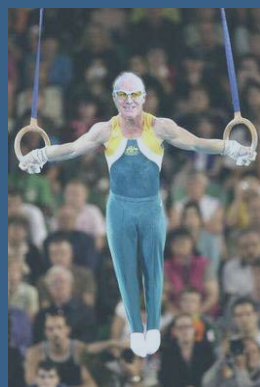


G'day I hope you like getting up in the dark for that necessary, de-stressing bike fix. It is starting to get cold and the potholes are harder find in the dark, so stay safe which means visible and well lit. It seems to be the month for falling off so commiserations to all who did crash and I hope you did the right thing and threw yourselves under the bike or at the very least, didn't fall on the derailleur (\$\$\$\$\$) side.



MORE CROSS-TRAINING FOR STEVE

Bike Quiz

This month's quiz questions are:

1. Who won a World Championship with a 30mm leg length discrepancy?
2. When did the first oval (as distinct from round) chainring appear?

(answers on last page)

Competition Winners:

Last month there was a competition for 3 copies of 'Aussie, Aussie, Aussie, Oui, Oui, Oui'. The story of Australian riders in the pro ranks since the War. The 3 funniest answers to "why do you shave your legs?" win. There was a problem in that either

- No one has a sense of humour
- May be every one thought it was a Hogg version of an April Fools Day joke
- No one shaves their legs
- You all have the book
- The illiteracy rate has grown
- Or whatever.

Only a few people answered and their answers weren't my idea of funny but they were still the funniest answers to be had. So Alex 'Teflon' Simmons and Marko 'Stiff Man' Turner can each pick up a

What's New this month

Plenty of trainers in stock from Tacx:

EcoTrack rollers (non folding) \$230-

SportTrack rollers (folding) \$260-

both good for lungs and leg speed. If you haven't ridden rollers before and are put off by the need to balance, we can teach you how in 5 minutes.

All the below CycleForce family of trainers have handlebar mounted resistance unit controls.

CycleForce One – L frame entry level 'serious' mag trainer \$360-

CycleForce Swing – L frame pro level trainer. Used by Teams

Discovery Channel, Credit Agricole, CSC, Quick-Step, Davitamon-Lotto, Liberty Seguros, Rabobank \$410- heavier combined flywheel resistance unit.

Cosmos – as well as the features of the Flow, training can be adjusted for heart rate, power or gradient. For instance, input a heart rate and the trainer will increase or decrease resistance automatically to keep you at that heart rate. Input power and the Cosmos automatically adjusts to allow the same output no matter how often you change gear or cadence. Has the same patented motor/brake as the Fortius \$1650-

I Magic – essentially a Swing with Virtual Reality software and steering frame. Steer around corners and to avoid other riders. Clip a wheel or a

CycleTrack Speedbraker – A frame wind trainer \$255- realistic feel, but one for the garage; noisy

CycleTrack Magnetic – A frame mag trainer \$275- much quieter and greater resistance range with handle bar control.

CycleForce Sirius Soft Gel – L frame mag trainer with sound deadening roller

CycleForce Flow – similar to the Swing but with bar mounted computer displaying Power, Cadence, Heart Rate and Speed. Resistance can be configured in several ways \$750-

Free Sweat Covers for April and June with all Tacx trainers

kerb and your on the (virtual) deck. Comes with Analyzer software to graph workouts in any way you choose. Shows heart rate, power, gradient, cadence and speed on screen at all times \$1450-

Fortius - an I Magic but with the Cosmos motor/brake. Stop pedaling downhill and the motor kicks in to drive the bike at the appropriate speed for that gradient of descent. You will need your brakes to get around the faster corners etc. Optional DVD's with real life footage of famous courses like the Tour of Flanders to ride over. Wear your legs out before your head.\$1750-

MERCKX

KUOTA
BICYCLE COMPOSITE TECHNOLOGY

baum

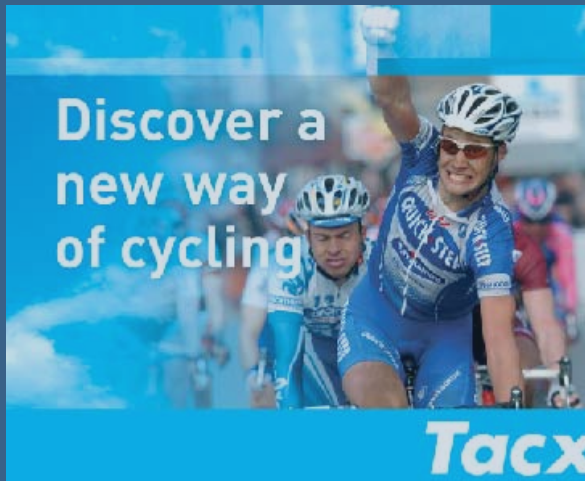
New Arrivals . . . or back in stock . .

- **FSA** light weight seats. A dollar per gram for genuine weight of 180 grams. Realistic amount of padding and shell flex with hollow titanium rails and four colours. Red, white, blue or black all with charcoal and silver accents.
- **Marwi** Trekking Fox lights. Cigarette packet sized battery, switchable between 4,8 and 12 watts. 1.5 – 4.5 hour run time depending on wattage used.
- Cleat covers for **Look**, **Look Keo**, **Shimano SPD-SL**, **Speedplay Zero** and **Speedplay X** series. \$20 - \$30. Save the wear and tear on your cleats.
- **Yokozuna** Reaction cable sets. Unlike **Nokons**, they do offer an improvement on standard **Campag** and **Shimano** cable sets (eg, non compressible brake cable outer housing) and also unlike **Nokons** they don't tarnish or 'weather'. \$130 per set which includes brake and gear cable sets.
- Winter gloves, knee, arm and leg warmers, jackets trickling in.
- **Bike Guy** mini rear lights. 6 diodes, attaches in seconds without tools. \$25-



Tips for enjoyable use if indoor trainers

- Other than rollers which have their own benefits, try to purchase units with handle bar mounted resistance controls so you can perform strength/endurance efforts when necessary.
- Have a routine taped to your bars or imprinted into your brain where the resistance, gear, cadence or something changes every few minutes to keep interest up. Get on without doing this and you will be bored in 15 minutes
- Use a fan. Even in winter it is easy to build up enough heat in the absence of a fan, for the heart rate to rise higher than necessary for a given resistance. That's fine for training the heart but what about the legs?
- Use a sweat cover or similar to prevent the acid in your perspiration marring the finish of your frame or components.
- If in doubt about the perspiration thing, use a hose on a gentle spray setting to wash any perspiration off the bike post workout.
- An hour on a trainer is probably worth an hour and a half on the road. No traffic lights or coasting on a trainer, so don't overdo it.
- Have a look at www.tacx.com for 50 or so trainer workouts for different purposes.
- If you want the (not so) secret Hogg training routines written by a gent who is the new Sports Science Director of CyclingNZ, send me an email.



Positioning

I have positioned many of you on your bike. I would have commented to a large number about not sitting squarely on your seat because of asymmetric pelvic function. This is a big deal because if a rider doesn't sit squarely, then each leg will reach a different distance to the pedals and function in a different plane to the other. A host of problems large and small can arise from this.

I have twisted seats off centre, glued padded build ups to the rear of seats and bent steel railed seats to either side, all of which was a help, not a solution. FSA have released a new range of seat posts in various offsets that with a small modification can be made to allow the seat to be offset securely from the centre line of the bike. I have tried this out on some 'problem children' with excellent results to date in terms of both legs functioning more evenly and weight being borne more evenly on the seat. If you feel you are a candidate for this sort of thing, contact me to discuss.

Quiz Answers

1. 3 year old twins were hit by a car. One died, the other had severe leg injuries and developed into an adult with one leg 30mm shorter than the other. His name was Luc Leblanc and he won a World Road Championship as well as 2 K.O.M. competitions in Le Tour. Another top rider with a substantial leg length discrepancy is Axel Merckx.
2. No, not Shimano! The first recorded appearance of oval chain rings was in 1890's when elliptical chain rings were popular with racing riders. They fell from favour but reappeared under the Thetic brand in the 1930's and have reappeared at intervals since. A quick glance at the testing info available suggests that for the majority there is no advantage, but for a minority there is an advantage ranging from small to quite significant.

NEWS and VIEWS

LAZY BUGGERS RIDE AGAIN! (and fall off)

Earlier in the month the LB's saddled up for the trek to Palm Beach via the scenic route. The ride over was uneventful except for cycling's answer to a Renaissance Man (C.V. reads bike racer, cyclocross racer, bike shop proprietor, bike component manufacturer, bike industry rep, bike industry pundit, technical advisor to the UCI on retro stuff, U.S., U.K., and Australian citizen concurrently, long suspected CIA agent, still uses toe clip and strap pedals) Ray English showing up in knee length paisley socks. Ray was miffed that only 15 or 20 blokes took the piss and turned off at Mona Vale muttering "If these socks were good enough for a Belgian spring in 1968 they should be good enough for these blokes. They just don't understand" Ray's other cross is that he was a big influence on Peter Montford in Pete's formative years. I know; a lot to answer for indeed.

I was silly enough to put up the route home from PB to a vote, with via the coast or via Wakehurst Parkway as the options. The winner was via Akuna Bay with the climb up McCarrs' Ck Rd and the steep side of Akuna Bay and an extra 30kms of hilly roads with a crap surface. 3 of us got a gap on the first climb only to later find that the others took the soft option of detouring up McCarrs Ck Rd the entire way and 'missing out' on A Bay.

Andrew Price wins the Crash Test Dummy Award for falling off twice. His practice, less than walking pace, dry run, first effort didn't really help for the real deal looking at the amount of skin that he lost the second time. He at least did the right thing and threw himself under the bike avoiding \$ but did lose plenty of stuff that can be regrown.

Jim Kuiper wins the Invisible Man award after not being sighted after the Palm Beach coffee stop and Jeff Whitton wins the Tie A Knot in your Hankie award after leaving his tool kit at the coffee stop. He realized this when he got home and drove from Ryde to Palm Beach and back on a fruitless search. Tie the knot Jeff!

Continuing Specials

Michelin Airstop boxed tubes, long or short smooth valves - \$10- each or 10 for \$80-

Clement boxed tubes, short, threaded valve, \$9 each or 10 for \$70-

Small amount left of **Vredestein** very long (80mm) smooth valve tubes. Suitable for Zipp 404's and similar. \$11- or 10 for \$90-

Vittoria tool packs. Bare minimum size under seat bag. Comes complete with tube and tyre levers \$25-

Endura gels for the long rides \$2 each.

Vredestein Fortezza Tri Comp tyres – top of the line folding tyre, 8 colours \$55 each or \$100 the pair.

Baum Test in Ride magazine

If Baum's interest you, the current issue of Ride has a review of Phil Liggett's Baum Ristretto Ti bike. The reviewer felt it was the most perfect bike that he had ridden.

Beer of the Month

I had hoped not to bring this segment back but when in a bottle shop, he question constantly recurs "Can a bottle of beer be worth 30 bucks?" The beer is **Zago Super Beer**. It is dark Belgian ale, comes in a Champagne style bottle with a cork and foil and is 11.5% alcohol.

The answer to the recurring question is no. Then there is the question of what to do with a 30 dollar bottle of beer that is open. And the only answer to that is sip it slowly and finish it.

Be warned !