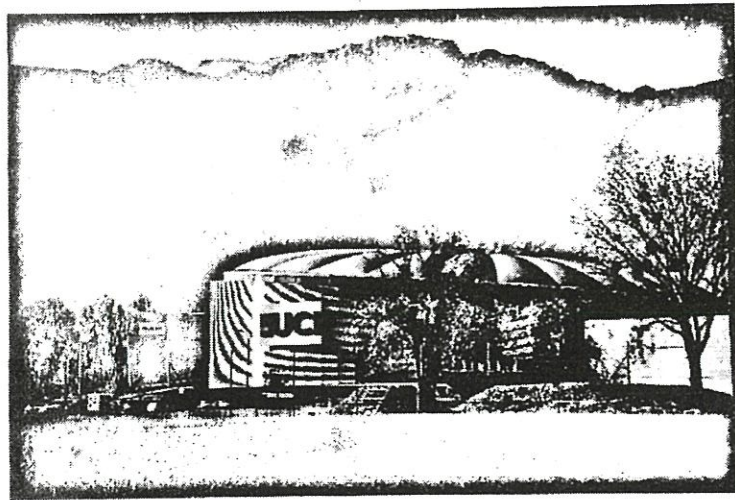


CENTRE MONDIAL DU CYCLISME



WORLD CYCLING CENTRE

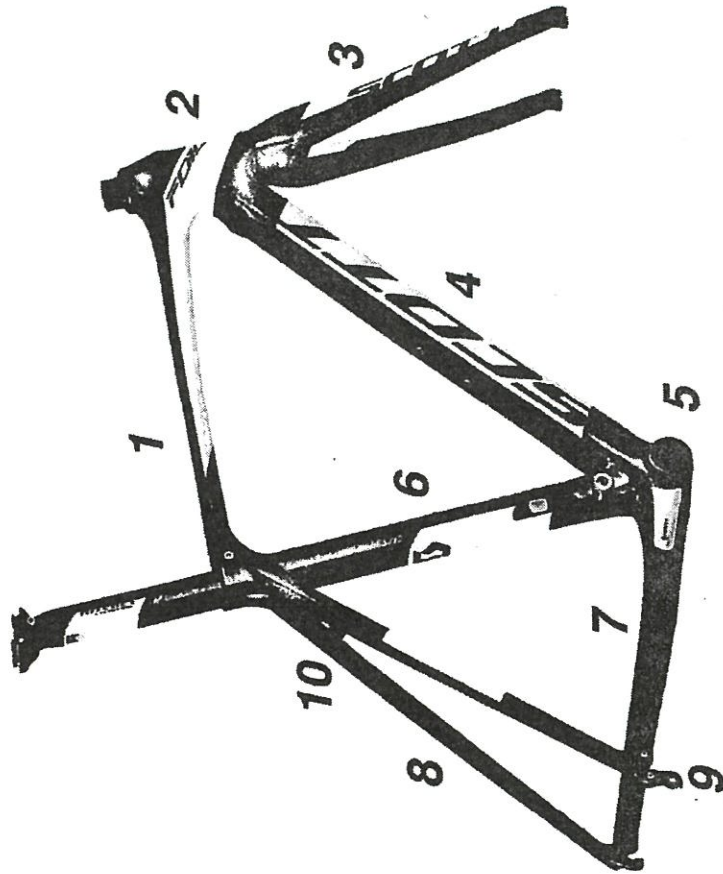


**WCC-UCI Mechanics Development
Program**

Level 1

2019

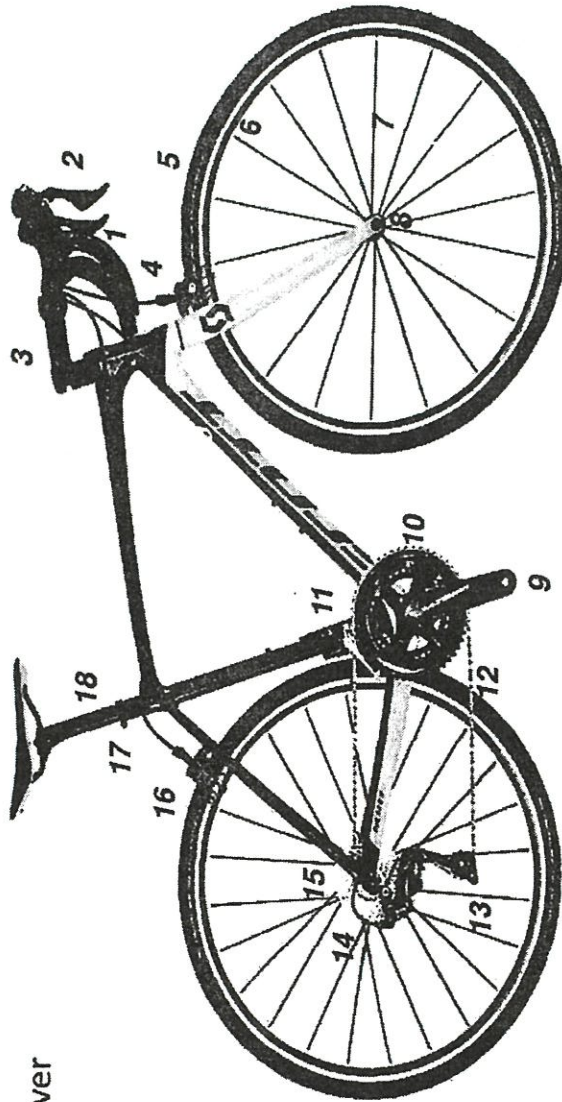
Parts of the frame



- 1) Top tube
- 2) Head tube
- 3) Fork
- 4) Down tube
- 5) Bottom bracket tube
- 6) Seat tube
- 7) Chainstay
- 8) Seat stay
- 9) Hanger
- 10) Brake bridge

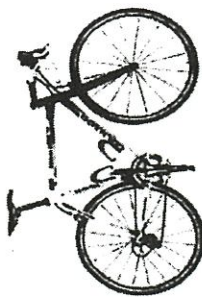
Parts of the bike

- 1) Handlebar
- 2) Integrate brake/ shift lever
- 3) Stem
- 4) Front brake
- 5) Tire
- 6) Rime
- 7) Spokes
- 8) Front hub
- 9) Crankarm
- 10) Chainring
- 11) Front derailleur
- 12) Chain
- 13) Rear derailleur
- 14) Cassette
- 15) Rear hub
- 16) Rear brake
- 17) Seat binder
- 18) Seatpost
- 19) Saddle



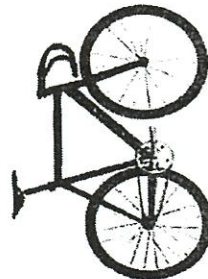
Types of bikes

Road racing bike



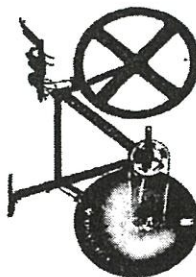
This is a road bike similar to the one professional riders use. A bike with top-of-the-range components and lightweight wheels will cost the same as a hatchback car, although it requires far more looking after, and replacement parts and servicing can cost a fair bit. However, a perfectly balanced bike like this will ride superbly. Groupsets are usually Shimano Dura-Ace or Campagnolo Record.

Track



Track bike geometry is generally light and steep with short rake forks and a high bottom bracket (for pedal and banking clearance). Track bikes also have niche set-ups and types too - sprinters prefer stiff frames with steel bars and low front ends, endurance riders usually use road components, and pursuit bikes resemble TT bikes.

TT (time trial)



Time trials are the pivotal stages of big races like the Tour de France and the Giro d'Italia. Many professional teams will spend many hours testing products, frames and set-up to get every second out of the machine. The essentials are a stiff, stable frame, aero TT handlebars and aero wheels.

Cyclo-cross

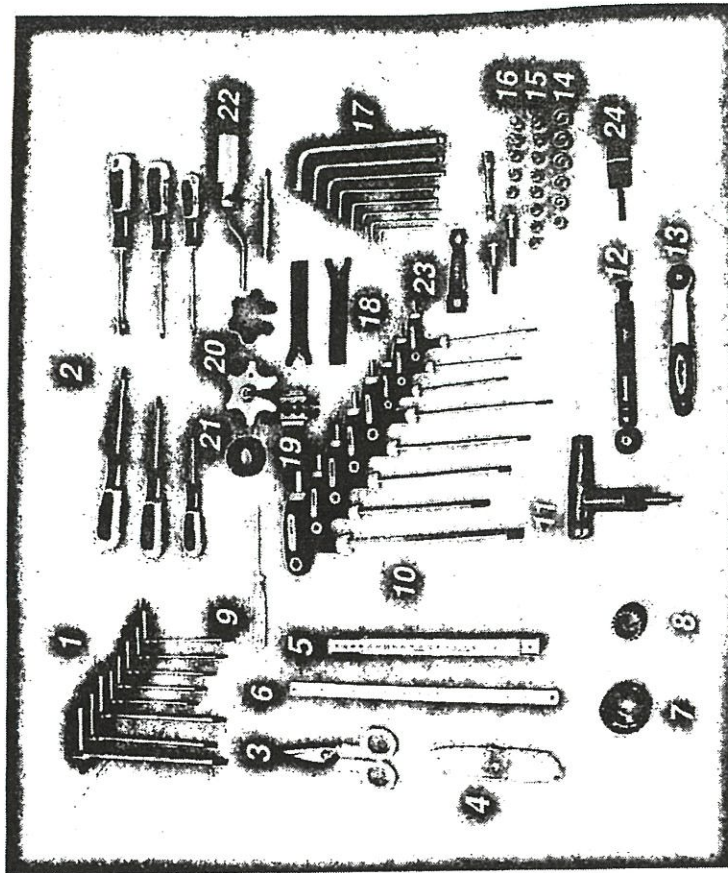


Many manufacturers now have a 'cross bike in their product line, such is the current popularity of this winter sport. Once, these bikes would have been made up from old touring bikes and junk parts - now they're state-of-the-art carbon frames and high-end component-equipped race machines.

CMC
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Tools

- 1) Torx keys
- 2) Standard and Phillips Screwdrivers
- 3) Scissors
- 4) Cutter
- 5) Meter
- 6) Ruler
- 7) External bearings bottom- bracket tool
- 8) Internal bearings bottom- bracket tool.
- 9) Screwdriver 2mm allen
- 10) T allen keys
- 11) Torque wrench 4-6 NM
- 12) Torque wrench 3- 15 NM
- 13) Socket wrenches
- 14) Metric sockets
- 15) Torx sockets
- 16) Allen sockets
- 17) L allen keys
- 18) Tire Levers
- 19) Axle — clamp tool
- 20) Mavic spined spoke wrench
- 21) Antitwist tool.
- 22) Nipple screwdriver
- 23) Chainring- nut tool
- 24) Cassette lockring remover



CMC
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Tools

- 1) Hammer
- 2) Mallet hammer
- 3) Metric wrenches
- 4) Flexometer
- 5) Pipecutter
- 6) Regular pliers
- 7) Needle – nose Pliers
- 8) Diagonal pliers
- 9) Adjustable wrench
- 10) Water pump Pliers

