



## Clinical Trials-Research

### **Chain Reactions: The Biomechanics of Biking**

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Cycling has been around for more than 120 years as a means of transportation as well as a mode of recreation. Over the past 25 years, cycling has become an increasingly popular form of exercise, has been incorporated into many cardiovascular fitness programs, and has grown in popularity as a competitive sport. Through a typical season of training and racing, the professional cyclist might tally 7.5 million pedal revolutions, many of which are against resistance. These staggering numbers help to illustrate the need for a better understanding of the biomechanics of cycling and how one might protect oneself against injury.