

Unit 15 — English for Cycling

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Bike (Bicycle)

A two-wheeled vehicle powered by pedaling.

"She rode her bike to victory in the Olympic road race."

Brake

A mechanism used to slow down or stop the bike.

"He applied the brake before the sharp turn."

Cadence

The rate at which a cyclist pedals.

"Maintaining a steady cadence improves efficiency."

Chain

A looped metal component that transmits power to the wheels.

"The chain needs regular oiling to avoid friction and rust."

Climb

The act of riding uphill.

"The steep climb tested every rider."

Crank

A stiff metal lever attached to the bottom-bracket spindle that holds a pedal and turns the chainring.

"When the hill got steeper, Eddie pushed so hard on the crank that he broke the chain."

Descend

The act of riding downhill.

"A quick descent can be exhilarating but dangerous."

Drafting

Riding closely behind another to reduce wind resistance.

"Drafting can help conserve energy during a race, but is illegal in a time-trial."

Gear

The system that adjusts the bike's speed and power.

"Shifting down a few gears made the climb easier in the extreme heat."

Handlebar

The part of the bike used for steering.

"Her hands gripped the handlebar tightly."

Helmet

Protective headgear worn while cycling.

"Always wear a helmet to ensure safety."

Interval training

A period of intense effort followed by a short rest.

"Interval training is one key method to improve fitness."

Pedal

A flat or cleated platform attached to the crank, designed to be moved with the rider's feet.

"When the pedal is at the lowest point, one's leg should be fully extended."

Peloton

The main group of cyclists riding together.

"Riding in a peloton helps reduce wind resistance."

Route

The planned course or path for a ride.

"They mapped out a challenging route for the tour."

Saddle

The seat of the bicycle.

"Adjust the saddle for maximum comfort."

Spoke

A rod connecting the hub to the rim of a wheel.

"A broken spoke can affect the wheel."

Sprint

A short burst of high-speed cycling.

"He launched into a sprint during the final lap."

Tire

The rubber covering of a wheel that provides traction.

"Check the tire pressure before a long ride."

Tour

A long-distance cycling race or journey.

"They participated in a multi-day tour across the country."