



# Science & Cycling 2019 Conference Program

version 1.8 June 28, 2019

Wednesday 3 July				Foyer	
08.00	18.00			Registration Open	
				Foyer	
09.00	18.00			Exhibition	
		Theatre 1		Theatre 2	
09.00	09.05	Welcome			
09.05	09.10	Romain Meeusen	Opening		
09.10	09.40	Teun van Erp	Load and intensity Characteristics in Professional Cyclists: Differences between Male and Female		
09.40	10.10	Lotte Kraus	Analysing Women Data - Gender Specifics in Product Development?		
10.10	10.40	Robert Lamberts	Monitoring performance, fatigue and overreaching in elite cyclists and triathletes; a multi-variate approach		
				Foyer	
10.40	11.00			Coffee break	
11.00	11.30	Carl Foster	The Session RPE method as a device for monitoring training		
11.30	12.00	Jeroen Swart	Practical implementations of a multi-tiered load monitoring system in World Tour Cycling		
12.00	12.30	Tim Heemskerk	Performance Analyses for training/coaching		
				Foyer	
12.30	13.30			Lunch	
13.30	13.50			Company demonstration in exhibition area / poster visits	
13.50	14.20	Koen Pelgrim	Preparing the Team Time Trial		
14.20	14.50	Dajo Sanders	Monitoring the training process of professional cyclists		
14.50	15.10	Teun van Erp	Load, Intensity and Performance Characteristics in the Fight for the Victory in Multiple Grand Tours		
15.10	15.40	Peter Hespel	Oral ketone ester intake to improve performance in cycling		
				Foyer	
15.40	16.00			Coffee break	
		Theatre		Theatre 2	
16.00	16.30	Stephen Cheung	The role of the mind during performance in the heat		
16.30	16.50	Paul Merkes	The combination of visual and external focused instructions, and positive feedback did not enhance training-induced improvements in forward	Tomoki Kitawaki	The synergy of EMG waveform during bicycle pedaling is related to elemental force vector waveform
16.50	17.10	Martin Dobiasch	Do athletes know which feedback helps them most?	Noë Perrotin	Evaluation of the effectiveness of an anti-vibration MTB handlebar compared to a traditional MTB handlebar
17.10	17.30	Valentin Gallet	Estimating and predicting athlete performance using Machine Learning	Soya Iwata	The effect of locally braking crank rotation during pedaling on the pedaling force and activation of lower limb muscles
17.30	17.50	Guido Vroemen/Marco van B	A performance model for road racing		
				Location to be confirmed	
19.30	22.30			Conference Evening University Foundation Club	

Thursday 4 July				Foyer	
08.00	18.00			Registration Open	
				Foyer	
09.00	18.00			Exhibition	
09.00	09.30	Martijn van Hooff	Blood flow limitations in the iliac arteries in cyclists; Impact on performance measured by new diagnostic techniques during exercise	Andrea Sciacchitano	State-of-the-art and technology advances for cycling aerodynamics
09.30	09.50	Andrea Giorgi	Relationship between daily Bioimpedance patterns and training load of professional cyclists during training and racing	Alexander Spoelstra	Accuracy assessment of the Ring of Fire system for on-site aerodynamic drag measurements
09.50	10.10	Charlotte Schepens	Dissection of the Arteria iliaca externa, secondary to endofibrosis in a cyclist	Florian Adam	Experimental Characterization of a Cyclist's Wake
10.10	10.30	Wouter Timmerman	Reliability of acute training responses elicited by exhaustive work intervals prescribed with the delta concept	Wouter Terra	On the Cyclist's Drag Crisis
10.30	10.50	Joris Verreydt	Can we adjust the bike position to have a positive effect on the uphill cycling performance?	Cedric Lemaître	Experimental evaluation of a computer-vision based method to assess the aerodynamic drag of cyclists
				Foyer	
10.50	11.10			Coffee break	
11.10	11.40	Yannick Balk	The psychology of recovery: Implications for athletes and coaches	Happy Freedman	Bike Fit Unplugged: Working towards the next level of Bike Fit
11.40	12.00	Ciaran O'Grady	The use of subjective monitoring in professional cyclists in preparation for competition influence on finishing position	Geoffrey Millour	Relationship between preferred saddle height and pedalling kinematics in professional cyclists
12.00	12.20	Luana Farias de Oliveira	Relationship between skeletal muscle carnosine content and cycling sprint performance	Chia-Hsiang Chen	Effect of different seat position on lower limb kinematics, kinetic and electromyography during cycling
12.20	12.40	Janne Bouten	Acute breath-holding does not improve 3km cycling time trial performance	Jarich Braeckevelt	The influence of cycling shoes on your optimal cycling position
				Foyer	
12.40	13.40			Lunch	
13.40	14.00			Company demonstration in exhibition area / poster visits	
		Theatre		Theatre 2	
14.00	14.30	Jan Boone	W' in the Critical Power model: its role in performance prediction		
14.30	14.50	Peter Leo	Power profiling in elite U23 riders during a competitive season	Bryan Saunders	A year in the life of a Brazilian professional female road cycling team - Part I: Performance measures
14.50	15.10	Christophe Dausin	Validation of Lactate Minimum Power testing in cyclists	Bryan Saunders	A year in the life of a Brazilian professional female road cycling team - Part II: Nutritional and clinical outcomes
15.10	15.30	Sebastien Duc	Validity and reliability of the CycleOps Hammer direct drive trainer during sprint tests when compared with an SRM powermeter	Mathieu Cognard	A new method to control the roughness of different time trial garments. A preliminary study
15.30	15.50	Stephen Cheung	Xert's Maximal Power Available and the Modeling of Fatigue		
				Foyer	
15.50	16.10			Coffee Break	
16.10	16.30	Dan Bigham/Guido Vroemen	Find more speed for real: Aerotesting in the field where it counts		
16.30	16.50	Maarten Gijssel	Smart textiles and motion data		
16.50	17.10	Vasilis Anastopoulos	The development pathway of a World class sprinter		
17.10	17.30				
17.30	17.50				