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A side stitch - also known as exercise-related transient abdominal pain (ETAP) - is acute cramping ...
"It is thought to be related to improper training, dehydration, incorrect breathing, weak ...

How to get rid of side stitches and 5 tips to prevent them during future workouts

In 2021 SRAM launched Rival eTap AXS. It adds a third tier to SRAM's wireless electronic 12-speed groupset line-up and uses much of the same tech as SRAM's pricier options, offering app-based ...

Road bike groupsets: everything you need to know

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“We tried a regular bike with training wheels,” Meghan said, “But she just didn’t have the strength. It was difficult to keep up with friends.” Emma has borrowed a handcycle from Shriner’s Hospital ...

At the Adaptive Bike Clinic, there’s truly a bike for everyone

The Zipp 404 has been one of the most popular and successful aero road wheels ever produced. Zipp introduced them 3 decades ago and update them regularly, improving them with each iteration.

Seiji Ishii

Cyclocross has a few unique demands both on your

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body and on your equipment. Participating in the gritty, brilliant sport entails muddied-up drivetrains and the occasional tumble, so you'll want ...

The Best Cyclocross Bikes

SRAM's eTap wireless groupset also uses replaceable ... shifting and SPD sandals for crying out loud! How about a self-charging Di2 groupset? One (very) minor criticism I have of current Di2 ...

New Shimano Dura-Ace 12-speed groupset breaks cover at Baloise Belgium Tour

We're making drivers worse: One of my fears about this "self-driving" phase we're in is that we're training

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people to be less attentive behind the wheel. This USA Today story only validates that ...

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