

Read the Picture



Strategy & Tactics: Body Language

ABC Slide Show

14

ABC Strategy & Tactics: Body Language Slide Show.

The sprint for third from Masters 45+ Nationals, 1998.

Rider 1, leading the group, is looking ahead, focused on the finish line. He looks determined and in good shape.

Rider 2, big muscled, in in good position, but tired. He is looking down at his bottom bracket. He is likely to let a gap open soon.

Rider 3, red stars on his jersey, is looking ahead. He should make his move and come around rider 2 now, if possible.

Rider 4. Look at his face. He's given up and too tired for the sprint.