

KNOWLEDGE

Beat wind resistance

Wind is the enemy that you can't see when cycling, says 2009 World Masters Road Race Championship winner **Ben Wilson**. The former pro is now a coach, and here he gives us his tips for beating the breeze



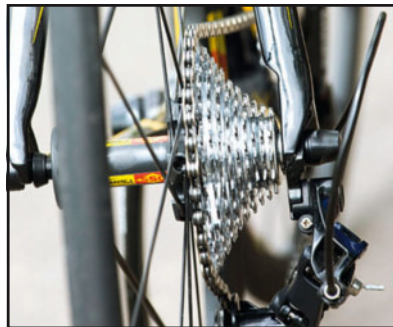
TAKE PUNISHMENT EARLY

1 If you can, find out what direction the wind's blowing in before you set off. "I always try to finish my rides with a tail wind," says Ben. "Long rides in particular can become a real grind if you finish them riding into the wind, so try to plan them based on the wind direction. Take the wind head on when you're still feeling fresh."



TUCK IN

2 "The key to riding into the wind is minimising how much of you is trying to push wind out of the way," explains Ben. "Reduce your frontal area by riding with as flat a back as possible." If you're riding with mates, help each other out too. "Take turns going into the wind and let your mates ride in your draft so they can have a bit of rest."



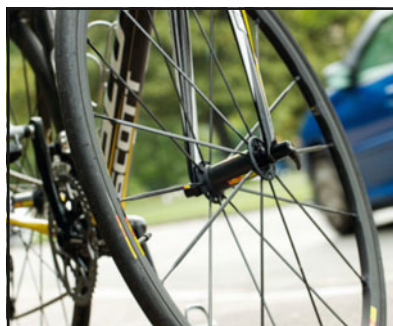
GEAR DOWN

3 You should treat riding in the wind as you would riding uphill, says Ben. "Try to ride in an easier gear so you don't tire your legs out too much," he says. "It can be tempting to grind out a big gear, especially when you're on the flat or going downhill, but keeping a higher cadence will keep your legs fresher for longer."



DON'T GET CROSSED

4 "Cross winds are trickier, especially when you're in a larger group and echelons start to form. Keep an eye on which way the wind is blowing and position yourself accordingly. You don't want to get stuck on the front or the back of a group." And when you pop out of shelter beware, as sudden gusts can seriously catch you out.



WHEEL WINDY

5 If flags are fluttering and lampposts bending, you might want to change your wheels. "In cross winds your choice of wheel, especially at the front, is really important," says Ben. "Deep-section front wheels can be a real hazard. This year's Etape riders were literally being lifted from the road and dumped on the verge."

Paul Smith



istock

LOOK AFTER YOUR SKIN

There's more to skincare than applying sunscreen. **Bevis Man** from the British Skin Foundation explains...

CLEANSE YOURSELF

Using a cleanser to wash your face is something we should all be doing. Other than just for hygiene reasons, cleansing the skin reduces pore-clogging that results in acne, and who wants to have the skin of a hormonal teenager again? This is especially important for cyclists who are exposed to dirt, rain, bugs and other hazards of the great outdoors.

REGIME CHANGE

Most of us don't have much time to spend on our skincare regime, so here's some good news: exfoliation (a rough scrub all over your skin) is one you can leave out. Unless you have a build-up of dry, dead cells, frequent exfoliation might remove some of your skin's protective oils. And using a skin toner, which often contains alcohol, can take away natural oils, so don't use this unless your skin is particularly dirty or greasy.

BACTERIA BARRIER

If you only do one thing, make sure you moisturise. As a cyclist, the wind and sun on your face can strip away your moisture levels, damaging your skin's ability to work as a barrier against bacteria. If bacteria is let in then it can cause inflammation or infections. So cream up daily to keep your skin healthy.

INSTANT UPGRADE

Recent research has suggested that green tea might up your endurance capabilities. One study based in Japan found that participants had an 8-24% increased time to exhaustion and higher rates of fat oxidation after taking a green tea extract for six weeks. Might be time to change your morning cuppa!