

TOOLS OF THE TRADE

Bidon

Name Rochelle Gilmore.

Job Cyclist.

Where Various events across the globe, including the Commonwealth Games.

Why is it important? In cycling, a water bottle is called a bidon (small portable container). It's important for carrying and delivering hydration, energy and recovery sources to the body during a race.

I race across the globe, and all cyclists use them. What goes in the bidon is decided by each rider; it varies from



race to race, depending on the temperature and race duration.

What do your colleagues think of it? Most of my teammates are Italian and they love a sticky bottle! In cycling, the term "sticky bottle" is used when a team car offers a rider a bottle from the car window, usually on a hill, and the cyclist doesn't let go of the bottle while the car is pulling them up the hill!

Unusual moment? Bidons can create a mess. Sometimes, as a race starts to heat up and I go for that first refreshing gulp, the lid pops off and the sticky sports drink goes all over me. It's not a nice feeling and unfortunately it gets worse as the race goes on. The bugs, dirt and muck stick to the liquid.

How much does it cost? If you buy a bidon in a bike shop, you'll pay about \$10-\$20, but if you watch a pro-cycling race like the Tour de France, you'll see fans collecting the bottles riders throw away. If you're a sponsor wanting to put your logo on the bottles of a pro-cycling team, you could pay \$50,000-\$100,000 to secure that advertising space.

SUE WHITE