

All A-Twitter

ONE CYCLIST'S TMI IS ANOTHER'S LOL. By Emily Furia Illustrated by Leo Espinosa

Because texts, e-mail, instant messaging and Facebook updates are no longer enough to keep us all connected, we now have Twitter, a microblogging service that allows users to provide their friends with a continual stream of haiku-like status updates ("having chalupa at Taco Bell!"). Excessive? Perhaps. ■ But one of Twitter's great charms is its unlikely embrace by pro cyclists. Lance Armstrong gave new Twitterer Levi Leipheimer a shout-out on one of his own tweets during the Tour of California, and the three-time ToC champ amassed 8,000 followers within 24 hours. Now you can not only find out which Spring Classics your favorite riders are targeting, but also be alerted the moment the first drops of Belgian mud spatter their pasty-white calves. So what kind of a fan are you? Test the depths of your obsession with our quiz.



TWICK OR TWEET

THREE OF THE MESSAGES LISTED FOR EACH CYCLING PERSONALITY BELOW ARE REAL; ONE IS NOT. CAN YOU SPOT THE FAKES?

1.

ASTANA DIRECTOR
JOHAN BRUYNEEL
(johanbruyneel)

- A Our team doctor who's in the car just said: "Look what a big rabbit!" But it was a kangaroo.
- B It looks like it gonna be a finish for a puncher!
- C Just fixed the office toilet.
- D Yellow brake hoods, Lance, yes!

2.

GARMIN-SLIPSTREAM
PHYSIOLOGIST
ALLEN LIM
(allencolim)

- A I'm going to learn the final dance routine of *Slumdog Millionaire*.
- B I don't care what anyone says...aero helmets are rad.
- C Does anyone know how much fecal matter is produced on a 7,000 to 9,000 kcal diet at the Tour?
- D Just finished making new power to weight from VAM and percent-grade chart.

3.

RABOBANK RIDER
KOOS MOERENHOUT
(kmoerenhout)

- A Jump on your bike—don't just kiss the new machine!
- B Tonight going to see Spice Girls concert in Tilburg.
- C Crashed with my 'cross bike. Cut my eyebrow and broke the frame!
- D Pfff, not easy to have a white bike.

4.

AMPUTEE CYCLIST
AND PARALYMPIC
NATIONAL CHAMP
RON WILLIAMS
(ronwilliams)

- A Off to body pump then yoga class.
- B 3hr ride in the cold with no gloves equals 1:30 hrs ride.
- C Just set a new high score in Guitar Hero.
- D 20hrs this week on the bike. Don't call it a comeback. Leadville 100 is on the calendar!

5.

GARMIN-SLIPSTREAM
RIDER TOM DANIELSON
(tomdanielson)

- A DZ rocked the CamelBak on our 6-hour ride.
- B Found a really, really, really big climb.
- C Experiencing Silver City's finest night-life... Wal-Mart.
- D This rain sucks eggs.

FILL IN THE BLANK

FIND THE MISSING WORDS.

6.

"Recovery ride and an afternoon

_____ good fun"

—GARMIN'S CHRISTIAN MEIER (christianmeier)

- A Lawn bowling
- B Bull riding
- C Napping
- D Fly-fishing

7.

"Got dominated in Wii tennis... but at least I'm going to bed on a belly full of _____."

—TREK-LIVESTRONG'S BEN KING (benking89)

- A Pot roast
- B Chimichangas
- C Sushi
- D Easy Mac

8.

"Hurting myself with _____"

_____ hurt so good."

—GARMIN-SLIPSTREAM'S CHRISTIAN VANDELDE (christianVDV)

- A Intervals
- B The Stick
- C Hot sauce
- D Meatball

MATCH GAME

BELOW, YOU'LL FIND TWEETS FROM FIVE MEMBERS OF THE PRO PELOTON. SEE IF YOU CAN MATCH THE WRITING WITH THE RIDER.

9.

Turning 30 in a few hours

Watching 24

Just shaved my head

A LANCE ARMSTRONG (lancearmstrong)

10.

Just went to Target

Mel decided last min she wanted a Santa costume

Target was closed
Yes

B IVAN BASSO (ivanbasso)

11.

I'm happy to announce I'm not the oldest guy in the race
Jens Voigt is one (1) day older

C GEORGE HINCAPIE (ghincapie)

12.

Just made eye contact with some honeys at the Whole Foods

Too bad our older sisters rolled up and ruined the vibe

D DAVE ZABRISKIE (dzabriskie)

13.

I arrive in the bunch

Don't crash I'm happy and the legs is not so bad

I'm happy now is the moment for go to sleep

E TAYLOR PHINNEY (taylorphinney)

WHAT YOUR SCORE MEANS

0 to 4 correct: You're probably still using a heart-rate monitor to train, too.

5 to 8 correct: Your brain is one step from turning into Just Plain Gu.

9 to 12 correct: Nice job. Now go outside and ride your bike.

13 correct: See, there's this thing called a restraining order... ③

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ANSWERS: 1. D (He preferred black), 2. B, 3. B (Like Floyd Landis, he's more of a Kid Rock guy), 4. C, 5. D, 6. A, 7. A, 8. C, 9. D, 10. C, 11. A (twittering from the Tour Down Under), 12. E, 13. B