

Formal Field Study Measurement System – Setup

Pre-Experiment Checklist

1. Fit Michelin tires and tubes to all FSA wheels (AW and STD)

Check box to verify ?

2. Fit new cassettes (11-23) to both rear FSA wheels.

Check box to verify ?

3. Describe behavior of both front and rear AW wheels

4. Set SRM sample rate to 0.5sec and charge battery

Check box to verify ?

5. Profile route with gradient, slope at specific distance from START and send to Joe Voelkel

Check box to verify ?

6. Read and understand protocol on next page. Please contact Russ or Dr. Joe if you have any questions, comments, upgrades.

Check box to verify ?

7. Describe bicycle used for tests, including weight with standard-wheel set

Protocol for All Rides

1. All rides will be done in pairs. A pair of rides will be done on one day, back to back.
2. On a day when you do a ride pair:
 - a. **Decide on favorability of ride conditions**, based on wind speed and any other factors that you think are important. Select one of the following:
 - very unfavorable
 - somewhat unfavorable
 - neutral
 - somewhat favorable
 - very favorable.
 - b. **Select the corresponding tabbed section of this DF1 ride manual.** Go to the first empty page in that section. That page will tell you whether to ride Std first and then AW, or AW first and then Std. There is also checksheet information to fill out there.
 - c. On this page, fill out the left side of "Pre-Ride Checksheet" at your house
 - d. Do warm-up ride to the start of the ride
 - e. Fill out the left side of "Start-Ride and During-Ride Checksheet"
 - f. Perform the ride
 - g. Fill out the left side of "Post-Ride Checksheet"
 - h. Ride back to your house and change the wheel set up.
 - i. Fill out the right side of "Pre-Ride Checksheet" at your house
 - j. Do warm-up ride to the start of the ride
 - k. Fill out the right side of "Start-Ride and During-Ride Checksheet"
 - l. Perform the ride
 - m. Fill out the right side of "Post-Ride Checksheet"
 - n. E-mail SRM information in a standard format to Dr. Joe
 - o. Fax the two pages of checksheet information to Dr. Joe
3. If you are unable to complete both pairs of the ride (change in weather, flat, ...) *please re-use those pages* for the next ride you take with those conditions (just scratch off previous info)

Formal Field Study

Measurement System – Pre/Post checklists

Ride for "Somewhat Unfavorable Conditions"

Day ID	4-SU	
Run ID	1007	1008
Wheel Set	Std	AW
Pre-Ride Checksheet		
Enter date (e.g. Aug 8)	Aug 12	
Enter Weather Info		
Temperature	80	
Humidity	50	
Wind speed	10	
Wind direction	SE	
1 Do electronic equipment checks		
SRM, including memory space	✓	
HR monitor	✓	
Install correct wheel set		
2 (verify by checking correct box)		
Standard	✓	
Active Wheel		✓
Rating of how you are feeling pre-ride		
3(1=really bad to 10=really great)		
Rating	8	7
4 Pump tires to 120 (??) psi		
	✓	✓
5 Lubricate drive train		
	✓	
Check-off of clothing—should be same for for both rides		
6 (Check as many boxes as needed)		
shorts	✓	
leg warmers		
tights		
short-sleeve shirt	✓	
arm warmers		
long-sleeve shirt		
jacket		

(Continued on next page)

Start-Ride and During-Ride Checksheet

Enter approximate start time (e.g. 13:30)	10:00	11:15
Calibrate SRM (check to verify)	✓	✓
Hit SET on SRM at START and END (check to verify)	✓	✓
Monitor incremental count on SRM	??	??
Remain in seated position during ride (check to verify; if not, enter in comment section below)	✓	✓
Maintain constant 330W as closely as possible (check to verify; if not, enter in comment section below)	✓	See my note below
Use natural positions, gear shifts, ... (check to verify; if not, enter in comment section below)	✓	✓

Post-Ride Checksheet

Enter SRM calibration value	??	??
Rating of how you are feeling at post-ride (1=really bad to 10=really great)		
Rating	7	7
Comments on ride, wheel set, etc.	do below	do below

Comments, 1st ride:

Very smooth

Comments, 2nd ride:

Even smoother. Hard to maintain 330W on 2nd downhill.