.

### **chainstay**

n. the bottom part of the frame that the rear wheel passes through, low parallel to the chain.

### **chainsuck**

n. slang. condition when the bike chain gets jammed between the frame and the chain rings,

or when the chainring is so worn that it holds onto the chain & lifts it up to meet the incoming part of the chain.

### **chamois**

pronounced “chammy”. The pad in the crotch of cycling shorts. “Chamois time is training time.”

### **Championship Events**

n. races that are part of World or Olympic Championships. These events are not usually part of “show” events during race series as formats may vary time schedules. Often these are timed races against the clock.

### **chase**

v. when a chase group tries to catch up with a group of riders who have broken away from a pack.

### **chop**

to move down the track, cutting off another rider. A “hook” is a similar move, but up the track. Penalties include relegation or disqualification; possible suspension.

### **cleat**

n. a cleat attaches to the bottom of a cycling shoe. Older style cleats have a slot that fits over the back of the pedal, and in conjunction with toe clips and straps, hold your foot on the pedal. Now clipless pedals have a specially designed cleat that locks into the pedal.

### **clincher tires**

or clinchers. n. tires which use a separate tire & tube, the latter replaced after a puncture. Contrast with tubular type tires.

### **clip out**

or click out. v. to disengage one's shoes from the pedals.

### **clipless**

adj. misleading name for a pedal-and-shoe system where the clips or cleats clip onto the soles of special shoes. Called “clipless” because you can't see the clips when you're clipped in. Contrast with toe clips.

### **cluster**

n. an assembly of gears. Usually described by

**cog**

their configuration: “My rear cluster is a 12-25.” Also known as a cassette.

**cog**

n. a single gear, usually at the rear gear. Also many cogs comprise a cassette on road bikes.

**col**

n. the lowest point between two mountains. Also called a pass. French origin.

**Cote d’Azur**

also blue band. n. French origin. A blue band designates “out-of-bounds” and is the inner edge of the track all the way around.

**components**

n. the moving parts of a bike that are attached to the frame. Components often come in a complete group or gruppo (Italian).

**Commissaire**

or UCI International Commissaire (race official).

**cow horns**

n. the starting hand grip portion of aero bars, originally created from cut off drop style bars, turned upside down.

**crank arm**

n. the metal arms of the drivetrain; to which the pedals attach.

**criterium**

n. a massed start, high-speed bicycle road race event in which riders race around a closed circuit racecourse to compete for order of finish. Criteriums are usually held on closed urban or suburban public streets. Typical courses are one mile in approximate length. Closest of road events to track racing.

**cyclocross**

n. a race run much like a criterium, except that the racecourse involves dirt surfaces, trails, and a variety of other surfaces and obstacles, many of which must be overcome by running with the bicycle. All cyclocross races are held on closed circuits on either park or vacant land, although roads are often integrated into the racecourse. See more at [www.SeattleCX.com](http://www.SeattleCX.com)

**door****dab**

v. to put a foot down in order to catch your balance. “I made it without crashing, but I had to dab once.”

**death grip**

n. an overly tight grip on the handlebars caused by fear of terrain, resulting in an endo or other unfortunate mishap.

**derailleur**

n. those things that move the chain and change gears, one in the front and one in the back. Usually horribly mispronounced.

**derny**

n. a motorized bicycle used for pacing during some events or training.

**devil (or Devil Take the Hindmost)**

also known as the Elimination or the Miss-&-out. An exercise in pack riding & a test in tactics. Most often, each lap, the last rider across the start/finish line is eliminated, as is asked to withdraw from the competition. This is often down to three sprinting for the win at the end. Sometimes described as “musical chairs on a bike.”

**DNF**

abbr. in results for “Did Not Finish”

**dialed in**

adj. when a bike is set up nicely and everything works just right. Learn to get your bike dialed.

**disk wheel (also disc)**

n. refers to a solid wheel. Common for rear wheels, but only used on the front wheel when there is not wind to disrupt steering. Used to be more aerodynamic, as wheels spin, as well as move forward

**Disqualification**

abbr in results as “DQ.” A penalty that causes a rider or team to lose placing in a race and to be ineligible for any subsequent heats in the race.

**domestique**

of French origin, referring to a rider who sacrifices their placing to help a teammate.

**door**

to “shut the door” on another rider or close an opening in a group, blocking their movement

**double butted****double-butted**

n. bicycle frame tubing with a higher wall thickness at both ends, to reduce the weight of the tubing for a given weight. See single-butted, triple-butted. Spokes on wheels may be double-butted thickness.

**down tube**

n. the part of the bicycle frame that connects the head tube and the bottom bracket.

**downstroke**

n. when the rider is pushing down on the pedal.

**draft**

1) v. to ride behind a windshield, such as another rider or a motor vehicle. "When I was drafting you I barely had to turn the cranks!"

2) n. the area sheltered behind a moving object. "You know, it's kinda hard to stay in your draft at high speed if you don't ride in a straight line."

**dropouts**

n. the U-shaped slots that accept the wheel axle.

**drops**

n. the dropped section on dropped handlebars. Used in massed start events,

**echelon**

n. a diagonal paceline, which modifies the single-file formation for a crosswind.

**Elimination**

also known as The Miss-n-out or Devil Take the Hindmost. An exercise in pack riding and a test in tactics. Most often, each lap, the last rider across the start/finish line is eliminated, as is asked to withdraw from the competition. This is often down to two or three sprinting for the win at the end. Sometimes described as "musical chairs on a bike."

**Elite**

A rider is one who satisfies any of the following conditions: a) has a racing age of 23 to 29, b) has a racing age of 19-22 and is a member of a UCI Pro team, c) has a racing age of 30 years or older and has been a member of any UCI Team at any time in the current year, d) has a racing age of 30 years or older and has competed in any elite UCI World Cups, World Championships, Pan

**hammer**

Am Games, Pan Am Championship, or Olympic Games within the current calendar year.

**field**

n. the clump of riders near or at the front in a road race. "We made a break on that big ascent, and at one point the rest of the field was over a minute behind."

**fieldsprint**

n. a sprint for the finish line involving a large group of riders.

**flick**

v. to make others in your draft go around.

**float**

to pedal with light pressure, using little energy

**forcing the pace**

v. to increase the speed of the race to the point that other riders have trouble keeping up.

**forks**

n. what holds the front wheel to the bike.

**freewheel**

n. the part of the rear gear cluster that allows the bike to coast without the pedals turning, or what you find in the parking lot after a big race.

**funny bike**

adj. a 1980's term for pursuit style bikes that had two different sized wheels.

**gear cluster**

n. an assembly of gears. Usually described by their configuration: "My rear cluster is a 12-25." Also known as a cassette.

**gnarly**

adj. a 1980's term for a tight race situations.

**granny gear**

n. the lowest gear available on a bike, or a third and smallest front cog, which is only found on road/mtn bikes.

**half-wheel**

v. constantly staying slightly ahead (about a half-wheel) of another rider

**hammer**

1) v. to ride fast and hard. Also to "put the hammer down." 2) n. a hammerhead.

## hammered

### **hammered**

adj. exhausted.

### **hammerhead**

n. a rider who hammers, or simply can ride faster than the one commenting.

### **handicap**

an event where riders are started from various points around the track giving advantages in distance to the slower riders, in an effort to even out the competition.

### **hanging on**

v. riding in the slipstream of another rider, but being lazy and refusing to take your turn in at the front.

### **head tube**

n. the short frame tube that attaches the top tube to the down tube, and holds the headset in place

### **headset**

n. the bearing assembly that attaches the fork to the head tube.

### **hook**

v. an abrupt motion up the track by a rider, so as to interfere with the forward progress of another rider, either intentionally or by accident [relegation or disqualification; possible suspension].

### **hooks**

n. the dropped section on dropped handlebars.

### **Hour Record**

In addition to regular track racing, tracks are also the venue for many cycling records. The most famous is the hour record, which involves simply riding as far as possible in one hour. The history of the hour record is replete with exploits by some of the greatest names in cycling from both road and track racing (including, among others, Major Taylor, Henri Desgrange, Fausto Coppi, Jacques Anquetil, Eddy Merckx, Francesco Moser, Miguel Indurain and Tony Rominger). Originally, attempts were made at velodromes with reputations for being fast (such as the Velodromo Vigorelli in Milan). More recently, attempts have moved to high-altitude locations, such as Mexico City, where the

## jump

thinner air results in lower aerodynamic drag, which more than offsets the added difficulty of breathing. Innovations in equipment and the rider's position on the bike have also led to dramatic improvements in the hour record, but have also been a source of controversy.

### **hub**

n. located at the center of the wheel attached to the rim by the spokes.

### **Individual pursuit**

Two riders compete over a fixed distance (Elite Men : 4 km, Elite women : 3 km) They start from two opposite points on the track. The winner is the rider who catches up with his rival or who records the best time. A time trial track event in the World Championships.

### **interval**

to ride hard for a certain distance or amount of time, often followed by some rest period, as part of a training regimen.

### **Invitational**

An invitational race is one in which only riders who are invited by the organizer may compete.

### **Italian Pursuit**

Same format as Team Sprint event, but often with many more team mates than three riders. Each rider takes a full lap pull, then peels off allowing the team time to be found on the last rider.

### **jam**

v. to ride at a quick pace, often to chase down or start break away attempts. "We jammed to bring them back before the final sprint."

### **jamming tool**

n. a tool once used in madison events that was in the waist of cycling shorts. The partner would grab the shorts where the tool is located on the hip to perform a seat sling exchange.

### **jet**

v. to accelerate quickly; to go very fast.

### **jump**

v. a quick acceleration. The group did a couple of jumps after the paceline warmup."

**junior****junior**

adj. related to age group designation. Juniors are ages 10 to 18.

**junior gears**

The maximum chaingear ratio for Junior riders is based on age and discipline. All tests for compliance shall be done using the “roll-out method.”

For track the limits are:

Ages 17-18: Unrestricted

Ages 15-16: 6.78 meters (22'3") (48x15)

Ages 13-14: 6.36 meters (20'10.5") (48x16)

Ages 10-12: 6.00 meters (19'8") (48x17)

The gear limit for a rider is determined by the age of the rider and the discipline, and applies in all events in that discipline – even when other entrants may not have the same (or any) limit. Note that the gear ratios listed are merely suggestions – the distance rolled out is the governing standard.

**Keirin**

An Olympic and World Championship event starting from the paramutal-betting sprint event from Japan, with 6 to 9 riders square up against one another in a massed sprint event of 2km. With riding for around 1400 m. behind a pacer/moped, gradually increasing in speed from 30 to 50 km/h. If the number of entrants warrants, there may be qualification and/or repêchage rounds leading to a final race. Normally the pacer rides a derny or motorized pacing bicycle; a tandem may be used when practicable.

**kick**

a final burst of speed during the final sprint portion of a race

**Kilo**

or Kilometer (same style event is 500 meters for women). A long sprinted time trial. This is an individual time trial, from a standing start. The rider credited with the best time is decided the winner. A former Olympic sprint event, now part of Omnium at Worlds.

**Kramer, Frank (1880-1952)**

Kramer, turn of the century sprint & World Champion (16 time winner). One of the richest

**measurement line**

sportsmen in the 1920-1930's.

**lead out**

n., v. a rider intentionally sacrificing his chances of winning a sprint, so that a teammate can ride in his draft until ready to begin the sprint.

**line**

n. the desirable path or strategy to take on a section or course.

**lug**

n. metal reinforcing piece into which the tubing for expensive road bikes is brazed, allowing lighter tubing. The seat lug reinforces the connection between the top tube and the seat tube, for example.

**mass start/ massed start**

events where multiple riders (groups) are on the track, starting in the same portion of the track without holders

**Madison**

This endurance team race requires a perfect understanding between the two/three team-mates. The ranking is drawn up on distance and the points won by the riders. With a maximum of 18 teams, generally run over 50 km, this is a spectacular event. The team members can take over from each other as and when they like, by touching hands or hips. While one of the riders is in the race, the other one goes round at slower speed. The event named after Madison Square Gardens arena in NY City, where the race originated at the turn of the 20th century.

**Major Taylor**

Marshall Walter “Major” Taylor the turn of the century American and World bicycle racing champion. Pioneer in integrating modern era sports. Born in Indianapolis, IN, where a velodrome was since built in his name in the 1980's.

**mechanic**

n. a bike mechanic, especially at a professional bike race in Europe. See also tech and wrench.

**measurement line**

also Pole Line. n. is black to contrast with the track. The official length of the track is to be measured

**miss-n-out**

on this line. [400m for Marymoor Velodrome]

**miss-n-out**

also known as The Elimination or Devil Take the Hindmost. An exercise in pack riding and a test in tactics. Most often, each lap, the last rider across the start/finish line is eliminated, as is asked to withdraw from the competition. This is often down to two or three sprinting for the win at the end. Sometimes described as “musical chairs on a bike.”

**moto**

or Motor Official. n. a race referee or official who uses a motorcycle during the bicycle race event.

**motorpace**

also known as “Staying” (hence the name “stayer’s line” on the track) Popular in Europe, the event is a team event with a cyclist and a motorized pacer. Also be done for specialized training.

**MTB**

n. the activity of Mountain Biking. Or a mountain bike itself. Also v. “MTBing”.

**NTC**

n. abbreviation for National Track Calendar for USA Cycling. Championship events across the USA. The Marymoor Gran Prix is on the NTC.

**NCCA**

n. abbreviation for National Collegiate Cycling Association. The NCCA is a standing committee of USA Cycling. The NCCA administers, develops, promotes and governs collegiate bicycling across the country. Rules for NCCA bicycle road races are the same as for USCF bicycle race events.

**nipple**

n. the nut at the end of a spoke that nobody knows the real name for.

**NJS**

Nihon Jitensha Shink-kai (lit. Japan Bicycle Promotion Association), or Japan Keirin Association, often abbreviated NJS, is the council responsible for fostering Japan’s bicycle industry and regulating keirin racing in Japan. In addition to licensing keirin racers, the association sets specifications for frames and parts such as wheel size, spoke count,

**over geared**

frame geometry, and even weight and material of components. These requirements were established in 1957 in an attempt to prevent any racers from having equipment-related advantages.

**NORBA**

n. National Off-Road Bicycling Association. As part of USA Cycling, they organize most of the larger mountain bike races.

**OBRA**

Oregon Bicycle Racing Association. Association that conducts racing at Alpenrose Velodrome in Portland, OR. [www.obra.org](http://www.obra.org)

**off the back (OTB)**

adj. when a rider is dropped, or cannot keep up with the pace of the windshield (such as a peloton or another rider) and falls behind.

**off the front**

adj. when a rider takes part in a breakaway, where one or more riders scoot up ahead of the main peloton in a race.

**omnium**

n. a set of races in which riders compete for points in each event and final placings are determined by total points in all events. Riders do not have to participate in each event of the omnium unless specified in the event regulations. Different numbers of points may be given in different events. The scoring scheme shall be specified in the official race announcement.

**omnium (World Championship event)**

International-style Omnium: this is a different event from conventional omniums, with different scoring, tie-breaking, and the requirement that riders must compete in all events. The following rules apply:

(a) The events are (in the order listed): 1. Flying lap time trial 2. Miss-N-out 3. Individual pursuit 4. Points race 5. 1000m time trial. Any rider failing to attempt to start in one of the events shall not be allowed to take part in the subsequent events but shall be considered DNF in the final classification.

**overgeared**

adj. a condition where the rider is using a gear

## over geared

combination which is too high or “hard” given the circumstances. Generally results in bogging down or needless fatigue.

### **out of the saddle**

standing up on the pedals, off the bicycle seat

### **paceline**

n. A single file of riders, each of which takes his turn battling the wind at the front.

### **pack**

n. the largest group of riders in a massed start event.

### **peanut butter wrench**

originally made by Campagnolo, this wrench is used for crank bolts and 15mm wheel bolts, but has a flat handle - that could spread peanut butter on your sandwich.

### **peloton**

n. , from French, the large, aerodynamicly efficient, and extremely fast pack of riders near the front in a road race, also known as the field.

### **picking a line**

v. planning the path of the bike by anticipating other competitors moves in a pack.

### **pick up**

a change of partners in the Madison event.

### **piano**

n. to ride slow enough so as to be able to “play the piano.” Easy ride.

### **pinch flat**

n. flat tire caused by the tube being pinched between the rim and a hard object, usually due to under-inflated tires, a.k.a “snake-bite”

### **poser**

or poseur. n. derogatory term for people with \$\$\$ bikes that never see much time on the track.

### **potato chip**

n. a wheel that has been bent badly, but not taco'd.

### **Points race**

(World Championship events for men & women, and part of Olympic Omnium)

This is a speciality where the final ranking depends on the number of points won and accumulated

## Relegation

by 20 to 30 riders during sprints (in all 10 laps of 250 m track) and according to the laps won [extra points awarded for each lap gained].

### **Presta**

n. type of tire valve which is taller, lighter and skinnier than “Shraeder” car tire valves, which incorporate a screw-in lock into the valve.

### **prime**

n. from Latin, “prima” meaning first, hence the pronunciation as “preem.” A prize given to the first rider to cross the line, often at any point in the race. A special bonus, above and beyond the prizes for winning the race.

### **pull**

v. to ride at the front of a group of riders, where there is no protection from wind resistance.

### **pull off**

v. to give up at the front of a group, and return to a position in the formation that is sheltered from wind resistance, such as the back of a paceline.

### **pull through**

v. to take the front position in a paceline after the previous leader has “pulled off” and left for the rear.

### **quick-release**

n. bolts with levers attached, for easy adjustment and removal of wheels and seat height

### **randonee**

n. a form of cross country bicycle race event. It is run as a very long recreational event, lasting two or three days.

### **rear triangle**

n. the triangle formed by the chain stays, seat stays, and seat tube

### **Reed, Jennie**

London 2012 Silver medalist and 2008 Elite Women’s Keirin World Champion from Kirkland, WA. Started racing the at Marymoor Velodrome.



### **Relegation**

n. a penalty consisting of a loss of position, points or time, depending on the type of race. It may be



## repechage

assessed against a rider, a team, or both.

### **repechage**

(French: repêchage, lit. re-fishing), meaning “to rescue” or “to save”, is a practice amongst ladder competitions (Sprint & Keirin) that allows participants that failed to meet qualifying standards by a small margin to continue to the next round. These heats give a second chance for non-qualifiers in the initial heat to advance to the next round of competition.

### **Relief Rider**

n. the “resting” rider of a Madison team riding high on the track above the blue line. A rider makes a change from racing rider to relief rider, a rider must draw even with the teammate. The relay may be made by touching, pushing, pulling, or by merely drawing even with the partner.

### **road pitch (width)**

refers to the bicycle chain - 1/8” is track width vs. 3/32” road width (Pitch is a mis-nomer). Most sprinters & Six Day riders use track width, which is deemed a bit more durable, while endurance & time trial racers use road width to save weight.

### **road rash**

n. large abrasions on a rider’s legs and body caused by a crash, particularly on asphalt.

### **roadie**

n. a rider who prefer to ride or race on the roads.

### **rollers**

mechanical device with three cyclinders attached to rails with a drive belt, allowing a bicycle to ride atop them. The perfect stationary warmup and cool down option when the track has other races on and you need to get prepared to race.

### **rolling enclosure**

n. a type of traffic control where escort vehicles form a caravan leading and following a group of racers. The enclosure sets aside a moving part of the roadway in the direction of the race for exclusive use of bicyclists. Racers inside the enclosure are not required to follow the normal rules of the road. Racers are not allowed to cross

## seat stay

the center line unless the entire road is traffic controlled. A rolling enclosure is the typical traffic control used to run a road race.

### **rolling start**

Where a massed rolling start is used, there shall be one or more neutral laps to ensure that the pack of riders are sufficiently together to provide a fair start in the judgment of the starter.

### **rookie mark**

n. chain grease on a rider’s leg. “Give that guy extra points for his rookie mark!” See chainring tattoo.

### **rooster trail**

n. a spray of water flung off the back wheel as the bicycle rolls through water. Particularly pronounced on bikes without fenders.

### **saddle**

n. the bike seat.

### **Schraeder**

n. kind of tire valve found on cars, and most mountain bikes. Tubular road tires, and clincher mountain and road tubes, use the Presta valve system.

### **schwag**

or swag. n. the stuff that manufacturers & vendors donate to be given away at bike related events.

### **Scratch Race**

Scratch is an individual race over a set distance (15 km for men, 10 km for women). The number of participants is limited to 24. There is a flying start after a rolling start lap.

### **seat tube**

n. the part of the frame that accepts the seat post, and attaches the top tube to the bottom bracket

### **seatpost**

n. the post that attaches your seat to the frame at the seat tube

### **seat sling**

A madison exchange that involves grabbing the shorts to transfer momentum between partners.

### **seat stay**

n. the two frame members through which the rear wheel passes, that meet the chain stays at the rear dropouts

**sew-ups****sew-ups**

n. also known as tubulars, lightweight tires and rims with the tread directly on the tube, which is glued right onto the rim. Opposite of clincher tires, which have a separate tube inside.

**shifter**

n. the lever that activates the derailleurs

**Show Events**

n. races that are for entertainment purposes of spectators. Most of these races are not part of World or Olympic Championships.

**single-butted**

n. tubing with a higher wall thickness at only one end, such as a seat tube on a quality frame. See double-butted, triple-butted.

**singletrack**

n. trail just wide enough for one person, horse, or bike -- the mountain biker's holy grail. Contrast with dual-track or doubletrack.

**sitting in**

v. to be a lazy sot who doesn't take their turn at the front of a paceline. Can be used as a tactic to tire one's opponent.

**Six Day**

a predominantly european winter indoor track racing circuit. Often called a circus with a madison bike race in the middle, that often includes sprint racing, musical concerts, etc.. on the nights of racing. See some videos online at [www.sixdaystv.nl](http://www.sixdaystv.nl) (dutch)

**slicks**

n. bike tires with no tread

**snake bite**

n. a double puncture of an inner tube, caused by hitting an obstacle too hard or by under-inflation of tires. Also see pinch flat.

**SNELL**

n. a bicycle helmet standard;

**spin**

v. smooth pedal motion. Opposite of push.

**Sprint** (also Match Sprint - Olympic / World Championship discipline for men & women)

**stoked**

A race where tactics are very important. After a selection over 200 m. with a flying start, the riders race one another to qualify over 2 or 3 laps, depending on the length of the track. The losers may still qualify. From the quarter finals onwards, the riders race against one another over two legs. Sometimes we see track stands, where the idea is to get your rival to make the pace, which puts him at a disadvantage when it comes to the explosion into the final sprint.

**Spinter's Line**

The sprinters line shall be red and shall be placed with its outer edge 90 cm from the inner edge of the track. Forms the "spinter's lane" with pole line.

**spuds**

n. "SPD" (Shimano Pedaling Dynamics) clipless pedals.

**squirrel**

adj. an unstable or nervous rider who does not hold a straight line

**stage race**

n. these combine several different types of bicycle races into one multiple part bicycle race event. Stage races commonly include road races, time trials, and criteriums. These races are usually scheduled over a period of two or more days. Order of finish is determined by lowest combined elapsed time or combined points depending on the scoring format.

**Stayer's Line**

n. Blue line in the middle of track. Named after the Stayer's Race, common in Europe, where racers are paced by motorized bikes or motorcycles.

**Stayer's event**

n. a popular european Six-Day race event with derny's (motorized bicycle) that pace riders around the track. [www.stayer.de](http://www.stayer.de)

**stem**

n. the piece of metal that attaches the handlebars to the fork.

**stoked**

adj. an alternate term for the word psyched. In

## swag

other words, to be excited.

### **swag**

or schwag. n. the stuff that manufacturers and vendors donate to be given away at bike related events. When you race, go to bike shows, help put on events, write bike articles, you are often rewarded with swag.

### **sweep**

to ride in third or fourth position in a paceline and cause hesitation to chasers wanting to over take the lead from behind this spot. This person is the “sweeper.”

### **swingoff**

n., v. abruptly disengaging from a formation to move from the wind-battered lead position to sheltered rear when your stint at the front is over.

### **t-town**

refers to Trexlertown, PA, where the Lehigh Valley Velodrome is located. This East coast track is often to host to national & international events. Track was helped greatly by Rodale Press, publishers of Bicycling Magazine.

### **taco**

v. to bend a wheel over on itself, in the shape of a taco. “I taco’d my wheel, and it cost me a hundred bucks.” Worse than a potato chip.

### **take a flyer**

accelerate off the front of a group, often in an attempt to establish a breakaway

### **tandem**

n. bicycle built for two riders. Tandem Sprints were a former Olympic Sprint event for men.

### **tea party**

n. when a whole group of riders stops and chats, and nobody seems to want to ride on. Could be a “pizza party” too.... waiting to “order and have the pizza delivered” before any action starts.

### **Team pursuit**

Olympic & World Championship event. Teams (4 male, 3 female) of riders compete over a predetermined distance. They start from two opposite points of the track. The winner is the team which catches up with

## track pitch

its rival or records the best time.

### **tech**

n. a bike mechanic, especially at a professional bike race in Western Canada. See also mechanic and wrench.

### **tempo**

1) adj. to ride “tempo” or race pace.

2) n. Tempo race where points are awarded; 2 for first and 1 for second. Rider with most points after a predetermined amount of laps is the winner.

### **ti**

n. pronounced “tie,” it’s the periodic-table abbreviation for titanium, and just about the only chemistry-class vestige that a rider should sprinkle into the conversation. “Sheila’s running ti pedal spindles, a ti seat post, and a ti wedding band.”

### **time trials**

n. bicycle race events in which individuals or small teams of riders ride the same route and distance separately for elapsed time. Time trials are generally started at preset intervals and held on an out-and-back or circuit course, and are generally 15 or 40 km, but dozens of lengths are sanctioned.

### **toe clips**

n. a clip-and-strap system that connects a rider’s feet and toes to her pedals. Toe clips usually don’t require special shoes.

### **top tube**

n. the part of the frame that attaches the head tube to the seat tube

### **track bicycle**

n. for track races, only a bicycle with a single cog fixed wheel and without derailleurs, brakes or quick releases may be used; However, in pursuit and time trial events that are not championships or selection events, brakes, freewheels, quick releases, and derailleurs may be installed on the bicycle so long as only one gear is functional.

### **track pitch**

refers to the bicycle chain width - 1/8” is track width vs. 3/32” which is road width. “Pitch” is a misnomer. Most sprinters and Six Day riders use

**track racing**

track width (1/8”), which is deemed a bit more durable, while endurance and time trial racers use road width (3/32”) to shave some weight.

**track racing**

dates back to the end of the nineteenth century. The first World Championships were held in 1895. Track cyclists are powerful athletes, generally with far more muscle bulk than “road racers”, as there are no mountains/hills to climb and carry the weight over.

**trackstand**

n. a maneuver where the rider stops the bike and attempts to remain standing still, balancing in one spot. Often seen in Match Sprint competition, where a rider stops and balances. They would like to try to entice their opponent to take the lead.

**trail**

n. the distance between a line drawn straight up from the center of the bottom bracket to the nose of your saddle, generally 30 to 50 mm. The seat tube angle determines this, being less for sprinting frames, more for touring frames.

**tri-spoke**

refers to a 3-spoked wheel. Often of composite (carbon fiber) materials.

**Team sprint**

This spectacular event is run with teams of 3 riders, over 3 laps of the track. Each rider does a lap before handing over. The last rider finishes alone. At the World Championships, the eight teams with the best times qualify ; four of them are eliminated after head-to-head races. Finally the two teams with the best times race off to decide the winner. Formerly called Olympic Sprint.

**trials**

n. the art of hopping onto large objects on your bike, for those who don't go fast and rely upon skill and balance. Not to be confused with Time Trial events.

**tricked out**

adj. when a bike has the latest & hottest components.

**triple-butted****upstroke**

n. tubing with two butts of thicknesses, such as 0.9/0.6/0.8 mm. See single-butted, double-butted.

**true**

v., adj. The ability of a wheel to spin with no lateral wobble, or the act of effecting this condition with a swift kick or a spoke wrench.

**tubulars**

n. also known as sew-ups, lightweight road tires and rims with the tread directly on the tube, which is glued right onto a flat rim. Opposite of clincher tires, which have a separate tube inside.

**tuck**

n. a time trial riding position, generally a contorted one with the head and torso low, back flat, and arms close in for aerodynamics.

**tweak**

1) v. to slightly injure a part of the body or the bike in a crash. “I tweaked my wrist when I fell.”  
2) v. to make a minor adjustment. “My real wheel was rubbing but I tweaked the chain tension and it went away.”

**UCI**

n. acronym for Union Cycliste Internationale, the international sanctioning organization for bicycle racing, under the International Olympic Committee (or IOC).  
[www.uci.ch](http://www.uci.ch)

**UIV**

n. acronym for Union Internationale des Velodromes. The global organization responsible for the organization of professional and U25 amateur 6-day racing.  
[www.uiv.dk](http://www.uiv.dk)

**upstroke**

n. when a rider pulls up on the pedal.

## USAC

### USAC

n. acronym for USA Cycling, Inc. The national organization responsible for the governance of professional and amateur bicycle racing in the United States. [www.USACycling.org](http://www.USACycling.org)



### USADA

n. acronym for US Anti-Doping Association. The national organization for clean sport under the US Olympic Committee and related national sports governing bodies. [www.usada.org](http://www.usada.org)

### USCF

n. abbreviation for the United States Cycling Federation. As a member association of USAC, the USCF oversees the conduct of road, track, and cyclocross bicycle racing in the United States.

### USPRO

n. acronym for the United States Professional Racing Organization. The USPRO serves as the governing body for professional racing and is an affiliate organization of USAC.

### valve stem

n. where the pump is attached to fill the tube with air. Valve stems come in two types, Shraeder - (standard American style, like the valve found on you car tire), or Presta valve (tall and skinny with a screw in seal)

### velodrome

the place where we all go to experience the greatest racing on earth! Banked, bicycle racing facilities often made of concrete, asphalt or wood.

### wall

n. a track that looks like it has banking that goes straight up, because it practically does. Generally used for grades steeper than 45%.

### Wheel race

n. a popular event in Australia, often during the Christmas Carnivals. The Austral Wheel Race is the oldest running track event still in existence, starting in 1889. The wheel race t is a handicap

## WSBA

event where riders are assigned handicaps according to ability over a series of heats. The finals are run over a distance of 2000 meters.

### wheelie

n. lifting the front wheel off the ground, or the act of riding on the rear wheel only, usually with some combination of pulling on the handlebars, pedaling harder, and balance.

### wind up

accelerate up to top speed

### wipe out

v. to crash.

### wrench

n. a bike mechanic, especially at a professional bike race in the US. See also tech and mechanic.

### WADA

n. acronym for World Anti-Doping Agency which exists to promote, coordinate, and monitor at the international level the fight against doping in sports in all its forms. [www.wada-ama.org](http://www.wada-ama.org)

### WSBA

The Washington State Bicycle Association is the governing body of road bicycle racing in the state of Washington. The main objective of the WSBA is to improve and promote bicycle racing for all it's member clubs and individuals. [www.WSBAracing.com](http://www.WSBAracing.com)

