

NEWS RELEASES

07.30.10 - World Champion Experiments With Equipment

Tara Whitten joined leading aerodynamicist for wind tunnel testing

(Seattle, Washington – July 30, 2010) Double World Champion Tara Whitten (Edmonton, AB) is looking ahead to the Olympic Games in London and what she can do to improve her speed and performance on the bike. In a sport where the top track cyclists are separated by fractions of a second, it's the attention to detail and minor changes that can make a difference in the end results.

Whitten spent the day in the University of Washington wind tunnel in Seattle yesterday, under the guidance of aerodynamicist Len Brownlie. Brownlie has worked extensively with some of cycling's top riders, including current Tour de France Champion Alberto Contador and 7 time Tour winner Lance Armstrong. The Team spent a solid 7.5 hours fine-tuning Whitten's position and equipment. Data and recommendations for improvement were then discussed with Brownlie and Andrea Wooles, Canadian Cycling Association's IST Manager.

Whitten thoroughly enjoyed the experience "It was a great day, and I'll take a lot away from this session heading towards London 2012." The changes in her position and equipment will be implemented over the next few weeks as Whitten returns to train in Los Angeles and fine tune the recommendations.

The World Champion is focused on defending her National Track Cycling Titles at the end of August in Bromont, Quebec and will then compete at the World Road Championships in Melbourne, Australia before flying to Delhi, India for the Commonwealth Games.



Tara Whitten in windtunnel



Tara Whitten and Andrea Wooles



Tara Whitten and Len Brownlie

-- Canadian Cycling Association --