

Applied interdisciplinary science in cycling: the way forward?

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This is a very exciting time to be involved in cycling, and science in cycling in particular. Riding a bike, whatever shape or design is to be encouraged and each and every cycling discipline deserves its place at the top table of research. We need to embrace all our cycling disciplines and promote them collectively. In off road cycling we have seen a new discipline emerge on the World stage- that is Enduro with the Enduro World Series launched in 2013 and going from strength to strength in 2014. This is important to all scientists involved in cycling, as new disciplines challenge us to design and evolve our techniques to better understand what happens with the athlete on the bike and what happens to the bike under the athlete. This throws up lots of new and old challenges for us scientists but the crossover of intelligence with other cycling disciplines is both intriguing and useful.

In the June issue of the Journal of Cycling and Science, you will see a range of disciplines represented, including triathlon, cross country mountain biking, road and time trialling studies. There are three studies which have age as a variable, an increasing area of interest to us all- as we inevitably age ourselves. There is a supplement study, three predictive type studies and importantly a study looking at the motivation to cycle. So you can see there is a very mixed bag of cycling research on offer and that is extremely pleasing to see. The wider we can cast our net and encourage more people to be active in the cycling disciplines, then the greater the opportunities for scientists of all academic disciplines to join in what is an extremely challenging, diverse but ultimately rewarding area of study.

Learned colleagues through time have told us that information/knowledge is power. That certainly holds true to this day, and particularly in the information hungry cycling disciplines we address in this journal. What we need to be sure of however is that we the scientists are providing useful information- information that is accurate, valid and reliable but ultimately useful to the practitioners.

So when designing our studies let's consider those end users and think "applied", for surely that will be the

one certain way of raising the profile of the science we all do in cycling.

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