

CYCLING BIOMECHANICS: INJURY PREVENTION, COMFORT AND PERFORMANCE



Judd Van Sickle, Jr. is a Biomechanical Engineer and USA Cycling Level 1 (Elite) Cycling Coach at the UC Davis Health System in the Sports Medicine Program. His emphasis is in cycling biomechanics and metabolic energy expenditure in cycling. Judd is the coach of the multiple National Championship winning UC Davis Cycling Team since 2000, USCF Category 1 Road Cyclist - racing since 1996, and 2001 Collegiate National Champion.

- Date:** Wednesday, May 11, 2011
- Time:** 6:00 No-host bar. Program begins at 6:30 p.m.
- Cost:** \$5 donation requested
- Location:** Tahoe Center for Environmental Sciences,
291 Country Club Dr. Incline Village, Nevada



Prevent injuries and increase your performance with appropriate bicycle fitting, flexibility, stability and technique. Explore the interplay between bicycle position and body mechanics.

Tests performed in the UC Davis Sports Medicine Laboratory include Bicycle Fitting, Torque Analysis and Physiological Tests.

Discover the most energy efficient setup for your bike. Proper bicycle fitting addresses all aspects of the bike rider interface, including shoe/cleat alignment, saddle and handlebar positioning and provides recommendations for equipment modifications. Learn how to incorporate the specific recommendation guidelines for improving posture and technique, aerodynamics and power production.