

I'm getting better. It is only 3 and a bit months since the last NL. Quite a bit has happened in that time. The family and I had our first proper holiday in about 10 years which was mental refreshment that I could grow used to without much trouble. I suspect we all could.

In this biz, I seem constantly surrounded by cycling addicts. Do you have this addiction?

If you think you are the real deal of cycling addicts, read this link below and realise that your level of addiction doesn't even rate.

http://www.nytimes.com/2006/02/05/sports/playmagazine/05robicpm.html?_r=1&pagewanted=all



Drillium

In the 70's there was a phenomenon known as drillium. The value for money approach to equipment weight reduction for the lightweight junkies was to foster a close relationship between a power drill and their components. Often this reprocess was taken too far and the relationship would fail.

I had a fit customer recently who was returning to the sport after 30 years out and his bike was a 70's time capsule. If you look closely at the pics of this seat post you will note that it is curving backwards slightly because the crack halfway down on the LH side of the top pic is slowly propagating and will eventually fail, leaving this 'relationship' spectacularly on the rocks.



Super Cyclist

Thanks to Denis Kennedy for this one. I have been told by some that this is a hoax and by other that it is for real. Whatever the truth, it is entertaining. Double left click on [super - cyclist wmv](#) below



super-cyclist.wmv

TDU Sports Med conference

I gave a presentation at the Tour Down Under Sports Medicine conference in January which went quite well. The audience ranged from orthopaedic surgeons, sports physicians, physiotherapists, coaches and pro team tech staff to a professor of medicine. The common ground is all are bike nuts. The major thing the audience took away from the demo was the necessity for canting the foot. I took an adjustable bike and 2 of the audience kindly consented to be fitting guinea pigs. Neither had an apparent leg length difference but both showed the all too common pattern of dropping and rolling forward the right hip under load. This meant that there was unnecessary pelvic movement, the right leg was under extending and the left leg was over extending and the pattern was obvious to all. I applied the patent pending method I mentioned in the last NL, to determine how many degrees of cant was required for each foot and post correction, there was an immediate and major improvement in on bike symmetry of both subjects.

Whilst on the subject of wedging, there are two competing brands of wedge; Specialized and Bike Fit Systems. Both Specialized and BFS make in-shoe wedges and BFS also makes cleat wedges. You need to know that I've found BFS wedges promote clear proprioceptive feedback from the feet to the central nervous system and if used in the correct amount, perfectly enhance the flow of neural information.

This may sound strange and I'm not prepared to say why, but the hundreds of clients I have fitted over the last few years can personally verify what I'm saying. BFS wedges, if used in the correct

amount, perfectly enhance the flow of neural information from the feet. So as you know that I am not delusional, have a look at this link <http://bikefitpro.blogspot.com/2010/03/its-wedge-vs-bg-varus-wedge.html>

There is also more subsequently on the same blog if you want to look at the more recent posts.

The message I want to get across is that in my experience, more than 99% of riders do not have clear neural feedback from the feet and this lack of information lowers performance and is a major contributor to injury. If you are not using wedges, then you are missing out. Make sure that you use BFS wedges. (See **2 Interesting Fits** below)

Quote: "Life is like riding a bicycle – in order to keep your balance, you must keep moving" Albert Einstein.

Todd the Battler

Todd Philpott only has one leg and it doesn't work very well, so conventional cycling is out. So Todd rides a handbike and is multiple times world champion despite a shot shoulder. Most of the fields that Todd races against are in their 20's and 30's but Todd still keeps winning despite being in his 50's and riding outdated technology. Todd is not the richest man around and handbike technology has made some great leaps in the last few years which means in an equipment sense, Todd is behind the 8 ball. \$25K is the entry price for competitive equipment.

As you can see from the pic below, Todd is pushing a lot more air than his better equipped competitors, even though he is riding away from them. If anyone reading this can offer Todd any support or knows someone who can, Todd can be contacted via toddphilpott@gmail.com



Todd Philpott



Penny Farthings

Ace mechanic Geoff decided to get into some real racing for a change and took off to Tasmania for a fortnight to contest the annual Penny Farthing Nationals. He won one event too which Geoff insists is strictly because he was the tallest bloke there with the longest legs. In Penny Farthing terms this means that he got to ride the bike with biggest front wheel giving him, in effect, the largest gear.

Penny Farthings were only really ridden for a decade or so at the dawn of cycling but their influence is still felt when people speak of "gear inches". To explain further; when some one speaks of 39 x 17 as a 60" gear, they means that 60" x 3.142 is how far the rider would travel with one crank revolution. The "gear inches" nomenclature dates from the Penny Farthing era and means is in Penny Farthing terms, the rider would need a 60" diameter front wheel to travel that far with a single rotation of the cranks. Penny's are hard to ride and descents are scary because the rider has to take his feet off the pedals, but then the weight of the steel cranks makes that huge front wheel oscillate terribly. Geoff won the Airport Sprint title at the recent championships but modestly puts that down to having the biggest gear, but in absolute terms a 60" gear gives a rollout of 4.96 metres, or to put another way, is equivalent to 38 tooth chainring driving a 17 tooth rear cog. So in real terms, quite a small gear.



Congratulations

To Jan Matejovsky for finishing 15th outright in the Singapore Ironman, his first attempt at the distance. If you know Jan, you will also know that he found this result very disappointing and promises top 5 finishes in the near future.



2 Interesting fits

I probably get more than my fair share of 'interesting' fit customers but two have stood out recently.

No names; but No.1 made the trip from Adelaide. He's an interesting case. His issues on the bike were general low back pain, left leg felt less effective when pedaling and lateral left foot pain. In addition he had a club foot on the left that was surgically repaired as an infant but this had left him with a reduced range of ankle movement, giving him a functionally short leg. In addition he had undergone 2 ACL reconstructions on that side too.

This fit became even more interesting when this gent mounted his bike. He is a thinker, races A grade and had played with his position over time. Shoes aside, I couldn't fault it and didn't change any equipment or move anything. This is only the second time this has happened in more than 20 years in the bike biz.

What I did do was increase the size of the existing 10mm shim under the left cleat to 13mm; move the left cleat back 5mm and right cleat back 3mm than their original positions; remove a valgus wedge from under the left shoe and replace it with 4 varus wedges and place 3 varus wedges under the right shoe. The result:

Hi Steve

Went for my first ride this morning after seeing you on Friday. After relatively small changes to cleat position and inner sole wedging I am still amazed at the performance and comfort gains achieved. My pedalling action is a lot smoother and I felt I could lay down more power for longer, this was confirmed by the eight other guys I rode with. But the biggest plus was I felt nearly as strong on the last climb of the day as I did the first. Our loop started with Norton summit to Lobethal and back through Gorge Rd. Normally by Gorge Rd I am doing my impersonation of the Ever Ready bunny including cramping and just being mentally fatigued. Today I was on the front driving the pace out of saddle and attacking every climb, I feel transformed as a rider.

Thanks

One Very Happy Customer

The reason I relate this story is not to tell you what a quality bike fitter I am but to reinforce the message that using wedges to gain the ideal cant of the foot on pedal is imperative if you want to perform to potential.

No. 2 sounded difficult but was in fact fairly straight forward. He is a 60 year old gent who had a cancerous prostate gland removed. There had been complications resulting in incontinence and an artificial urethral sphincter had been fitted which resolved the issue.....off the bike. On the bike, any pressure on the perineum resulted in the artificial sphincter opening. The solution was simple. I fitted an SMP Lite 209 seat, which like all SMP's has a very large perineal cutout. End of problem <http://sellesmp.com/en/lite209.htm>

Beer

The begetting of wisdom is a life long process and we do well to pay attention to wise people. One 18th century font of wisdom was Benjamin Franklin. BF was an author, publisher, satirist, soldier, statesman, diplomat, political theorist, scientist, inventor and one of the Founding Fathers of the U.S.A. Perhaps his most famous quote, made in all seriousness is "*Beer is proof that God loves us and wants us to be happy*"

Real beer **is** good for you. Check this out. <http://www.youtube.com/watch?v=CR-1cB-ZQW0>

Beer of the Month

- Knappstein Reserve Lager. Well known wine maker **Tim Knappstein** has opened a microbrewery at his winery and this beer, his first attempt is sensational. If you have tried Murrays Pilsener, this is similar but even more flavoursome and not ridiculously expensive. For more info <http://www.knappstein.com.au/>



Wine of the Month..... I mean Year.

We get more than a few riders making the trip over from Perth for a fit. One recent W.A. fit client was Paul Boulden. Amongst his other accomplishments, Paul is Chief Winemaker of Sandalford Wines who grow their grapes at both Margaret River and the Swan Valley. Paul mentioned that Sandalford's Margaret River Shiraz 2008 had won trophies for Best Dry Red Table Wine Shiraz Premium Class as well as Best Dry Red Table Wine 2008 Vintage. This makes it the official 2008 best red in in Australia. Sandalford had sold out of this gem as soon as it was released but being a good bloke, he scared up a couple of dozen which Margaret and I are enjoying. Paul and I had a long conversation about beer and he maintains that all winemakers are beer fanatics in their spare time. I've introduced him to Murrays beers and put the germ of idea in his head that his winery needs a microbrewery. We'll see. If and that's a big IF, you can find a 2008 Sandalford Margaret River Shiraz, buy and drink as a matter of urgency.



Kinky cranks

This was sent to me to highlight another 'innovation' in cycling. Using cranks like this is not different in any way from using cranks with straight crank arms. A line from centre of crank fixing bolt to centre of pedal hole is the virtual crank arm, no matter how many deviations are taken on the way there. If you see a pair of these, buy them as a curiosity, but please don't buy them because you are told that they will alter your performance. They won't.



Footy Tragic

This is a bit off topic, but the mighty South Sydney Rabbitohs have won more NRL premierships since 1908 than any other team. Unfortunately, the last title was in 1971 and there have been some lean times since. For the first time in years, they have a team that looks the goods. The Bunnies have the biggest pack of forwards in the league and if they play with half the spirit shown by the mighty mouse himself, **Chris Sandow**, they'll do well.

This guy is the smallest player in the league, often giving away 100lbs or more as well as 8 – 10" in height. He is 5'6" (1.67m) tall and weighs 68kg / 11 stone / 154lbs, but no one has told him that. Watch this clip as he monsters much bigger players with well timed shoulder charges. <http://www.youtube.com/watch?v=XRGXpbHj838>

