



INDOOR CYCLING ASSOCIATION

Tour de France Package

2014 Tour de France Resources, resources, resources!!



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www.indoorcyclingassociation.com

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CREATING AN EXCITING

Tour de France Program

Resources, resources, resources for your 2014 Tour de France cycling program!

Compiled by Jennifer Sage

In this handout are dozens of resources to use for your 2014 Tour de France program. Learn more about the riders, the teams, the history of the Tour, the towns, and the racing strategy. I've also provided several excellent resources for where to purchase Tour de France products to use as prizes and incentives. You could simply Google "Tour de France Teams" or something similar and come up with literally thousands of websites to peruse, but we've done the filtering for you and present to you in this document the most interesting and the most relevant. This will literally save you many, many hours of research! [Note: if you have other favorite resources, please email them to me to be included in future versions.]

A fabulous mapping resource for Tour de France stages

An amazing web application on all the paved ascents in the Alps. www.cyclingthealps.com. He provides the Google 3D map of each stage, the profile and even a 3D game you can play to "cycle" the route. See the bonus document *The Tour is Won in the Mountains* for links to each of the major climbing stages.

The Official Tour de France Guide

Every year an official Tour de France guide is released in magazine form. (Velonews releases it in the US, Cyclingnews in the UK). It has all the stage information, teams and riders, profiles and maps of the stages, predictions and tons of photos. Make sure to pick one up at your LBS (local bike shop). Use some of the photos to decorate your cycle studio.

Online Resources for Tour de France and professional cycling information

- www.letour.com Official TDF website. French and English version. Go here for actual profiles and route maps, listing of the categorized climbs (with distances and average grades), map and video of the Tour, description of departure and arrival villages/cities, team information, historical notes from this year's Tour, and other official Tour info. Live coverage gives stage winners and photos soon after each stage (although some of the links below have better coverage).
- www.steePhill.tv This is an amazing resource for all cycling races, including the Tour de France, the Giro d'Italia, the Tour of California and more. The results of the stage are posted immediately so this should be one of your first websites to check daily. This site has incredible photos – every stage has a link to BIG PHOTOS, and there is also a link to Graham Watson's photos (one of the worlds best known cycling photographers). He also posts links to numerous articles from cycling resources around the world (some are listed below) and is the best resource for short videos of each stage, and for online viewing options worldwide. Steve, the owner of this site, has also ridden his bike all over France and has amazing photos of his cycling trips in the big mountains of Europe.





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- www.pezcyclingnews.com They set a photographer free to follow the Tour stage by stage and mingle with the locals, and the result is some very unique photos of not just the racers, but the crazy fans and the towns that get “dressed-up” for the Tour as well. In fact, I was photographed at the 2007 TDF with a bike tour client (a Spin instructor from Florida) on the top of the Col de Galibier! Scroll down to the 4th photo:
<http://www.pezcyclingnews.com/default.asp?pg=fullstory&id=5118>
- This year Team Sky has published a short but excellent review of every stage along with the profile. http://www.teamsky.com/article/0,27290,29112_8790176,00.html
- www.Roadcycling.com They have a good list of what to watch out for at this year’s Tour.
- <http://inrng.com/tour/> Innrng Excellent Tour de France Guide
- www.cyclingnews.com Great for photos - scroll down left side of home page, look for photo archives/TDF.
- www.velonews.com Team, rider information, profiles, daily analysis, etc.
- www.tourdefrancenews.com Bicycling magazine’s excellent source of information.
- www.cyclingfans.com photos, video and profiles
- www.bikeradar.com
- www.cyclingweekly.co.uk
- <http://www.cyclesportmag.com/>

Need to learn more about the Tour? Here’s a great FAQ.

FAQ on the Tour de France rules: <http://www.bikeradar.com/gear/article/tour-de-france-rules-frequently-asked-questions-17218/?mp=1>

Professional and amateur Cycling Blogs

These days you can find the best reviews and no-holds-barred commentaries about the riders, their teams, the race organizers and basically anything having to do with cycling, from blogs devoted to professional cycling. Here are a few of the better-known and more fun-to-read blogs:

- www.cyclocosm.com
- www.podiumcafe.com
- <http://inrng.com/>
- <http://tdflr.blogspot.com/> Although it hasn’t been updated in a few years, the author devotes herself to writing about the *Lanterne Rouge* – the last place finisher of every stage. Yay! Someone for the underdog! There is some really interesting information in here if you want to talk about the last place rider in your profiles.

Articles that can help your understanding of stage racing

- The Golden Rules of Road Racing <http://cyclingtips.com.au/2012/04/golden-rules-of-road-racing/>
- Anatomy of the leadout train. <http://cyclingtips.com.au/2010/12/anatomy-of-the-leadout-with-mark-renshaw/>
- Attack on the Lull <http://cyclingtips.com.au/2009/11/attack-on-the-lull/>





- Common Sprinting Mistakes <http://www.cyclingtipsblog.com/2009/04/common-sprinting-mistakes/>
- Politics of the Peloton: Reading the Race <http://cyclingtips.com.au/2009/08/politics-of-the-peloton-reading-the-race/>
- The Art of The Counterattack <http://cyclingtips.com.au/2010/08/the-art-of-the-counter-attack/>

Excellent commentaries following the stages

Trainright: Chris Carmichael has been Lance's training coach since his early days. Chris writes excellent reviews of each stage, analyzing what went wrong, what went as planned, and everything in between. You will learn a lot about the strategies employed in each stage by reading Chris' articles. Go to <http://www.trainright.com/> and subscribe to the Trainright newsletter and daily Tour information. Make sure to check it the day after each stage. If you plan on teaching a particular stage after it has already taken place, then it's pretty fun to create a profile with strategy of what actually took place. Chris Carmichael writes very well with great description, and his commentary can easily be turned into the narrative for your profile.

The Boulder Report, by Joe Lyndsey: I enjoy anything Joe Lyndsey has to say about pro cycling—you'll get a lot of controversy as well as insider's knowledge from Joe. He'll give you the stage results but usually with a twist, pointing out something no one else does.

<http://bicycling.com/blogs/boulderreport/>

www.tourdefrancenews.com Bicycling magazine's excellent source of information.

From the horse's mouth: Professional cyclists who blog and tell you all about their experiences

Blogs posted by the rider's themselves (or managers) are some of the most interesting and educational ones to read. There are a few riders that actually have some excellent writing skills, and describe the race in such detail you feel like you were actually there on that hairy descent, or just avoided that crash, or felt the pain of attack after attack. Reading these diaries can also teach you a lot about the strategy of some teams, as they often explain what their role for the day was, and usually comment on whether they performed that role well or not. There aren't as many blogging cyclists as there was last year, but often the team websites might include individual rider's comments (see the list of team websites on the next page). Here are some blogs you may want to follow:

- **Jens Voigt:** Jens is known as one of the strongest and most loyal domestiques in the peloton, as well as one of the kindest and most likable riders, writes a daily blog for Bicycling magazine. Don't miss Jens' daily diary called Hardly Serious that he writes for Bicycling Magazine. He's usually "hardly serious" (but sometimes rather poignant). This year, 2014, will be his last year as a bike racer, so for fans of The Jensie, it is a very important and somewhat sad year. He's threatened to retire before, but at age 42, he's the oldest in the peloton, and says his body is "showing its age". <http://bicycling.com/blogs/hardlyserious/>



- **Taylor Phinney:** Taylor shattered his leg this year at the USA Nationals this May, 2014, so unfortunately the young American rider, son of a famous cycling father (Davis Phinney) on Team BMC, will not be racing at the Tour de France. I do not know if he will be blogging or not, but if he does, I'm sure it will be interesting, though not from the firsthand point of view of the race. Even if he doesn't, his emotional firsthand descriptions from the past are worth reading. I've used his emotion in some of my rides. During the 2011 Vuelta d'Espana, I came across Taylor's blog, and I enjoyed it so much I found myself reading every single post. You will gain so much insight into the pain a rider feels as he struggles in the race.
www.taylorphinney.com

I even wrote my own blog post about him here:

<http://www.indoorcyclingassociation.com/blog/?p=277>

DO NOT MISS Taylor's posts I highlight in that blog, especially this one:

<http://taylorphinney.com/2011/08/24/an-amateur-end-to-one-of-the-most-difficult-days-ive-ever-had/>

- **Nicolas Roche.** A prolific and very thoughtful writer with the Tinkoff-Saxo team, Nicholas has his own blog but may actually write more for online journals during the races. You can check with this blog for updates, or Follow the Irish journal Independent.ie.

Nicolas' blog: <http://www.nicolasroche.com/>

Two articles he wrote for Independent.ie during the 2014 Giro:

1. The dangers of descending, and a very interesting description of young inexperienced Grand Tour riders who get schooled by the old guard.

<http://www.independent.ie/sport/other-sports/cycling/nicholas-roche-giro-ditalia-diary-passo-tonale-30306802.html>

2. Fabulous description of the stage and strategy: <http://www.independent.ie/sport/other-sports/cycling/nicholas-roche-the-overall-feeling-of-happiness-around-the-dinner-table-last-night-is-what-sport-is-really-all-about-30321263.html>

- VeloNews has a series of diaries from certain riders:
<http://velonews.competitor.com/category/rider-diaries>
- Here are some older diaries by Frankie Andreu but which still give some great information and some good gossip if you feel like digging in deeply. Frankie wrote TDF diaries from 1998 – 2003 <http://www.frankieandreu.com/diary.html>



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Cycling Podcasts and Youtube Channels

If you're not into reading, then listen to these podcasts or watch these Youtube channels, which will undoubtedly talk a lot about the stages and drama of this year's Tour.

- The Fredcast is the internet's premier cycling podcast. www.thefredcast.com During the Tour he runs a separate podcast called The Daily Tour, reserved for Tour related commentaries.
- *How The Race Was Won*. Video reviews on Youtube. Cosmo Catalano reviews each stage with humor, I contacted him through Twitter and he said he was going to do it again this year for the 2014 Tour, so you'll want to either follow him on Twitter, on his Youtube channel. Here is the link for the 2013 or on Cyclocosm.com. <http://cyclocosm.com/2013/07/how-the-race-was-won-tour-de-france-2013-stages-16-21/>

Books: *The Tour de France for Dummies*, an excellent guide for the lay-person and non-cyclist which explains the characteristics of the Tour. Written by James Raia.

Professional Teams' websites: learn more about your favorite rider or team!

- [AG2r](#)
- [Astana](#)
- [BMC Racing](#)
- [Bretagne-Seche Environnement](#)
- [Cofidis](#)
- [Cannondale](#)
- [Francais des Jeux](#)
- [Garmin Sharp](#)
- [IAM Cycling](#)
- [Katusha Team](#)
- [Lampre-Merida](#)
- [Lotto Belisol](#)
- [Movistar Team](#)
- [Omega Pharma Quickstep](#)
- [Orica-Greenedge](#)
- [Team Europcar](#)
- [Team Giant-Shimano](#)
- [Team Netapp-Endura](#)
- [Tinkoff-Saxo](#)
- [Team Sky](#)
- [Trek Factory Racing](#)



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Resources for prizes/gear for your TDF program

I recommend that you first search your LBS (Local Bike Shop) to see what they might have in stock. Do this when you approach them to be a “Sponsor” of your event – they might even give you a discount or gift certificates or maybe even some free schwag.

Cycling jewelry:

<http://www.liftyoursole.com/collections/frontpage/products/bike-necklace>

An indoor cycling instructor who makes bicycle chain link bracelets:

<https://www.etsy.com/shop/SpinRightRound>

Bicycle Gifts and posters:

<http://www.bicyclegifts.com/>

Three online sources for basic discounted cycling gear.

www.velogear.com,

www.performancebike.com

www.bikenashbar.com

www.worldcycling.com World Cycling Productions for TDF gear, gifts, cycling products (pins, caps, keychains, t-shirts, water bottles, etc.)

Roadbikeprogear <http://www.ridebikeprogear.com/cyclinggear/cyclinggearproducts.aspx?pid=1020>

Here's a Google link for various Tour de France socks and hats (various merchants):

http://www.google.com/products?hl=en&q=cycling+socks+tour+de+france&um=1&ie=UTF-8&ei=mUceTNPSDurmnQff96HnAw&sa=X&oi=product_result_group&ct=title&resnum=3&ved=0CDEQrQQwAg

A Google link for TDF water bottles:

<http://www.google.com/products?q=cycling+water+bottles+tour+de+france&hl=en&aq=f>

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Please do not disseminate this material. Instead, please refer them to the ICA website to purchase the Tour de France program.

Contact Jennifer Sage for Master Classes (including several Tour de France stages such as Alpe d'Huez, The Suitcase of Courage, and the Team Time Trial) or any other indoor cycling information at Jennifer@indoorcyclingassociation.com

Contact her for bicycle tour information to France and Italy at Jennifer@vivatravels.com

