

QR

TECHNICAL DEVELOPMENT

DESIGNED BY TRIATHLETES. FOR TRIATHLETES. 2012 CATALOG



QUINTANA ROO



THE SHIFT SERIES

The QR SHIFT Series is the only line of aerodynamic bikes designed specifically to minimize the substantial amount of drag created by the drivetrain. QR's exclusive 18mm offset downtube SHIFT Technology diverts concentrated airflow away from the drive side to produce a measurable bike-course advantage for every athlete at every level. Compared to other bikes, where the drag of the drivetrain acts like a parachute, you'll be more efficient, comfortable and just plain faster on a CD0.1.

ADVANTAGE: AERO

We'd call our design team rocket scientists, but they're triathletes first. So, rather than dreaming up new ways to make wind tunnel smoke curl, they're out collecting feedback from both pros and age-groupers like you. Our engineering team uses real-world race feedback alongside wind tunnel data so they can be certain that an innovation like SHIFT Technology will make a bigger difference to you on race day than to a test dummy on tunnel day. That's part of the reason Triathlete Magazine called the CD0.1 design "the most innovative in the past decade from any brand." Those aren't small words, and we don't take them lightly.



CD0.1 DURA ACE

- HIGHEST MODULUS CARBON FIBER CONSTRUCTION OF ALL CD0.1 MODELS
- SHIMANO DURA ACE COMPONENTS
- VISION TRIMAX PRO CARBON TT CARBON CRANKSET W/ CERAMIC BEARINGS
- REYNOLDS STRIKE WHEELSET INCLUDED
- VISION VECTOR CARBON AEROBAR



CD0.1 RED

- SRAM RED COMPONENTS WITH R2C SHIFTERS
- SRAM CARBON CRANKSET
- REYNOLDS STRIKE WHEELSET INCLUDED
- VISION VECTOR AEROBAR

THE BEGINNING

Let's face it. It hurts so good. We love the pain or else we wouldn't be out there day after day, training for yet another small and elusive advantage. Pool lanes, the hot sun and aching muscles all give us a bit of a buzz. Quintana Roo founder and triathlete Dan Empfield named the brand after his personal paradise in Mexico, because to him, that's what the down and dirty of triathlon feels like: Unadulterated bliss. Feeling that exquisite burn, though, is different than forcing yourself to endure terrible form and heavier wind resistance. So, twenty-five years ago, QR set about inventing the Superform — the very first tri-specific bike — a bike built from the aerobars back. Empfield had come up with a bold and innovative plan, but his ingenuity — a wild-looking bike with an 80-degree seat angle and 650c wheels — earned him laughs. Still, the Superform quickly became renowned as the key to whittling down a bike split. A precedent had been set: Keep thinking outside the box and create bikes that perform in the wind tunnel and prove on the course.

Today, QR remains true to Empfield's original idea of pushing the envelope with yet another intrepid design. The 2012 QR Illicito is ready to launch you out of T1, improve your run and turn more than a few heads along the way. Other brands are now frantically trying to copy our SHIFT Technology — four years after QR pioneered and perfected it in the wind tunnel. But let's face it, no other brand understands triathlon like QR.



ALL CDO.1 BIKES INCLUDE

- ISM ADAMO ROAD SADDLE
- ADJUSTABLE AEROBARS
- EITHER EQUIPPED OR UPGRADABLE REYNOLDS STRIKE WHEELSET
- BB30 BOTTOM BRACKET
- IMPROVED TRP AERO SIDE PULL BRAKES THAT ACCOMMODATE ALL RANGES OF WIDER RIM DESIGNS
- SHIMANO DURA ACE BAR END SHIFTERS

CDO.1 Di2

- SHIMANO Di2 COMPONENTS
- VISION TRIMAX PRO TT CRANKSET
- SHIMANO R500 WHEELSET
- AVAILABLE REYNOLDS STRIKE WHEELSET
- PROFILE T3 AEROBAR



CDO.1 ULTEGRA

- SHIMANO ULTEGRA COMPONENTS
- VISION TRIMAX PRO TT CRANKSET
- SHIMANO R500 WHEELSET
- REYNOLDS STRIKE WHEELSET AVAILABLE (PICTURED)
- PROFILE T3 AEROBAR



CDO.1 ULTEGRA W

- SHIMANO ULTEGRA COMPONENTS
- VISION TRIMAX PRO TT CRANKSET
- SHIMANO R500 WHEELSET
- REYNOLDS STRIKE WHEELSET AVAILABLE (PICTURED)
- PROFILE T3 AEROBAR

ADVANTAGE: FIT

All the aerodynamic technology we've pioneered in the sport of triathlon wouldn't mean a thing if your bike didn't fit and ride like a dream. That's why we actively work with our sponsored pros, elites and age-groupers who compete at various tri distances to make sure we are providing the ultimate in comfort and best possible fit. Athletes like Cait Snow and Kelly Williamson are known for putting together methodical, start to finish race-day plans that set them up for solid runs at the end of the day. The fastest bike split doesn't matter if you DNF; you have to be able to run comfortably after T2.

With 6cm of adjustability that gives you an effective seat tube angle range of 75 to 81 degrees, QR has the most adaptable and well-thought-out seat post in the tri-bike world. Remember, we're triathletes, so we know how to spec a bike to function for one. It is no coincidence that we are using ISM Adamo Road Saddles on all of our CD0.1 bikes to help achieve proper positioning. This is the sport's most popular aftermarket tri saddle for a reason, so it makes sense to include this saddle on the best tri-bikes on the market. Across the range, we are using proper stem lengths and adjustable aerobar extensions. Why does this matter to you? It means less hassle for your local shop to change out (and often charge for) stems or aerobars during your fit session. We know how the bike is supposed to fit. The right size stem and an adjustable aerobar are part of the equation. Tri-bike buyers might not ask about the crank length of the bike they are buying but a move to shorter crank lengths across our line puts us at the forefront of tri-bike fit and efficiency. With no loss of power in what was previously considered a length too short for the crank, this helps to achieve a more open hip angle, increasing efficiency and reducing your bike split.

ADVANTAGE: STABILITY

Aerodynamic theory is fun to consider, interesting to study and way too easy to fall back on. Our developments in bike stability are changing the way the industry designs bikes. We've put just as much time into understanding stability as we've put into testing aero. Put simply, as stability increases, the rider expends less energy on steering correction, fighting wind gusts and adjusting saddle position. CD0.1 SHIFT Technology addresses a dramatically unbalanced object like a bicycle — where the drive side weighs more, produces more drag and generates a massive amount of force from the drivetrain. The diversion of the airflow to the non-drive side helps balance out the side-loads. The result: The CD0.1 side-load force is 50% less than the nearest competitor.

ADVANTAGE





STAGE: THE 2012 ILLICITO

Wind and drag are the enemy, your biggest competitors on race day, but we've outsmarted them with a new weapon. New for 2012, the Illicito takes QR's game-changing SHIFT Technology to a new level with the notable absence of the left-side seat stay. Simply put, at the most drag-heavy yaw angles of the wind tunnel, the Illicito records the lowest drag coefficient of any modern design. Period.

Additionally, QR has actually managed to create propulsion on the Illicito in a place that normally produces the dreaded drive-side drag. How? We chose to eliminate the left-side seat stay based on the fact that 86% of the bike's airflow is directed toward the non-drive side of the bike. This also allowed us to construct a Leading Edge Absent (LEA) surface on the non-drive chainstay, producing a sail effect.

The Illicito is currently available as a frameset only and is constructed of higher modulus carbon fiber than the standard CD0.1 bikes. It includes the fork, headset, seat post and brakes. To learn more about this incredible bike, follow the Timex Multisport Team as they hit the ground runnin' in 2012 with their new fleet of QR CD0.1 bikes, or watch for the arrival of the QR demo truck/test-drive program at an authorized dealer near you, visit:

OFFICIAL BIKE OF
TIMEX
MULTISPORT TEAM

 QuintanaRooTri.com

 [QuintanaRooTri](https://www.facebook.com/QuintanaRooTri)

 QuintanaRooTri.blogspot.com

FIT SERIES

At QR we work directly with expert triathlon shops to monitor the evolving needs of triathletes. As a dedicated triathlon company, our goal is to offer a variety of options to fit differing morphological needs of each type of athlete. We were tired of seeing triathletes with far too many spacers and riser stems on overly aggressive bikes that weren't designed for them. Enter the Fit Series. Not only will your bike fit better, it will look better, too.

Every inch of these bikes has evolved over the years. The wind tunnel-designed seat stays share the same profile as our CD0.1 stays, and the seat posts use the same innovative designs with 6cm adjustability. The Fit Series bikes are designed to get you to T2 as quickly and comfortably as possible, so you're ready for your best possible run.



LUCERO

- SHIMANO DURA ACE / ULTEGRA COMPONENTS
- VISION TRIMAX PRO TT CRANKSET
- SHIMANO R500 WHEELSET
- PROFILE T3 AEROBAR



DULCE

- SHIMANO ULTEGRA COMPONENTS
- SHIMANO R550 CRANKSET
- SHIMANO R500 WHEELSET
- PROFILE T3 AEROBAR



SEDUZA

- SHIMANO ULTEGRA COMPONENTS
- SHIMANO R550 CRANKSET
- SHIMANO R500 WHEELSET
- PROFILE T3 AEROBAR



KILO C

- SRAM RIVAL COMPONENTS
- VISION TRIMAX PRO TT CRANKSET
- SHIMANO R500 WHEELSET
- PROFILE ZBS AEROBAR



KILO

- THE BEST ENTRY-LEVEL TRI BIKE IN EXISTENCE
- SHIMANO 105 COMPONENTS
- FSA OMEGA COMPACT CRANKSET
- SHIMANO R500 WHEELSET
- PROFILE ZBS AEROBAR

WETSUITS

Quintana Roo brought you the first tri-specific wetsuit and continues to deliver the undisputed ultimate in comfort, durability and flexibility while eliminating surface resistance so you can maintain your perfected swim stroke. Our internal neck gusset combats water flow into the suit, and our breakaway zipper on every suit delivers the fastest exit system of any manufacturer. Your best choice about next year's swim improvement might just be a quick visit to your QR retailer before you're stuck with that \$99 special that's been clogging your email.

SUPERFULL

- SHARKSKIN FOREARM PANEL CREATES MORE TURBULENCE ON PLANT AND PULL THROUGH
 - LARGE QR QUICK-RELEASE ANKLE ALLOWS FOR FASTER T1
- TYPE 40 NEOPRENE CHEST, ARM AND SIDE PANELS OFFER MORE FLEXIBILITY
- VIRTUAL PULL BUOY (VPB) IMPROVES BODY ROTATION; FEELS LIKE SWIMMING DOWNHILL



HYDROFULL

- TYPE 39 NEOPRENE CHEST, ARM AND SIDE PANELS OFFER MORE FLEXIBILITY
- VIRTUAL PULL BUOY (VPB) IMPROVES BODY ROTATION; FEELS LIKE SWIMMING DOWNHILL
- DOUBLE-WALL SEAM CONSTRUCTION REINFORCES 1.5MM AND 2MM PANELS
- TOUGH JERSEY MATERIAL STRENGTHENS HIGH-STRESS AREAS
- INTERNAL SEAM BOLTS PLACED AT CRITICAL JOINTS INCREASE DURABILITY



ULTRAFULL

- SCS NEOPRENE PROVIDES AN OPTIMAL COMBINATION OF FLEXIBILITY AND DURABILITY
 - INTERNAL SEAM BOLTS PLACED AT CRITICAL JOINTS INCREASE DURABILITY
- DELIVERS THE SAME RELIABLE FIT THAT HAS DEFINED QR FOR NEARLY 25 YEARS



ULTRAJOHN

- PROVIDES BUOYANCY AND SURFACE RESISTANCE IN A FLEXIBLE FIT
- BUILT FOR WARMER WATER AND WARMER WEATHER
- INTERNAL SEAM BOLTS PLACED AT CRITICAL JOINTS INCREASE DURABILITY
- DELIVERS THE SAME RELIABLE FIT THAT HAS DEFINED QR FOR NEARLY 25 YEARS



	SIZE	WEIGHT (LBS)	HEIGHT (IN)	WEIGHT (KG)	HEIGHT (CM)
MEN'S	XS	123-136	5'6" - 5'10"	56-62	168-178
	S	137-150	5'6" - 5'11"	62-68	168-180
	MS (SHORT)	146-150	5'4" - 5'7"	63-68	162-170
	MS	151-163	5'10" - 6'2"	68-74	178-187
	M (SHORT)	153-163	5'5" - 5'9"	69-74	165-172
	M	164-177	5'10" - 6'3"	74-80	178-190
	ML (SHORT)	163-172	5'5" - 5'9"	74-78	165-172
	ML	178-193	5'11" - 6'4"	81-87	180-193
	L (SHORT)	178-188	5'6" - 5'10"	81-85	167-178
	L	190-215	5'11" - 6'5"	87-98	180-198
	XL (SHORT)	185-200	5'6" - 5'10"	84-91	168-178
	XL	205-235	6'0" - 6'6"	93-107	182-198
XXL	235-251	6'1" - 6'7"	107-114	185-201	
WOMEN'S	XS	95-108	5'0" - 5'4"	43-49	152-163
	S	109-122	5'2" - 5'7"	49-55	157-170
	M	123-138	5'4" - 5'10"	55-62	162-178
	L	139-155	5'5" - 5'11"	63-70	165-180
	XL	156-168	5'6" - 6'0"	70-76	168-183

QUINTANA ROO

WE GET IT.

Some of your friends don't. They can't understand why anyone would want to spend six hours on a Sunday hunched over on a funny looking bike. They can't believe people want to swim 2.4 miles, bike 112 and then run a marathon. They're even more astounded that you pay for the privilege. Fools. They think your local sprint is "that Ironman thing, right?" Maybe someday they'll learn. Maybe not.

WE GET IT.

Quintana Roo isn't a company that wanted to hop on the triathlon bandwagon. Think about it. Swim? We invented the tri-specific wetsuit. Bike? We invented the tri-specific bike. Run? Well, we can't really take credit for that since running has been around since about 490 BC when Pheidippides ran from Marathon to Athens. Your couch potato friends will probably have to Google that. You won't.

WE GET IT.

Our CEO has done eight triathlons in 2011 alone. So far. He raced in ten last year. But, it's not just him. We all swim, bike, run and compete. The entire QR team. Not "we have tried a triathlon at some point in our lives." We ARE triathletes. Many of our respective spouses and kids are, too. How many other companies can say that?

WE GET IT.

We're not developing bikes that are built first for the Grand Tour time-trial stages and then sold to you as an afterthought. We are 100% committed to making the fastest, most technological triathlon bikes in the world. We're not building tri bikes as a stepping-stone. We'll let other companies do that. We're in this for the long haul.

WE KNOW YOU GET IT. WE GET IT, TOO.

GEOMETRY CHART

	seat tube c-t	top tube	head tube	head tube angle	seat tube angle	standover	wheel size	stack	reach
Illicito, CDO.1									
S	49	50	9	72	78.5	73.2	700	49.7	39.6
M	51	52	9	72	78.5	73.2	700	49.7	42
ML	53	54	11	72	78.5	75.1	700	51.7	43.8
L	56	56	14	72	78.5	79.3	700	54.5	45.2
Seduza, Lucero, Dulce, Kilo C									
XS	50	49	10	72.5	78	69.8	650	45.3	39.3
S	54	49	10	72.5	78	72.8	700	50.2	38.3
M	58	52	12.5	72.5	78	76.2	700	52.7	40.3
L*	62	55	16.8	72.5	78	80	700	56.8	42.4
Kilo									
XS	46	47	9	72	78.5	69.1	650	44.9	37.9
S	49	50	10	72	78.5	72.9	700	50.7	39.7
M	52	52	13	72	78.5	75.9	700	53.6	41.1
ML	55	54	16	72	78.5	78.3	700	56.4	42.5
L	58	56	18	72	78.5	80.8	700	58.3	44.1
XL	61	58	20	72	78.5	83.3	700	60.2	45.8
* not available for Dulce									

