

Present and future of Journal of Science and Cycling in the context of a new cycling era

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It is now two years since Journal of Science and Cycling (JSC) was born, and it is of justice to first of all acknowledge the effort that many of the members of the editorial board and reviewers have made to develop this project. It is an honor to have working with us such great professionals that use their personal time without any economical reward, working with the only interest of developing a better context for the science and research around cycling and triathlon. These honorable and romantic people trust on the philosophy of JSC that supports the idea of free-access contents without any charge for the readers, with the aim of making coaches, scientists, athletes, and other stakeholders involved in cycling, aware of the evolution of this sport in the latest years. This is why JSC is growing and becoming a widely known reference in this field. During these first two years the variety of contents has been a common characteristic of each issue, showing the great complexity around cycling that can be studied and improved (i.e. biomechanics, sociology, physiology, training methods, ergogenic aids or doping). And this is our goal, to make JSC the reference in science and cycling worldwide, contributing to a better cycling practice no matter the context in which it is developed. In this issue, new studies are presented focused in contents like the impact of carbon insoles in sprint cycling, the metabolic cost of balance in cycling, the participation in the Ironman Hawaii, the patterns and predictors of performance in the elimination race in track cycling, a novel measurement system for the crank angle, the physiological demands of road sprinting, the attitudes towards doping of female cyclists vs triathletes, or the use of contrast water therapy vs compression stockings. Without any doubt, very interesting and current articles that will contribute to the knowledge of the readers in different aspects.

Hopefully, 2014 will be the year of the consolidation of JSC, and also of the “cycling 2.0” era were “athlete 2.0” concept will be growing to make our sport more believable and healthy (see [http://www.jsc-journal.com/ojs/index.php?journal=JSC&page=article&op=view&path\[\]=17&path\[\]=35](http://www.jsc-journal.com/ojs/index.php?journal=JSC&page=article&op=view&path[]=17&path[]=35)). In fact, in these previous two years more and more scientifically based good professionals have been included in several relevant international cycling teams, showing that something has changed. Doctors are now working together with coaches and trainers, in a manner that has

never seen before. Collaborative work is being installed in the way that teammates interact, also in a much clearer form. But we do still need to be cautious every day to avoid unethical professionals, so that they are aware that there is no place for those that do not understand that science without conscience is just wrong and malice.

Let's keep on working with the same spirit, we are on the way of consolidating a new era.

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