

Road Biking Lingo

Attack	Accelerating away from the pack of other riders in order to speed up the pace
Bonk	Running out of energy during a ride; avoid this by eating and drinking often
Cadence	Your rate of crank speed, measured in revolutions per minute (rpms)
Century	A one day ride of 100 miles
Criterium	Also known as a 'crit,' this is a multi-lap race on a course about 1 mile in length
Draft	Following closely behind another rider to reduce wind resistance and save energy
Dropped	Getting left behind by a group of riders
Drops	The lowest and most aerodynamic position on road bike handlebars
No Drop Ride	Generally easy paced and designed to be sure no one is left behind
Off the Back	Riders who have not been able to keep up with the lead group
Road Rash	Any skin abrasion resulting from a brief or extended slide across pavement
SAG Wagon	Vehicle used to transport cyclists who have difficulties or gear during a ride
Riding a Wheel	Drafting someone while waiting for them to make a move so you can follow
Spin	Concentrating on pedaling at a high cadence
Sprint	Riding as fast and hard as possible to make it to a fixed point

