



Recumbent Bike

More comfortable than standard bikes the recumbent frame design reduces strain on the rider's neck, back and wrists. The laid-back riding position, with the rider reclining on a seat instead of sitting on a saddle, with their legs in front instead of below, improves aerodynamics and ergonomics and makes recumbents up 30% faster than standard bikes. The current speed record on the flat is over 80mph!

Unsurprisingly they have been banned from competing against conventional bikes since 1934. ("The History of the Recumbent Bicycle: Winning Forbidden"-
<http://www.helsinki.fi/~tlinden/winforb.html>)

Frame shape and dimension:

Variable depending on brand.

Wheel size and wheel inner rim to inner rim:

20–26 inches. Wheelbase from 56-147cm.

Gears:

Generally up to 9 gears.

Brakes/Levers:

Disc or V brakes.

Typical accessories:

Lights. Rack. Computer.

Strengths:

- Comfortable over long distance
- Fast

Weaknesses:

- Not as manoeuvrable in traffic
- Not easy for short people
- Reduced visibility and vision in traffic