

## Labann's Bixicon

This glossary is not comprehensive for a reason. Other glossaries cover such things as balls, bearings, bolts, bushings, cones, nuts, washers and whatever bits and pieces of subassemblies that once existed since 1850's, as well as manufacturers by brand and model (thousands of entries), methods of metalworking, and physics of gear ratios. Other authors like to flaunt their mechanical prowess or selectively censor associations they find unpleasant or unprofitable. Anyway, best not to confuse readers with minutia and define only the terms they're likely to hear, need to know, or previously read in this book. Adjective = (a); noun = (n); verb = (v); SMALL CAPS mean word is also defined. Many terms are used in all parts of speech mostly with or sometimes without modification. Effort was made to repeat an entry where its use in another part of speech differed by definition.

Aero Tuck (n)	Streamlined riding position, with arms on handlebars, back horizontal, chin on hands, elbows and knees in, often used to gain speed downhill. Full Tuck is an even more streamlined variation.
Aero-bar (n)	A forward HANDLEBARS extension, upon which a rider rests elbows when in a tucked position. May also feature bar-end shifters.
Aerofoil (n)	Any structure resembling an aircraft wing which increases laminar flow.
ALAN (n)	1. Early Italian attempt at an ALuminum ANodized frame which survives in an attractively engraved, featherweight cyclocross bike. Anodizing is a electroplating process that deposits a thin lustrous film and increases hardness, which also makes it more brittle. 2. Interestingly brittle chapter in William Saroyan's novel, <i>The Human Comedy</i> [see Appendix].
Aluminum (n)	Inexpensive, lightweight, popular but brittle material for frames and other bike components which tends to break before it bends.
Anatomic (a)	A word marketeers use, often erroneously, to describe ergonomically designed components, such as levers or saddles.

## Glossary-2

## BIXICON

Ankling (v)	Technique of pivoting ankles with each crank revolution to apply more force at bottom and top dead centers. Also know as <i>pedaling in circles</i> . Supposed to increased power and speed but can lead to Achilles Tendon injury and calf pain.
A-Ride (n)	Books or clubs sometimes rate day trips from A to D. <i>A</i> represents a group average of 17 to 20 mph and/or high difficulty. <i>B</i> and <i>C</i> represent incrementally lesser speed and technicality, while <i>D</i> represents an average of 10 to 12 mph on relatively flat terrain. Another classification ranges downward from Challenges to Cruises to Rambles. A <i>challenge</i> might feature a mountain climb, while a <i>ramble</i> might include segments of bikeway.
Arm/Leg Warmers (n)	Pair of textile tubes that protect limbs against chill with advantage of being able to be easily stripped if weather warms.
Attack (v)	Initiate a BREAKAWAY in a race.
Axle (n)	Stationary spindle around which a bearing turns, notably at the WHEEL hub.
Balaclava (n)	Full fleece or LYCRA head and neck covering with a cutout for face designed to warm entire body, since most heat is lost from head.
Ban (n)	Any public thoroughfare on which bicycling is prohibited through laws or ordinances. Implicit bans include bridges or multilane roads which lack shoulders or limit access or require high minimum speeds.
Banana Seat (n)	A long curved saddle once popular on juvenile bikes which extends from SEAT POST to a brace attached to rear Dropouts.
BAR (n)	Unit of measurement equal to the normal air pressure at sea level, 14.5 pounds per square inch (PSI) or 100 KiloPascals (KPa). Some tires specify an inflation maximum in BAR, usually in specific increments between 3 and 9 BAR, or 40 to 140 PSI.

Bar Ends (n)	Short bar segments which mount near or at the ends of straight mountain-bike HANDLEBARS usually at a 90° angle to them; provide extra spots to place hands and increase leverage when honking.
Bar-end, Handlebar-end Shifter (n)	Derailleur index shift levers mounted in the ends of AERO-BARS or drop HANDLEBARS.
Barrel Adjuster (n)	A thumbscrew at a CABLE STOP used to fine adjust cable tension.
Bead (n)	The reinforced edge of a TIRE, made of either rigid steel cable or foldable Kevlar, which mounts against the inside wall of a WHEEL rim.
Bead Seat Diameter or BSD (n)	Measurement across rim from shelf upon which a tire's bead sits. Replaces older system that specified a tire's outside diameter, which fails to determine whether tires, which vary in depth and tread contour, can fit onto a particular rim
Bibs (n)	Riding shorts or full length tights with partial upper torso coverage and shoulder straps, which more comfortably keep garment in place than without.
Bicycle (n)	1. A 2-wheeled, human propelled vehicle. 2. World's most widely distributed personal transportation conveyance, 1 for every 7 planetary inhabitants. 3. Racing machine with a diamond shaped frame that complies with UCI guidelines.
Bicycle Boulevard (n)	An accommodation made along an existing street, which favors bicycling and walking but doesn't preclude motor use, often as part of an urban renewal effort.
Bicycle Corridor (n)	Regional transportation macrostructure that links network nodes through use of bicycling specific boulevards, greenways, lanes, paths and routes. Once designated, future construction permits within corridor become contingent on preserving bicycle pass through. The concept was modeled by author after railroad corridors and watersheds.

#### Glossary-4

#### BIXICON

Bicycle Lane (n)	A road lane designated for bicycles by stripes, typically 4-6 feet wide, generally parallel to other traffic lanes or parking, which excludes use by motorists except to momentarily cross.
Bicycle Path (n)	1) A facility, generally paved, for biking, skating, walking and wheelchair use which prohibits motorized use. 2) A controversial public expenditure fought over by charitable trusts, NIMBYS, profiteers, zealots, and even bicyclists who rightly don't want to be confined to them at the expense of legally using roadways.
Bicycle Route, Shared Route (n)	1. A road shoulder designated by signs for bicycles alone, except for parking in emergencies. 2. Any street segment designated to be shared with bicyclists.
Bike (n)	Commonly accepted slang for a BICYCLE except by WEENIES.
Bike Boom (n)	1. Historically, a sudden increase in bicycling participation from mid-1960's into 1970's, when young adults of the post-WWII Baby Boom began using what was hitherto regarded as a child's toy before 10-speed derailleurs became popular and let bikes rival speeds of MO-VES. 2. Any sudden increase in bicycling participation.
Biker (n)	1. Motorcyclist, as opposed to bicyclist. 2. Bad ass who motorcycles as part of a hell bent lifestyle.
Bikeway (n)	Collective term which includes BICYCLE LANES, BICYCLE PATHS and other such infrastructure accommodations.
Binder Bolt (n)	Tightens to lock SEAT POST.
Bixicon (n)	(pron. Bikes' eh kon) Short for <i>Bicycle Lexicon</i> , any glossary of bicycling terms as this.
Block (n)	1. FREEWHEEL. 2. Insert pad on a braking mechanism that contacts rim.
Block (v)	During a race, get in the way to slow another rider in order to help a teammate.

BMX (n)	1. Bicycle Motorcross, an event which resembles motorcycle racing on a dirt course over moguls except pedaling on bikes. 2. An extremely rugged type of bike suited to this activity.
Boneshaker (n)	Antique bicycle—aka High Wheeler or Ordinary or Pennyfarthing—with short rear and tall front wheels. Solid tires would “shake your bones”. English pennies were large, and farthings small coins, a relationship which its wheels resembled. Sometimes extended to include Draisennes (hobbyhorses) and velocipedes, predecessors that didn’t have tall front wheels, which, after velocipedes introduced pedals attached directly to cranks on front wheel, increased leverage.
Bonk(s) (n)	Exhaustion caused by depletion of glycogen in muscles, particularly thighs, and dehydration. Running on empty.
Bonk, to (v)	Ride although exhausted.
Boot (n)	Emergency repair item that temporarily lines inside of a tire that has been punctured through, usually made of clear, peel off plastic with a self adhesive side. Replace booted tires immediately to avoid injury.
Booties (n)	Water and/or wind resistant shoe coverings, sometimes made of Neoprene; help maintain warmth of entire foot.
Bosses (n)	Mounts brazed onto frames to allow components to be bolted on, such as bottle cages, brakes, derailleurs or panniers.
Bottom Bracket (n)	1. A bearing captured in a housing at base of frame used to ensure smooth cranking. Configurations and thread patterns vary depending upon origin: American, English, French, Italian and Spanish. 2. Housing shell with a center bore which holds bearing and is permanently affixed to several frame members.
Brakes (n)	Devices to stop a bicycle include cable operated CALIPER, CANTILEVER and side pull, hydraulic DISK, and mechanical coaster or drum. [See entries.]

## Glossary-6

## BIXICON

	Not all bicycles have brakes, particularly <b>FIXIES</b> and track racers.
Braze (a)	Describes a component, usually front <b>DERAILLEUR</b> , that mounts on a brazed boss, to distinguish it from other types.
Braze (v)	Join 2 pieces of metal, usually steel, with a nonferrous molten metal, typically brass or silver, which has a lower melting point.
Breakaway (n)	A lone racer or group who has left behind field or <b>PELATON</b> .
Bright Jersey (n)	Not just a shirt, but an engineered garment, form-fitted, pocketed in rear so riding isn't impeded, wetness wicking. Light color helps a cyclist stay cool and motorists see one wearing.
Bunny Hop (v)	Brake hard, flex frame, and pull up bike to jump curbs or other objects in your path. Agile, light riders can leap up onto cars or picnic tables. <b>CLYDESDALES</b> would probably damage bike by trying.
Butted (a)	Describes single, double or triple schemes for thickness in <b>FRAME</b> tubing walls or <b>SPOKE</b> diameters. Making these items thinner in the middle, sometimes invisibly inside, can reduce weight, increase flexibility, and thus strengthen overall. Triple butting refers to both ends being a different thickness.
Cable (n)	Length of braided steel used for transferring lever actions into braking or gear shifting, usually 1 end with an integral ferrule which fits into lever, and other end without, so it can be threaded through housings and stops, after which it is cut to length and another ferrule crimped on (or soldered ferruleless) to deter unraveling.
Cable Guide (n)	A small open trough, bolted or brazed onto a bend in <b>FRAME</b> , which restricts lateral movement of a <b>CABLE</b> .
Cable Housing (n)	Outer layer, generally fixed, through which <b>CABLE</b> wire slides.

Cable Stop (n)	A small bracket or loop on a frame that captures CABLE HOUSING end, but lets cable wire through.
Cadence (n)	CRANK rotations per minute (rpm), 55 to 85 for commuters or tourists, 85 to 140 for racers depending on gearing or situation.
Cadence Spin (n)	Casual, easy riding at high rpms with little relative strain on joints and muscles.
Cager (n)	Poor unfortunate stuck inside the steel cage of a MO-VE, used disparagingly.
Calientoes (n)	Pairs of half socks, usually LYCRA or Neoprene, that go over front of a cleat shoe and around cleat itself to protect against wind chill. Protects less than a bootie during transitional seasons.
Caliper (n)	A side pull braking device with crossing members and springs.
Camber (n)	From edge to edge, angle of road versus horizon. Roads are well banked that lean into turns.
Camelback (n)	A specially designed back pack water bag, which some riders wear to stay hydrated and tout to justify their expenditure. Advantages: Can sip frequently as prescribed from tube clipped near mouth; carry extra water on hot days and stop less for refills; helps flush kidneys. Disadvantages: Carry more weight; cover back, an area responsible for dispensing heat and keeping rider cool; contributes to leg and shoulder discomfort; makes you thirstier and want to stop and urinate more.
Cantilever (n)	1. BRAKE component arm that pivots on a boss to make brake pad contact rim. 2. Brake that uses a pair of cantilevers.
Captain (n)	Rider in front position on a two-person TANDEM bike, who, in charge of steering, generally controls ride for both. Compare to STOKER.
Carbo-loading (v)	A disreputable but often rationalized practice of eating carbohydrate-rich foods on days before races.

## Glossary-8

## BIXICON

Carbs (n)	Slang for carbohydrates, out of which glycogen is stored in muscles for energy.
Car-nage (n)	Accumulated fatalities associated with motor vehicles in the millions since their introduction.
Cassette (n)	Set of sprocket rings and spacers that converts linear CHAIN drive to rotational torque.
Centerline Distance (n)	<i>Center to Center</i> —A measurement between round objects, like frame tubes or holes, taken from an imaginary point equidistant from their circumference. Usual method for measuring all bike components except SEAT TUBES, which are measured from center of bottom bracket to certain points around the intersection of seat and TOP TUBES.
Century (n)	Preset ride distance of 100 statute miles (161 km), usually completed in 1 day. A <i>metric</i> version equals 100 km, about 62.2 miles. A <i>double metric</i> equals 124.4 km. A <i>double</i> equals 200 miles. TRIPLE is reserved for other uses; although possible by averaging $\geq 12.5$ mph, 300 miles would be an extreme distance for bicyclists to ride in a single day. Rides over 2 days of 150 miles are popular.
Chain (n)	1. Series of small roller bearings connected by pins and plates that link CHAINRING to CASSETTE, converting human potential into a propulsive force. 2. Set which includes all links. 3. A constraint, such as a duty or obligation or regimen, which denies freedom, usually plural.
Chain Gage (n)	A plate with widely spaced tines that fit into spaces between CHAIN rollers. However far tines slide in shows the amount of roller wear. Once plate itself touches rollers, it's time to replace chain and, possibly, CASSETTE gears.
Chain Lube (n)	Protects to extend usable life of this busy transmission component slung close to the ground. Once degreased, scrubbed free of grit, and dried, roller bearing at each link should be liberally coated with oil, synthetic or wax lubricant

	and excess wiped off. Most attract grit, which increases wear and makes you have to repeat more often. Only better synthetics and wax are somewhat “self clearing”.
Chain, to (v)	Bind with a series of links or cable to an immovable object, as a bike to a fence or post. Best practice is to position bike away from traffic to avoid damage and thread chain through frame <i>and</i> wheels, then not to leave key with bike.
Chainring or Chainwheel (n)	Large circular gear(s) which connect CRANK arms with CHAIN, typically 1, 2 or 3 in number, sometimes referred to as granny [see TRIPLE], inner, or innermost, middle, and outer or outermost.
Chainring Tattoo (n)	1. A black mark on rider’s right calf from touching CHAINWHEEL. 2. Scar tissue caused by gear teeth digging into legs during mishaps.
Chainstay (n)	One of a pair of parallel FRAME components that run horizontally between BOTTOM BRACKET and rear hub DROPOUTS.
Chain Tool (n)	A small hand tool that turns to drive a rivet partially out in order to separate a link so CHAIN can be installed or removed through frame.
Chain Whip, Chain Wrench (n)	A tool consisting of a handle and a length of bicycle CHAIN used to remove sprockets from freewheels or rear WHEEL hubs. Also called a Sprocket Wrench.
Chamois (n)	A special liner at the crotch gusset of bicycling shorts, usually padded.
Chamois Creme (n)	1. Any lubricant applied to soft groin tissue around sit bones to avoid abrasion and saddle sores while riding, esp. long distances. Tour racers lay it on evenly and heavily to pad itself. For shorter rides, experienced riders just apply baby diaper ointment directly to skin. 2. Topic of intense interest to sexual deviants who post to forums. See SHAVE.
Chase (v)	During a race, to stick with someone who is attacking.

## Glossary-10

## BIXICON

Chrome-Molybdenum (n)	Popular alloy of steel, aka Chrome-moly or CrMo, used for mass producing rugged bicycle frames. Can be welded without losing tensile strength.
Cleat (n)	A shaped block that conforms with a opening in a certain kind of PEDAL. Pairs are attached with screws to shoes, thereby allowing feet to make positive contact with pedals and transfer power more efficiently.
Cleats (n)	Shoes with inflexible soles to which pedaling cleats are attached.
Clincher (a)	Describes either rim or TIRE with a hook or bead where the 2 mate. If a clincher tire is laid flat, its 2 outside edges are where the beads are flanked by thinner flexible sidewalls; in the center is a single thicker tread band. Compare to TUBULAR and SEW-ON.
Clipless (n)	A binding system in which small brackets on the bottom of specially designed shoes attach to pedals; unlike CLEATS, clipless allows greater float, and, thus, isn't as efficient, yet shoes are more flexible and thus more suited for walking.
Clydesdale (n)	An atypical bicyclist who's tall, overweight, wide or very muscular.
Commuter (n)	One who uses a BICYCLE as transportation from and to school, shopping or work.
Comfort Bike	A hybrid style with wide seat and upright rider position convenient for short trips, but becomes uncomfortable over extended distances.
Complete Street (n)	In compliance to federal and state laws, streets of a specified width expected to handle more than occasional travel, not cul-de-sacs or neighborhood side streets, are supposed to accommodate all forms of conveyance including bicycles and pedestrians. Those that do are deemed <i>complete</i> . Those that do not are causes for class action among local activists. This issue is hotly contested in metropolitan areas which rely on unimpeded vehicular flow.

Corker (n), Corking [v]	Blocks traffic for a following cortege of riders.
Corncob (n)	CASSETTE with a set of gears of small size increments used by powerful riders.
Crank (n)	1. A forged or stamped lever, either that which joins pedal with chainring through a multiarm spider, or that which inserts into bottom bracket from opposite side. 2. Someone who's rabidly vocal on some issue no one else has heard of; a troublemaker easily dismissed; bicycling activist.
Crank (v)	Push pedals, usually forcibly.
Crawl (v)	1. Crank or roll slowly. 2. What you should do in a crash if you must get out of the way of traffic.
Crest (v)	Finally reach a hilltop, at which time shifting options must be chosen.
Criterium or Crit (n)	Common type of ROAD race with mass starts based on time or multiple laps each $\leq 5$ km, typically of an hour's duration. Meets where held are usually complete in 1 or 2 days. See TOUR.
Critical Mass (Proper Name)	Grassroots activism begun in San Francisco in 1992, since spread to more than 100 cities in 14 countries, aimed at exercising equal rights for bicyclists and rethinking public land and roadway use policies.
Crossover Drive or Gear (n)	Condition when small chainring is used to drive smallest cassette gear, which causes unnecessary wear on CHAIN and DERAILLEUR. Similar effect occurs when in large CHAINRING and large CASSETTE gear is used. Always best to use middle cassette gears whenever possible.
Cruiser (n)	Indefinitely describes a kind of BICYCLE with fat tires, coaster brakes, splayed HANDLEBARS and wide saddles associated with classics given to children in the 1950s and 1960's.
Cyclist (n)	One who rides a BICYCLE; a bicyclist.
Cyclocross (n)	Races where cyclists ride and occasionally carry lightweight, knobby-tire bicycles on grass, gravel, mud, pavement and over obstacles.

## Glossary-12

## BIXICON

Cyclometer (n)	A device that inputs distance traveled by detecting a passing magnet mounted on spokes with a pickup mounted on fork and electronically converting each turn of the WHEEL into ground covered over time. Outputs typically include average speed, elapsed time, maximum speed, miles per hour, trip miles, total miles.
Day Trip (n)	Typical ride completed in less than 24 hours, usually circling back to origin. Contrast with TOUR.
Derailleur (n)	A mechanism that moves CHAIN from gear to gear. Bikes have an additional front CRANK version, only a rear CASSETTE version, or none.
Derailleur Drop (n)	An adjustment that aligns CHAIN parallel to axis of rear WHEEL rotation; helps minimize resistance and increases chain life.
Dish (n)	Rear wheels are built off-center to accommodate FREEWHEEL so this configuration depends on width of freewheel.
Disk brake (n)	Instead of pinching rims as many brakes do, a hydraulic CALIPER squeezes a disk that's mounted around hub on 1 side of a WHEEL, often to improve mtb stopping during off-road use.
Domestique (n)	Member of racing team who sacrifices any chances of winning by blocking, carrying supplies, chasing or pulling to improve star's chances, yet has to be good enough not to impede team during team time trials. Many later go on to victories of their own. Aka: Knight or Lieutenant (English), Knecht (Dutch), Porter d'eau (French for Water Carrier), Gregario (Italian).
Double-butted (a)	See BUTTED.
Down Tube or Downtube (n)	A frame component that runs diagonally between HEAD TUBE and BOTTOM BRACKET.
Downstroke (n)	The main way to impart leg power during pedaling when foot pushes on PEDAL.
Draft (v)	To ride in the slipstream created by other riders, either behind or astride in eschelon.

Drag (n)	Resistance, either friction or pressure, that slows forward motion. Friction comes from air flowing over, mechanical parts rubbing against each other, or tires against ground. Low pressure trails any shape traveling through air. See LAMINAR.
Drop (v)	Abandon a rider with whom you've started a group ride.
Dropouts (n)	Slotted holes in FORK and FRAME members into which WHEEL axles install.
Drops (n)	Feature on both ends of ROAD HANDLEBARS which bends in and down, useful for assuming an AERO TUCK and providing an alternative hand rest position.
Dump (v)	Inelegantly dismount a bike, as during a crash. Contrasts with an ENDO, in which both rider and rear WHEEL go headlong over front wheel and HANDLEBARS.
Endo (n)	See DUMP. Stunt riders sometimes refer to a mounted 360° forward flip as an endo, or any extreme forward tilt onto front WHEEL.
Elite (n)	Plural or singular for top bicyclists who qualify for sanctioned races.
Eschelon (n)	A diagonally staggered PACELINE organized to protect followers from sidewinds.
Fairing (n)	Windscreens that improve LAMINAR flow of air. Used on bicycles, HPVs and racks for transporting them.
Fender (n)	A curvilinear surround standing above chains or tires designed to limit mud or water splashed by them, although never completely.
Field or Bunch or Pack (n)	Main pack in a race.
Field Sprint (n)	A large pack in all out race to finish line.
Fit Kit (n)	Equipment and instructions for matching rider's anatomy with BICYCLE options to provide optimal positions for intended use. Only by riding a particular bike can fit information be concluded; key components are therefore adjustable.

## Glossary-14

5 Must-Haves (n)

List of essential items to have while riding: 1) HEADLIGHT, 2) REARVIEW MIRROR, 3) TAILLIGHT, 4) TOOLKIT 5) WATERBOTTLE. See entries for each.

5 Must-Wears (n)

List of essential items to wear while riding: 1) BRIGHT JERSEY, 2) GLOVES, 3) HELMET, 4) PADDED SHORTS, 5) SAFETY GLASSES. See entries for each.

Fixed Gear or Track Bike (n)

Aka Fixie. Simple bike with 1 chainring/gear combination and no FREEWHEEL, which forces rider to speed up or slow down only by cadence. Track Bikes are expensive versions used during Velodrome races. Fixies are popular among bike messengers, who generally build themselves; they aren't as likely to be stolen and cost less, but require more effort when climbing. It is illegal in some states to sell new bicycles without brakes, lights or reflectors, none of which fixies have, for the most part.

Flicking (v)

Derived from a German vulgarity, means to spoil an unpopular race competitor's chances through hostile actions, something not uncommon on professional circuit.

Float (n)

Arc of freedom allowed by cleated ( $>0$  to  $<10^\circ$ ) or clipless ( $\geq 5$  to  $<20^\circ$ ) pedals before disengaging. Some pedals allow float adjustment.

Force Pace, to (v)

Increase racing speed to a point where other riders struggle to keep up.

Fork (n)

A single unit that holds front WHEEL that runs aligned to frame's HEAD TUBE. Consists of a crown, DROPOUTS, pair of blades and steering tube.

Frame (n)

Bones of a bicycle—minus accessories, HANDLEBARS, GROUP, FORK, SEAT POST, OR WHEELS—made up of tubes. If any tube breaks or cracks, bicycle is no longer safe to ride.

Frame Angle (n)

HEAD TUBE OR SEAT TUBE angle relative to horizon. Shallow (relaxed, slack) angles closer to  $68^\circ$  lengthen frame for comfortable/stable touring. Steep (upright) angles closer to  $75^\circ$  shorten frame or fork rake which enhances maneuvering for racing or trail riding, but absorbs less shock.

## BIXICON

Frameset (n)	A FRAME and FORK, often purchased together.
Frame Shifter (n)	Lever for DERAILLEUR mounted on DOWN TUBE.
Freeride or Freestyle (a)	A kind of mountain biking focused on stunts and tricks, sometimes done in competitive events.
Freewheel (v)	To coast on bicycles equipped with a FREEWHEEL mechanism.
Friction Shift (n)	Lever with infinitely variable positions between end stops used to change DERAILLEUR gear positions, often mounted on DOWN TUBE OF HEAD TUBE.
Gaiter (n)	Covering for lower face and neck used on cold days instead of or in addition to a BALACLAVA.
Ghost Bikes (n)	Wrecks slathered with white paint and festooned with placards, positioned as memorials at spots where bicyclists were hit by motorists or other prominent places.
Gloves (n)	1. Full or partially fingered coverings for hands, padded for comfort, that also improve grip on HANDLEBARS, insulate hands when cold, keep hands clean of chain grease, protect hands in a fall. 2. Brits call fingerless versions <i>track mitts</i> .
Greenway (n)	A narrow linear park for hiking, sometimes with a paved path for bicycling, which prohibits motoring except for emergency purposes or maintenance.
Group or Gruppo (n)	A set of compatible bicycle components, particularly brake CALIPERS, BOTTOM BRACKET, CABLES, CABLE HOUSINGS, CHAIN, DERAILLEURS, drive train components, HEADSTOCK, and levers, packaged together for sale, usually of same brand. Can include all or a subset of entire BICYCLE except accessories, FORK, FRAME, HANDLEBARS, SADDLE, and WHEELS, which are ordinarily chosen separately. Specify either English or Italian to be compatible with frame type.
Halfpipe	A facility built with 2 quarter-round, parallel walls that allow BMX'ers and skateboarders to compete in extreme freestyle. Starting from the top of wall, they descend with gravity, fly up other side,

	then perform an acrobatic move, such as flips and spins (described by degrees of turns, as in 360's, 540's, etc.).
Hammer (v)	Slang for HONKING or riding hard, especially uphill.
Handlebars (n)	A 1-piece tube generally perpendicular to other frame tubes that serves as a hand rest, mount for accessories, levers and lights, steering control and weight support. Can be configured as contoured, DROPS [see] flared, or straight and be formed from any material FRAME tubes are. Spaces between levers and stem are called TOPS.
Hang On (v)	1. To draft but neglect to take your turn in front. 2. To barely maintain contact with field.
Header (n)	See ENDO.
Head Stock or Headstock (n)	A set of bearings in the HEAD TUBE around which the FORK rotates.
Head Tube or Headtube (n)	A frame component which houses the steering fork that runs between DOWN TUBE and TOP TUBE.
Headlight (n)	Clear or white lamp battery or generator operated mounted to front of bike to both alert anyone ahead of presence of a cyclist and sometimes illuminate way for cyclist. Generator lights usually extinguish when rider stops. Batteries for both types last only as long as sufficiently charged.
Helmet (n)	Cheap insurance. Gear consisting of a hard shell and inner layer of polystyrene or other easily broken material, strapped to head securely, so, when you inevitably fall, it crumples instead of your skull.
Honk (v)	To ride hard especially uphill while standing on pedals.
Hook (v)	Collide by locking HANDLEBARS, wheels or both.
Hors Categorise (a)	French rate hills 1 to 4, and reserve this phrase, "beyond categorizing", for the worst.
HPV (n)	Human Powered/Propelled Vehicle, as opposed to a BICYCLE, an official designation defined and monitored by UCI.

Hub axle (n)	See AXLE.
Hugger (n)	Short for Hunter-Gatherer, chief occupation in a broken society.
Hybrid (n)	A type of bike that blends features from both a ROADIE (narrow wheels) and an MTB (beefier frame, center pull brakes, exposed cables, straight HANDLEBARS, upright riding position, and wider forks) which makes it suitable for several purposes including city commuting and general recreation at the expense of speed.
Index Shift (n)	Lever with fixed positions used to change spring loaded DERAILLEUR gear positions.
Intervals or Interval Training (n)	Structured rides that alternate between brief intensity and relative ease.
Jersey (n)	See BRIGHT JERSEY.
Jump (n)	Sudden burst of speed that initiates a SPRINT.
Kevlar (n)	lightweight, strong plastic used in bicycle tires and bullet proof vests. If used for bead instead of steel, makes tires foldable and light; if used as belting, increases weight but resists punctures.
Kick (n)	See JUMP.
Lactic Acid (n)	By-product of muscular activity that causes pain; recent evidence suggests it's an essential fuel along with glucose; kept at bay by continual muscle toning and diet rich in calcium, magnesium and potassium plus diligent rehydration.
Laminar (a)	Describes air flow that is minimally restricted, generally achieved with a radiused leading edge and tapered trailing edge designed to reduce low pressure that trails all shapes travelling through air. Synonym: Streamline.
Lead Out, to (v)	Jump ahead of a teammate to PULL in a sprint yet sacrifice any chances of winning yourself.
Lugs (n)	Short tube segments used to join FRAME tubes, particularly if they are brazed steel. Some also serve as a decorative element.

## Glossary-18

Lycra (n)	Clingy, stretchy fabric out of which they sew slick clothing for bicycling.
Maillot Jaune (n)	Literally, a <i>jersey colored yellow</i> , which, once awarded, is donned by leader of prominent races before each stage. Green, pink and polka dot jerseys are also awarded for different reasons.
Major Taylor (Proper Name)	19th Century Worcester, MA bicyclist who became first widely know black athlete and sports personality.
Majors (n)	Acronym from Masters And Juniors Only Racing, CRITERIUM races which limit field to those age groups.
Master (n)	Age class, usually 50 or older, for ELITE racers.
Match Sprint (n)	A 200 meter track event that requires all out effort for a short interval.
Mega-gear or Pie Plate (n)	An CASSETTE gear with teeth $\geq 32$ in number designed for steep hill climbing. Requires a special derailleur. Usually found on an MTB.
Messenger (n)	A for-hire courier who rides a bike in pursuit of a counterculture lifestyle.
Metrosexuals (n)	Girlishly handsome young men often found in bicycling circles.
M-frames (n)	A useful type of wraparound safety glasses with lenses (sometimes interchangeable) captured only from the top and shaped somewhat like the letter M along the bottom, thus following contour of cheeks and eye sockets and offering superior protection and visibility.
Monocoque (n)	Bicycle FRAME analogous to an automotive uni-body chassis in which an external surface serves as the structural element. This construction is generally used on HPVs designed for high speeds under controlled conditions.
Mo-ve (n)	Short for <i>M</i> otor <i>V</i> ehicle. See CAGER.
MTB or mtb (n)	<i>Moun Tain Bike</i> , a bicycle with adapted brakes, frames, heavier hubs, spokes and/or tires, which make them suited for loose gravel, sand, snow,

	and surly use, like descending paths and jumping.
Mudguard (n)	See FENDER.
Nimby (n)	Acronym for Not In My Back Yard, a person who fanatically opposes nearby bike trail construction despite having little say in what's to be done to publicly held property. Ironically, they are often biggest supporters once facilities provide nearby family recreation and raise their property values.
No-Drop (a)	Group ride or tour advertised to leave nobody behind, to generally stick together.
Off-camber (a)	A road or turn that is laterally tilted not to resist but ignore centrifugal force of approaching vehicles, and is therefore likely to cause crashes.
Ordinary (n)	See BONESHAKER.
Pace (v)	Ride in single file so only leader has to fight wind resistance and those who follow benefit from slipstream created.
Paceline (n)	Single file of riders riding close together to take advantage of slipstream. Participants are supposed to take turns pulling in front. Requires communication and coordination.
Padded Shorts (n)	Garment made of a certain number of LYCRA or SPANDEX panels, crotch gusset, with or without grips to cinch thighs and waist, and often cushions for sit bones. They avoid abrasion, flex easily to free legs during pedaling, and soften ride, which increases comfort and distance one can ride.
Panniers (n)	Storage bags that attach to touring bike frames.
Pedal (n)	Engineered component upon which human force is applied, usually by foot, that rotates around CRANK arm.
Pedal (v)	To turn CRANK.
Pegs (n)	Short extensions attached to FRAME or hubs on BMX and trick bikes which provide alternative positions for feet.

## Glossary-20

## BIXICON

Pelaton or Peleton or Peloton (n)	1. From French, a large pack of riders, such as a double or triple ESCHELON. This occurs when racers make an early tactical agreement to share work of drafting before a BREAKAWAY. 2. Connotes group at front of race. 3. In general, professional riders collectively who make up pelaton from race to race.
Pennyfarthing (n)	See BONESHAKER.
Podium (n)	Dais where they award trophies to race winners.
Presta Valve (n)	A small, light TUBE valve preferred by ROADIES. Entire length of its outside diameter is threaded for a thumb ring, which is used to stabilize valve while accepting pump.
Pull (v)	Ride at head of PACELINE to generate a slipstream for those who follow.
Pull Off (v)	Once done pulling in front, rider steers aside, slows, and resumes last position in a PACELINE. Second in line <i>pulls through</i> to front position.
Push-bike (n)	An old term for a bike that must be pedaled.
Quads, Quadriceps (n)	Large muscles of thigh which provide much of a bicyclist's propulsive force.
Quick Release (n)	1. Cam-action lever on SKEWERS for SEAT POSTS or WHEELS which allow loosening without a tool. 2. System that allows certain brakes to open wider than normal to allow wide wheels to be installed.
Quill (n)	Type of STEM to which HANDLEBARS are attached.
Randonneur (n)	1. Long distance bicyclist. 2. (obs.) A type of downswept, flared HANDLEBARS.
Rails-to-Trails (n)	Movement to convert abandoned rail lines (or tow paths, utility easements) into pathways shared by bicyclists, skaters, walkers, and wheelchair users.
Rake (n)	Distance between centerline of FORK tube and a parallel line through DROPOUTS. Measures bend in FORK blades.

Rat Traps or Traps (n)	1. A type of PEDAL with attached metal straps, aka TOECLIPS, into which feet are inserted to improve contact with pedals, but not so positively as CLEATS or CLIPLESS, yet can be used without special shoes. 2. (obs.) A luggage rack mounted over wheels.
Rearview Mirror (n)	A small mirror, usually oval or rectangular, for peeking over left shoulder at what's happening behind. Can be mounted on FRAME, HANDLEBARS, HELMET or right on SAFETY GLASSES, which works best, since it jiggles along with eyes and thus remains the most visible.
Recumbent (n)	Type of HPV in which rider sits low and pedals with legs extended forward, thought to avoid back strain and maximize efficiency.
Ride of Silence (Proper Name)	Grassroots activism begun in Texas, since spread to more than 300 cities in 8 countries on 7 continents, which consists of an annual ride aimed at honoring bicyclists killed while riding, rethinking roadway planning which contributes to fatalities, and sharing roads with MO-VES.
Rim Tape (n)	Strip of cloth, plastic or rubber that protects TUBE from punctures by covering inner heads of SPOKE nipples. Most effective are elastic nylon or heavy cotton which self adhere, although some racers use plastic because it weighs less.
Road (a)	1. A type of cycling which mainly confines itself to paved surfaces. 2. Equipment optimized for this purpose.
Road (n)	A path widened, graded, and smoothed with tarry sludge left after fractioning crude oil into a public thoroughfare to be used by all, not just motorists.
Roadie (n)	A ROAD cyclist or BICYCLE optimized for road use.
Roadkill (n)	Animals found deceased in gutters, generally victims of motorists. Compare with CAR-NAGE.
Rollers (n)	1. Flat frame with long bearing-mounted rolls upon which bicycles are placed and nimble cyclists train in place indoors, aka Roller Trainer.

	2. Set of minor, consecutive hills along a route, somewhat like sinusoidal waves, to which bicyclists must adapt their riding technique.
Saddle (n)	Proper term for a bicycle seat, a highly engineered component that serves several purposes: Allows rider to lighten load from busy legs, helps rider balance on BIKE, optimally positions other body parts such as back, elbows, feet, hips and knees, transfers thrust from pedaling backward toward rear WHEEL. Comes in various materials, often a plastic skin with gel inserts for padding, or leather, usually with a metal or carbon fiber support frame.
Safety Glasses (n)	Protect eyes against airborne particles or flying insects as well as harmful UV radiation; act as a windshield to avoid temporary blindness from watery eyes.
Sag or Sag Wagon (n)	Support vehicle for CENTURY, race or tour riders.
Schrader Valve (n)	A typical valve for BICYCLE tubes of the same diameter as those used on automobiles. It is threaded only at the top, which accepts a valve cover of metal or plastic used to keep dirt out of valve. Compare to PRESTA VALVE.
Schwag (n)	Promotional materials given for free at races or rides, such as keychains, WATERBOTTLES or T-shirts, sometimes useful, often not.
Scorcher (n)	A fanciful, old fashioned name for a modern BICYCLE. Scorching referred to riding too quickly, as if racing.
Seat Post (n)	Tube to which saddle is attached via a clamp; slides in and out of SEAT TUBE so alignment and height can be adjusted then locked.
Seat Stays or Seatstays (n)	A pair of parallel FRAME components that run diagonally between SEAT POST and rear hub DROPOUTS on the typical diamond frame.
Seat Tube (n)	Central FRAME member into which the SEAT POST is inserted. Extends from BOTTOM BRACKET housing to intersect STAYENDS and TOP TUBE.

Sew-on or Sew-up (n)	General term for non-clinching type TIRES which have an inflatable bladder sewn inside, like a football, used mostly by track racers for their low rolling resistance despite susceptibility to puncture. They must be glued onto special concave rims with recessed spoke nipples.
Shave (v)	What racers do to their legs, not necessarily to seem more womanly, but to better heal them after a crash. Any aerodynamic advantage is purely speculative. More of a kinky sensual pleasure to non-racers.
Shift Down or Downshift, to (v)	Select a smaller CASSETTE gear or large chainring.
Shift Up or Upshift, to (v)	Select a larger CASSETTE gear or small chainring.
Sidewalk (n)	A facility distinctly for pedestrians which prohibits BICYCLES and MO-VES, usually elevated and separated from roadway by a curb, often dotted with light poles, signposts, trees and other obstacles.
Sight Line (n)	Vector over which driver or rider can see or be seen until something obstructs. A curve in road, hedges, sign clutter all interfere with a sight line.
Sign Sprint or Flag Sprint (n)	All out effort to be first past a border sign or flag intentionally placed during course of a ride or race; in actual races, points are awarded to whoever wins these races-within-races.
Single Track (n)	MTB trail only wide enough to allow one cyclist through at a time. Connotes a high degree of difficulty. Mountain bikers follow trails to avoid plummeting off cliffs and other such hazards.
Sit Bones (n)	Pair of protuberances, ischial tuberosities, on human pelvic bones, which are where rump contacts saddle, and, thus, need to be protected from abrasion or pressure, which can cause painful strains or ulcers.
Sit In (v)	Hang on a PACELINE position as a tactic to wear out opponent.

## Glossary-24

## BIXICON

6-day Race or Madison (n)	Once a popular indoor gaming and spectator sport, a competition between individual riders going as far as possible in 144 consecutive hours. After many consequent tragedies, daily limits were put in, 12 then 8 hours, and tag teams formed. Still held in VELODROMES in Germany and Japan.
Skewer (n)	A rod with a threaded knob at 1 end, and a QUICK RELEASE lever on the other which threads through hollow WHEEL axle to hold wheel on BICYCLE.
Slipstream (n)	Momentary cone of low-pressure displacement behind all objects moving through air, such as bicyclists or MO-VES. Riders who maneuver into it overcome their chief form of resistance and thus conserve energy. See DRAFT.
Soigneur (n)	Non-racing cycling team member who assists racers by feeding, making arrangements, tracking down lost items, etc.
Spandex	See LYCRA.
Spider (n)	Multiarm end of a CRANK arm that allows drive crank to attach chainrings. Come in various bolt circle diameters to accomodate compact, road, track or touring rings generally 74 to 144 mm.
Spinning (v)	1. Cranking on an exercise machine falsely called a <i>stationary bicycle</i> . 2. CADENCE spinning.
Splashguard (n)	See FENDER.
Sprint (v)	Speed up when close to finish line of a race.
Stage Race (n)	A TOUR that extends over several days or weeks with varying rules and terrain on successive days. Its objective is to challenge a rider's overall climbing, endurance, sprinting, and tactics skill.
Stayends (n)	Pair of solid plugs brazed onto SEAT TUBE and inserted into SEATSTAYS to connect them.
Steel (n)	Heavy but forgiving material, low cost, strong, for forks, frames and other bike components.
Steering Tube (n)	Part of the FORK into which the STEM is inserted.

Stem (n)	Bent component that locks into STEERING TUBE and attaches HANDLEBARS to rest of bicycle. Selecting 1 which suits you best is more difficult than it seems: Too low or short and rider is cramped, too long or tall and back is strained or elbows locked.
Stoker (n)	Rider in rear position on a two-person TANDEM bike, who mainly supplies additional propulsion. Compare to CAPTAIN.
Sweep (n)	Rider or SAG designated to assist dropped riders in a group. Term was derived from practice during important races of using the same vehicle for sag that was used to sweep the course beforehand.
Taillight (n)	Red lamp mounted at rear of bike to alert anyone following of presence of cyclist. May be battery or generator operated, blinking or steady.
Tandem (n)	Bike for two riders, CAPTAIN and STOKER, with obvious and subtle differences from regular one rider bikes, including a double CHAIN.
Titanium or Ti (n)	Expensive, extremely lightweight, strong material for racing frames and other bike components.
Tights (n)	LYCRA or SPANDEX garment worn over or in place of biking shorts which cover legs and/or torso to protect against chill.
Time Trial (n)	Race in which an individual (ITT) or sometimes team (TTT) is started apart for an all-out effort against a clock and course with no interference from competitors.
Tire (n)	Circular band that attaches to rims and contacts road. Come mainly in 2 types, CLINCHER and TUBULAR, both of which require an air bladder to inflate. Since bike rims with SPOKE holes cannot be made air tight, there is no bike tire analogous to automotive tubeless.
Tire Lever (n)	Tool, comes usually 2 or 3 to a set, for installing or prying tight tires on or off rims. Blade end does prying. Hook end is for wrapping around a spoke to free hands when additional levers are needed.

Glossary-26

**BIXICON**

Toeclips (n)

Fabric and/or metal straps attached to pedals into which feet clad in regular or sport shoes are inserted. Acts as a substitute for cleats or clipless, improves pedal contact, and is sometimes preferred by TANDEM riders.

Toolkit (n)

Collection to carry while riding which minimally includes: chain tool, inflation system (either frame pump, CO2 cartridge type, or combo unit with pump and cartridges), spoke wrench, tire levers, 2 or more tubes, and whatever wrenches you need to remove wheels if they are not QUICK RELEASE. Worthwhile additions are a BOOT, multi-tool with pliers, knife and screw drivers, and an index of metric hex-Allen wrenches.

Top Tube or Tootube (n)

FRAME member than extends from HEAD TUBE to SEAT TUBE, usually horizontal or slightly downward.

Torque (n)

Measurement of rotational or twisting force specified in foot pounds, a constant equivalent to 1 pound applied to the end of a foot long wrench.

Tour (n)

A race or ride that extends over several days or weeks.

Touring Bike (n)

Similar to a ROAD bike, but with relaxed geometry for a longer, more forgiving frame with multiple bosses for bags and racks, thereby suited to trips over several days or more.

Track Stand (n)

Maneuver which allows a cyclist to remain relatively stationary, for example, while waiting to start a race, while standing on pedals held horizontally. Easiest to do on a FIXED SPEED.

Traffic (n)

1. Movement comprised of TRANSIT and TRANSPORT for commerce or recreation that occurs every time people go to and from. 2. Vehicular congestion that occurs because of bad planning by transportation departments and travelers themselves (aka traffic jam).

Trail (n)

Distance between spot on ground pointed to by FORK tube and spot behind it directly below WHEEL AXLE. Contrast with RAKE.

Transit (v)	To move across an area or toward a destination using only human metabolic energy.
Transport (v)	To move goods or people using sources of energy other than human metabolism, typically through motorized conveyance.
Tread (n)	Thick center portion of a TIRE, often contoured from knobby to smooth to increase or decrease traction, as opposed to bead or sidewall.
Triathlon (n)	A race in 3 parts—usually swim, cycle then run—but can include canoe, kayak, or obstacle courses, designed to favor physically fit and overall skilled contestants or teams who supply their own optimized equipment.
Tricycle or Trike (n)	A 3-wheeled human powered conveyance similar to a bicycle. Small versions are often given to amuse children, while full scale versions help adults with disabilities.
Triple (n)	1. A CRANKSET with 3 chainrings, the smallest often called a “granny gear” after an insensitive putdown (ageism) that only an elderly lady would need such a gear, although many hardened RANDONNEURS do use them to climb steep grades. 2. A BICYCLE so equipped.
Tube (n)	1. A butyl (synthetic) or latex (natural) rubber bladder with a valve used to expand a TIRE with air and seat it within a rim. Experienced bicyclists usually carry at least 2 spares as they are the most likely part to fail during a ride. 2. A FRAME component made of alloys, ALUMINUM, carbon fiber, STEEL or TITANIUM which spans between lugs or weld points. Some alloys include CHROME-MOLY or Reynolds 531, 753 or 853 steel.
Tubular (a)	Describes a TIRE with 2 strips sewn together on edges around an inner tube to form a long circular balloon, glued onto a concave rim, and allowed to dry overnight, which make them impractical to repair in a road emergency, impossible in the rain. All but racers with special applications choose clincher tires instead.

**BIXICON**

	A recent innovation provides a tubular that works in a clincher rim. See SEW-ON.
Turtleskin (n)	Fleece tube which covers ears, lower face, and neck used for protection against extreme cold and as a filter against caustic road dust in Winter, often in combination with a BALACLAVA.
UCI (n)	Union Cycliste Internationale, global governing body for professional ROAD and track racing.
Ultimate wheel (n)	Not a BICYCLE but just a wheel, usually a circle of plywood stuck into a full size rim with pedals attached. Jugglers and trick riders use them.
Upstroke (n)	When a cleated, clipped or trapped foot pulls PEDAL up following a DOWNSTROKE.
Velocipede (n)	From Latin, means <i>quick feet</i> , an early French name for a BICYCLE.
Velodrome (n)	1. Building which houses an oval bicycle racing track and seats for spectators. See 6-DAY RACES. 2. Oval track itself.
Wall (n)	Significant long, steep hill to climb on route. See HORS CATEGORIE.
Waterbottle (n)	Container, most often made of rugged polypropylene, which many find imparts an objectionable taste, especially sized to fit into frame mounted cages. Not as rugged polyethylene terephthalate cures the taste problem. Glass is always inappropriate due to breakage and potential flats. Metabolizing a kilogram of fat during a hard ride releases up to 3 liters of sweat, water which must be replenished for muscles to work. Otherwise, expect leg cramps and worse.
Water Carrier (n)	See DOMESTIQUE.
Weenies (n)	Derogative slang for persons so obsessed by bicycling minutia as to become unduly inflexible about it.
Wedgie (n)	RECUMBENT [see].

Wheel (n)	1. Certain components taken collectively including AXLE, bearings, hub, nipples, rim, RIM TAPE, SKEWER, SPOKES and sometimes TIRE and TUBE. 2. Slang for a BICYCLE.
Wheel Builder or Wheelsmith (n)	Professional mechanic who custom builds WHEELS, a talent not equally shared among technicians.
Wheel Truing (v)	WHEELS which do not bounce or wobble when rotated are <i>true</i> . By loosening or tightening nipples that attach spokes to rim, a rim can be slightly flexed and tensioned to eliminate eccentricity or runout. This is best done by a WHEELSMITH using correct tools including a truing stand.
Wheelbase (n)	Distance between axles, usually 38 to 44 inches.
White Bicycle (Proper Name)	A 1960's radical movement begun in Holland which vilified property ownership and so set an example for capitalists by placing white painted bicycles around cities for people to share for free. Their only stipulation was that users leave bikes where someone else can easily find. Not to be confused with GHOST BIKE.
Wind Sprinter (n)	Training equipment for use indoors onto which a BICYCLE less front WHEEL is mounted; fan blades create resistance. They also market pricier versions using fluid or magnetic resistance. Contrast with ROLLERS.
Wind up (v)	Gradually build to an all-out effort.
X-wrench (n)	A small tool designed to loosen or tighten fittings where space is extremely limited.
Yellow (n)	A color sacred to bicyclists. See MAILLOT JAUNE.
Yellow Bicycle (Proper Name)	Contemporary stateside version of the global WHITE BICYCLE movement paints theirs yellow.
Yoke (n)	A small hooked plate which connects a main brake cable to a pair of leads (straddle or transverse cable) for both sides of center pull BRAKES.



**Glossary-30**

Y-wrench (n)

Zerk Fitting (n)

**BIXICON**

A special tool roughly shaped as the letter Y used to loosen or tighten fittings in which there's a large intervening component, such as a crank.

1. A grease injection point found on older bicycles still in use. 2. As with Zener Diode, a bogus entry so Z isn't forgotten in a bixicon.

