


Science terms that start with z

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Science terms that start with z

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What's the hardest thing about cycling? Talking about this. If you can't say a pinion from a Schrader or refer to each part of the random bike as a whatchamacallit, then it's time for a quick lesson in cycling lingo.cycling pack a range of powerful benefits, from reducing the risk of The disease to improve your heart health, lung fitness and metabolism. Giving on Pinterestill Street Studios / Getty ImamessHort for aerodynamics, this adjective is used to describe gears (bike frames, helmets and wheels) designed for minimal wind resistance. Although Aero is not super important for the average driver, you will see this term pop-up for races such as time trials and triathlons.athenathis term refers to a female athlete over 165 pounds (according to the official U.S. Triathlon rules). This weight class is most often found in Triathlon, but also appears in mountain bikes and even racing. The purpose of the division is to encourage participation and even the playing field, since cycling carrying more weight is more difficult, but also provides a slight advantage when it is known downhill.attanteThis sudden attempt to move forward from a pilot or a group of knights as a break. This is a more commonly used tactic in Racing.Beater (or clunker bike) usually, this is a retired bike that has seen better days but is still able to make you around. The batters are a great low-investment option for commuting in an urban area.bibshese are cycling shorts that have a pectoral or braces (such as the suit) instead of an elastic belt. Most cyclists prefer Bib shorts, since an elastic band can cause discomfort or injury when you are in the bent cycling position. The negative side for women must strip when nature calls. Fortunately, many brands are updating the classic design with new features such as adjustable straps or a closing in the back for easier bathroom breaks. BikePackingsometimes called RandonnÂ© and (French for à à øexcursion)à or Brevet, is a long distance cycling form where you load everything you need on the bicycle frame. Think about it pack the trunk of your car for a weekend àè "less the car.For motocross bicycle, BMX was originally used as a gateway to get motocross children, but explode in your sport. BMX bicycles are highly specialized, compact (designed around 20-inch wheels), and used for racing dirt tricks or freestyle.bbonkalso known as À e à,→ À "hitting the wall, À e à,→" It means that it is going to run of energy due to the depletion of glycogen. Glycogen is the fuel stored in the muscles. No glycogen, no pedal. Resistance athletes who save on food or hydration often lower and need rest. H2O and foods rich in carbohydrates to recover. Side effects vary, but it can be anything, from muscle cramps to mental mist. FreniShare on PinterestThese are the things that make you stop. Variations include: Rim brakes. These compress the wheel circle to slow down. Disk brakes. These sit at the center of the wheel and stop the bike by pressing a pastile brake against a rotor mounted around the wheel hub. The left brake stops the front wheel on the circle and the discs break, while the right brake stops the rear wheel. To stop, press both brakes evenly. To slow down, "piuma" feathers gently pulling them and releasing them repeatedly for "scrub" speed. Never press the left brake alone unless the front flip the handlebar is your thing. Bunny hopThis is a bicycle trick where you use your arms and legs to jump and lift your bike from the ground to avoid an obstacle or jump on a sidewalk. It seems rad, +20 cold points for you.CadenzaThis is the speed of pedaling or the number of turns per minute (RPM). The jury is still out on the ideal cadence for maximum efficiency, but the cadence tends to scale with how much power it is able to emit. BoxShare on PinterestNope, not a mixtape of return of the 80s. The cassette is the set of pinions (the set of pyramid-shaped gears) on the rear wheel. The chain moves up and down these gears to make driving easier or harder depending on your needs. CenturyThis is a 100-mile ride or ride. A metric century, or 100 kilometers (km), is just over 62 miles (62.137 miles, for accuracy). Chain Share on PinterestThis is a roller ring that transfers the power from pedals to the rear wheel to push the bike forward. If you drop the chain (i.e. if the chain slips out of gears), it is easy to put it back, but be prepared to get your hands dirty. The chain lubricant will keep your chain in perfect shape. CatenelleShare on PinterestThese circular metal discs with teeth are closer to the front wheel and next to the pedals. Together they form the seal, which is rotated by the arms of the crank. Your bike can have one, two or three gears depending on the bike or type of driving you do. Taiftoo ChainThis refers to the sign of fat that some new cyclists get on their legs accidentally bumping the chain. If that happens to you, NBD. A little soap for dishes or make-up for the eyes will easily take care of the temporary tat. Chamois (or shammy) Pronunciation «sham-wah», chamois sithe cushion on the seat of cycling shorts which removes moisture, prevents rubbing and provides an extra cushion. A little tip: never wear underwear with suede shorts. It'll cause unnecessary irritation and saddle sores. (Yes, ouch.) Chasers (or a chase group) No, not a sip to wash down a blow. The pursuers are drivers, usually in the race, who move away to try to take a lead. lead. In front of them.Arrimbataallà è "" open, it is a real hill or mountain. Inside, Àf 1 when the resistance is raised to simulate one.Attacquesto standard tire model has a hook, U-shaped circle and open cover with a tube at the inside. The pliers are commonly associated with road bikes because the high pressure of the tires forces the tire flap to the circle for a super adherent fit (which literally blocks it in place), but are found on all types of bikes.CliplesThis Type of pedal hangs in the special shoe notch for better power transmission during pedaling. This can be a source of confusion because the shoes actually do clips (or block) in the pedal. The cyclists used the pliers for the toes, so when the ski mark and cycling look invented the first pedal that did not use the pliers for the toes, they decided to use the term À «clipless». Clydesdalei deals with an athlete weighing more than 220 kilos (according to the official US triathlon). Competition rules). This weight class (like Athena) is found more often in races like triathlon, but also in mountain biking and even in the race. The purpose of this division is to foster the participation and even the playing field, since bringing more weight while pedaling can be more difficult, but also offers a slight downhill advantage. Cog didn't even like pinion or gear. Àf i one of the rings of the cassette. The whole bunch of gears on the rear wheel is called a cassette or gear. Pendolaris deals with a bicycle used to move or to move from point to point B in an urban area, sometimes called City Bike or City Bike. CorneringSostantly, this happens when you support your bike for «Storzaà» Around a curve. Handovella (or Carter) Share on PinterestThis arm connects the pedals to gears. Criterion (or criterium) This brief cycling race on the city roads usually lasts less than a time and extends for 5 km or less. Cross-up of the chain is located on the large front ring and on the easiest (or larger) rear ring or on the small front ring and smaller (or harder) rear ring. This stretches the chain through the box and sometimes causes a strange noise. The cross chain is not ideal, so if you realize you're doing it, you just have to adjust your gears. Cycling shoes Rigid sole shoes and cleat block special bicycle pedals, allowing more efficient power transfer. You can wear bicycles or in the indoor cycling lessons. The pilots who do not want to commit can opt for sneakers and feet cages (or feet straps) as an absolutely reasonable alternative. Cycle cross also known as or cross, cyclocross is a type of off-road cycling race that takes place on an obstacle course. It can also refer to an off-road riding style. Cyclocross bikes are similar to road bikes, but they have some features (such as knotty tires and disc brakes) made for off-road. Think of it as a happy medium between road and mountain bike. DraftingThis involves riding a bike behind another rider so as to block the wind for Cyclists love to take advantage of it because it requires about 30% less energy. The drawing behind a vehicle is called "motorpacing".DeraillieurShare on PinterestTell us: de-rail-yur. This mechanism moves the chain from one gear to another every time you move. Depending on your bike, you can have zero, one or two deraillieurs. On most road bikes, there is a front deraillieur for the gears and a rear deraillieur for the cassette.DownhillThis mountain bike takes place mainly on steep slopes or off-season tracks. When it comes to indoor cycling, it means lowering the resistance to simulate a descent.DrivertrainShare on PinterestThis is the entire mechanical system that turns pedaling into forward motion. Transmissions include pedals, cranksets, front and rear deraillieurs, gearbox and chain. Think of this as the engine of your bike. Zoom zoom. DropsThese are the lower curved parts of the handlebars for road bikes. Cyclists usually move downwards during the descent, as the lower position makes them more aerodynamic and lowers the center of gravity for greater control over the bike at high speeds. EndoThis refers to when a cyclist flips the handlebar, end over end.This is a blown tire. But don't worry: flat tyres happen to the best cyclists, so you should always bring one or two extra tubes and a hand pump or CO2 cylinder with you so you can inflate when you're on the road. In an indoor cycling class, a floor is a simulation of a flat road, which has some endurance but not as much as a climb. ChassisThe chassis is the backbone of the bike or the geometric tube that connects its parts. Often empty and made of lightweight material, the frames are available in all shapes and sizes. The bike frame should fit properly for energy-efficient use, pedaling posture and comfort.BumperThis semi-circle protection hovers over the wheel and blocks splashes from a wet or muddy road. On rainy days, fenders are the cyclist's best friends. The fenders are usually attached to the frame and can be removed.Fixed (or fixed gear) This single-speed motorcycle, often without brakes, cannot run on freewheel (or ribs). This means that every time the bike moves, the legs move too, so you have to pedal backwards to stop.ForcellaNope, not the one you eat with. The fork is the part of the bike that holds the front wheel. Try eating with that!GearsRoad bikes typically have two sets of these metal discs with teeth, one at the front (chains) and one at the back (cassettes). Grand TourDoes the Tour de France remind you of anything? The annual race across France is one of the three European Grand Tours. The other two are Giro. e Return to Spain. They are all 3 weeks long and include consecutive days of riding with a mix of individual and team time trials, mountain climbs and sprints for a total of over 3,000 km (over 2,000 miles!).Grandma's gearif Grandma were a cyclist, this would be her ideal gear. By this term is meant the Gear ratio possible, which means that the bike is on the smaller crown in the front and the largest crown in the back. On flat roads, a granny gear looks like a spinning effortlessly. On steep climbs, sometimes grana grana is necessary for survival. The Hammerthis is hard pedando in large gears, which have maximum resistance and pack maximum power. A hammerfest is a long hammering session or a long hammering session or ", ringing it," sometimes when you are fighting a strong headwind.half wheelthis is when you are driving behind someone and let your front wheel creep on the back wheel of their bike. This is a super dangerous move since the other person can't see what you're doing. If you unexpectedly fade, you can collapse the ball bearing system (commonly hidden within the head tube) allows the handlebars to move so you can govern the front-end.Hubthis Center cylinder of a bicycle wheel allows the wheel to rotate around a certain point.Jerseyok, many athletes wear knits, but by bicycle, they are a little different. The cyclists wear zip-up sweaters and often have pockets on the back to keep essential supplies. Successful professionals can even earn special knits like trophies. In the Tour de France, the four most famous shirts are the ambite yellow jersey (for the general leader of the race), the Jersey of Polka Dot (for the best climber, or àè økning of the mountains"), the green Jersey (for the rider with the most stop points for sprint), and the white jersey (for the best young driver under 25 years). Another impressive piece of swag is the rainbow jersey, worn by the reigning world champion.jrajust riding to ... until something goes wrong. Techs and Wrenches (Bike Mechanics) Listen to the same old fishing story when a beat-up bike arrives for repairs: àè "Oh, I was just riding ... then I hit a hole and my bike fell apart! À e ùh-huh. This cycling dress includes shorts or breasts, a knit and even socks, shoes and a cap. Many athletes love to dress up to impress and cyclists are no exception. The really busy matchy-matchy started and also coordinated with their bikes. Why the hell not? Lbs is the local bike shop (Lbs) is where you will buy a new bike and carry it for maintenance from time to time. Do not order parts of the bicycle online - support your pounds. Lidthis is your helmet. Cover your skull. Mind your mind. Don't neglect your Noggin. Whatever you want to say, make sure you wear a helmet. It is a more important piece of equipment than the cyclist. Look Stylethis is one of the two main styles of pedal without elites, inspiredbrand (look) that invented elite pedals. They require a set of paired shoes heels, which jump significantly from the sole of the cycling shoe. LSDLSDS are rather the journey - not only that type of trip! The LSD refers to a long training lap at a constant distance, which usually means a few hours riding at a solid aerobic rhythm. Ilubelubricante keeps moving mobile parts. Bicycles You mustMe too, so don't forget the lubricant. The Bikethis Bicycle mountain is designed to be riding off-road on mountainous terrain and trails. Mountain bikes are available in all the different shapes and styles and suspensions available to absorb rocky terrain. The suspension on the front fork is called only àè øhardtaii. àè "while àè øfull or double suspension" is both on the front and back. PanniiYou can attach this basket, bag, box or container to your bicycle to carry goods. Pelotonthis is the largest pack of knights in a street race, also called a deck or a package. Why attack together? Driving in a package allows cyclists to take advantage of the drafting, saving them a much needed energy during long races. Pinch Flatthis refers to when you get a ground rubber from the pipe inside the tire remain stuck between the rubber tire and the metal edge and the holes. Prestathis valve style is commonly found on high pressure tubes, such as those used on road bikes. A simple way to remember the difference between Presta and Schrader: you àè øpremere "a leader to release the air. Psthis stands for pounds per square inch, or the amount of air pressure in the tire. How much air fills your tires depends on your weight, tire size and terrain type. Pullthis means riding on the front of a Paegeline or Peloton. A àè "Dare una pull" means that the person who worked harder since you would have before buying to test different styles and sizes. Saddle Smiles This is the chafing that occurs due to friction from the saddle. A chamois can only do so much to avoid choking, and hours riding, an extra bump ride, or unwanted moisture from an unexpected rain rain can cause sores on your nether regions à a real pain in the butt. Prevent them by applying a suede cream before starting to roll. Schrader You will find this valve on most tires (including car tires.) It is used to inflate the hose inside. Use the bike pump to reach the desired PSI (recommendations should be listed along the edge next to the radius nipples). Shift This is shifting from one gear to another, allowing you to keep a constant cadence despite changes in resistance or inclination on the road or trail. In most motorcycles, the right gearbox moves the chain along the rear gears (cassettes) for small changes. The left gearbox regulates the front gears, used for more important shifts. Cyclists spend most of their time moving the rear gears in search of their sweet cadence point. Unique Speed This type of motorcycle has a unique gear ratio (only a cog on the rear wheel) and the ability to freewheel or coast. Slipstream This is the air pocket behind a cyclist or vehicle that breaks the wind resistance. See "draw." Short SPD Style for Shimano Pedaling Dynamics, it is a pedal and pound style smaller than the LOOK style and easier to walk, since the pound doesn't come off that much from the shoe. They are often used for mountain biking or cyclocross, where disassembling your bike is more common, but they also work on bike Street. The cakes These thread bars connect the center of the wheel or hub to the outer edge or circle. Steedycycling without a steed is like riding without a horse. While this steed, or bicycle, is not found Neigh, rolled from point A at point B with a small boost from the legs. Stemthis component on a bicycle connects the handlebars to the steerer tube. Test time (TT) This is a road stroke against This style of racing can be done alone (individual) or with a team, and has aerodynamic bicycles, helmets and leather suits. some triathletes use tt bikes to reserve energy during the motorcycle leg of a race. tubeless tires this system of wheels involves a tire of clincher mounted firmly on the edge using a liquid sealant, eliminating the need for an internal tube and allowing to perform a really low tire pressure without pinching the flattening, if something pierces the tire, the liquid sealant seals it quickly so that you do not have to change a plate. tubular this specific tire for racing is glued to a circle in the shape of v and the tube is sewn inside. These are usually ultra-light and elastic, making them very delicate. Since the system is glued together, it is difficult to solve apartments, which is why they are typically used in races where you have a crew to give you a completely new wheel. All right, tubular, man. watts this is a power measurement unit, or the rate at which energy is used over time. The more oomph applied to pedals, the greater the power. a more common measuring unit is watts per kilograms (or watt/Kg). this takes the power ratio to weight of a rider in consideration. wheelie this bicycle makeup involves lifting the front wheel off the ground, finding a balance point, and pedaling to keep the wheel up and go ahead — kind of how to ride a monocycle. the bike shown in everything is a trek silque project one road bike. Don't let the klogo keep you from that #cyclinglife. Whether you're a legend of aerosim popping, or simply an enthusiastic commuters that shakes a batter around the city to reduce carbon footprint, this fast and easy guide should make your trip less intimidating. Now that you are on this information, you wonder how cycling compares with normal racing? We looked. Look.

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