

UNIVERSITY OF THESSALY
DEPARTMENT OF PHYSICAL
EDUCATION & SPORT
SCIENCE

English Lecturer: Kyriaki Spanou

Email: kyrspanou@uth.gr

Foreign language & sport
terminology
ME0153

CYCLING



- ❑ **Cycling** also called **biking** or **bicycling** is the use of bicycles for transport, recreation, exercise or sport.
- ❑ People engaged in cycling are referred to as "cyclists", "bikers", or less commonly, as "bicyclists".
- ❑ Apart from two-wheeled bicycles, "cycling" also includes the riding of unicycles (μονόκυκλα), tricycles (τρίκυκλα), quadracycles (με τέσσερις τροχούς) and similar human-powered vehicles (HPVs).

CYCLING

- Bicycles were introduced in the 19th century and now number approximately one billion worldwide.
- Today, over 50 per cent of the human population knows how to ride a bike.
- They are the principal means of transportation in many parts of the world.
- Cycling is widely regarded as a very effective and efficient mode (τρόπος) of transportation.



CYCLING

- ◉ In many countries, the most commonly used vehicle for road transport is a utility bicycle.
- ◉ These have frames with relaxed geometry, protecting the rider from shocks of the road and easing steering (οδήγηση) at low speeds.
- ◉ People often use bicycles for everyday transport in Europe, Denmark and the Netherlands.



HEALTH BENEFITS OF CYCLING

Organic  Facts



Good remedy for weight loss



Aids in diabetes management



Beneficial in preventing arthritis



Effective in improving cardiovascular health



Beneficial in reducing stress and managing pain







Helps to enhance energy levels and body stamina

Note: Wear well fitted clothes, helmet and carry plenty of water for cycling

www.organicfacts.net

CYCLING AT THE 2020 SUMMER OLYMPICS

- The cycling competitions of the 2020 Summer Olympics in Tokyo will feature 22 events.
- Since the 1896 contests which featured 5 track events and an 87 km road race from Athens to Marathon and back, Olympic cycling had gradually evolved to include women's competitions, mountain bike and BMX to arrive at the current 22 events.
- The 2020 competitions include 4 more events than 2016. BMX Freestyle events have been added for both men and women.

Cycling at the 2020 Summer Olympics		
List of cyclists		
Qualification		
Road cycling		
		
Road race	men	women
Time trial	men	women
Track cycling		
		
Sprint	men	women
Team sprint	men	women
Keirin	men	women
Team pursuit	men	women
Madison	men	women
Omnium	men	women
Mountain biking		
		
Cross-country	men	women
BMX		
		
BMX racing	men	women
BMX freestyle	men	women
V · T · E		

ROAD BICYCLE RACING

- **Road bicycle racing** is the cycle sport discipline of road cycling, held on paved roads.
- Road racing is the most popular professional form of bicycle racing, in terms of numbers of competitors, events and spectators.
- The two most common competition formats are mass start events, where riders start simultaneously (though sometimes with a handicap/εμπόδιο) and race to set finish point; and time trials, where individual riders or teams race a course alone against the clock.



MOUNTAIN BIKE RACING

- ◉ **Mountain bike racing** (shortened **MTB** or **ATB racing**) is the competitive cycle sport discipline of mountain biking held on off-road terrain.
- ◉ The Union Cycliste Internationale (UCI) recognised the discipline relatively late in 1990, when it sanctioned (επικυρώνω, εγκρίνω) the world championships in Durango, Colorado.
- ◉ The first UCI Mountain Bike World Cup series took place in 1988.
- ◉ In 1996, cross-country (ανώμαλος δρόμος) mountain biking events were added to the Olympic Games.
- ◉ In 2006, cross-country mountain biking events became part of the World Deaf Cycling Championships for the first time in San Francisco, USA.



BMX RACING

- ◉ **BMX racing** is a type of off-road bicycle racing.
- ◉ The format of BMX was derived from motocross racing.
- ◉ BMX bicycle races are sprint races on purpose-built off-road single-lap (γύρος, στροφή) race tracks.
- ◉ The track usually consists of a starting gate for up to eight racers, a groomed, serpentine (γεμάτο στροφές), dirt (χώμα, σκόνη, βρωμιά) race course made of various jumps and rollers and a finish line.
- ◉ The course is usually flat, about 15 feet (4.6 m) wide and has large banked (κύρτωμα) corners that help the riders maintain speed.



TRACK CYCLING

Track cycling is a bicycle racing sport usually held on specially built banked tracks or velodromes/ποδηλατοδρόμια (but many events are held at older velodromes where the track banking is relatively shallow) using track bicycles.



GREAT CYCLING RACES

- ◉ Le Tour de France
- ◉ Milan-San Remo (Italy)
- ◉ Paris-Roubaix (France)
- ◉ Giro d'Italia (Italy)
- ◉ Amgen Tour of California (USA)
- ◉ Vuelta a España (Spain)



TRIKALA: LIFE ON A BIKE



- Bicycle tracks painted red, traffic signs and lights for bikes, bicycle parking seats, bicycles on the streets, even by the river.
- We are in a place where people's life is spent on a bike.
- The town we're talking about is Trikala, the Greek capital of bicycle.
- Traditionally, Trikala is a bicycle-friendly place due to the flat terrain, the small streets and the short distances.
- Residents use the bicycle in all aspects of their everyday life, not only as a hobby or a sport activity but also, as a primary means of transportation or even for commercial pursuit.
- In total, there are more than 30,000 bicycles, that is, 1 bicycle per 2.5 inhabitants. Besides the cycle lanes, bicycles have access in all streets and pedestrian areas, while there are tailored (ειδικά σχεδιασμένα) parking spots all over the town. There is also a special police squad (ομάδα) made up of policemen with bicycles patrolling in the city center.

CYCLING-TRIKALA

Trikala is the birthplace of a number of prominent personalities of Greek cycling, including the Gold Olympic Champion Dimitris Georgalis, the Greek and Balkan champion Michalis Tamanakias and the long-distance champion Stelios Vaskos.



VASKOS-TRIKALA

- He started cycling in 1969, when he went from Trikala to Athens by bicycle
- 1975: 2nd in the Balkan Championship (Team) and 3rd in Endurance (Rhodes) 1977 in the round of Egypt.
- 1981: 1st in the Panhellenic Endurance Championship
- 1981: 3rd in Group B Balkan Championship
- 1984: 1st in the ancient Olympia-Tripoli International Tour of Greece
- 1992: 1st in the League of Armed Forces and Security Corps
- 1992: 4th at the World Championship in Austria with the colors of the Fire Brigade
- 1992: 3rd in the World Championship in Sweden with the colors of the Fire Brigade
- In 2006 he traveled the route Trikala-Athens (Syntagma) -Trikala 645 km
- In 2009, he planned to travel the distance of Trikala-Constantinople-Trikala 1600 km without stopping.
- In 2010, he traveled 1,600 km Greece-Bulgaria-Turkey-Greece without stopping
- In 2012 he made the Trikala - Munich - Trikala route, reaching Munich after 1,924 km. and 7 days.



STELIOS VASKOS



- ❑ He started cycling in 1969, when he went from Trikala to Athens by bicycle, and in 1970 in the Byzantium bicycle section (AEK)
- ❑ Stelios Vaskos is a character in the children's fairy tale "A fairy tale in two wheels" by Vasso Boulogiorgou.
- ❑ He has been awarded for his work by the University of Thessaly (TEFAA in Trikala).
- ❑ He has received the golden key of the Municipality of Trikala.
- ❑ In 2012 he was appointed chairman of the PAS Asklipios.

TRIKALA - GUINNESS RECORD CLAIMS STELIOS VASKOS

- ◉ Start: Town Hall of Trikala June 7, 2017 at 9 pm
- ◉ Scheduled ending on 5 July 2017
- ◉ Making a tour of Europe with his bike:(Greece-Bulgaria-Romania-Hungary-Slovakia-Poland-Germany-Netherlands-Belgium-France-Italy-Slovenia-Croatia-Montenegro-Albania-Greece..)
- ◉ More than 8,000 kilometers, 25 consecutive days with a relentless rival a year and harsh conditions ...
- ◉ This time the purpose of this superhuman effort is to strengthen and support the "AROGI" Triple Association of Disabled People.



THANKS FOR YOUR ATTENTION

Reference book:

Kontopodis, P.(2002) *English
for sports purposes with exercises.*
Athens: Kontopodis