INDOOR CYCLING ASSOCIATION

The Tour de France is Won in the Mountains!

Here is all the information you'll need regarding the big mountains of the 2016 Tour de France. In this handout I provide you with links to the actual elevation profiles of each of the 2016 major climbs, the profile from the Tour de France website, and the details on the system of categorizing the climbs and assigning King of the Mountain points for the KOM jersey competition.

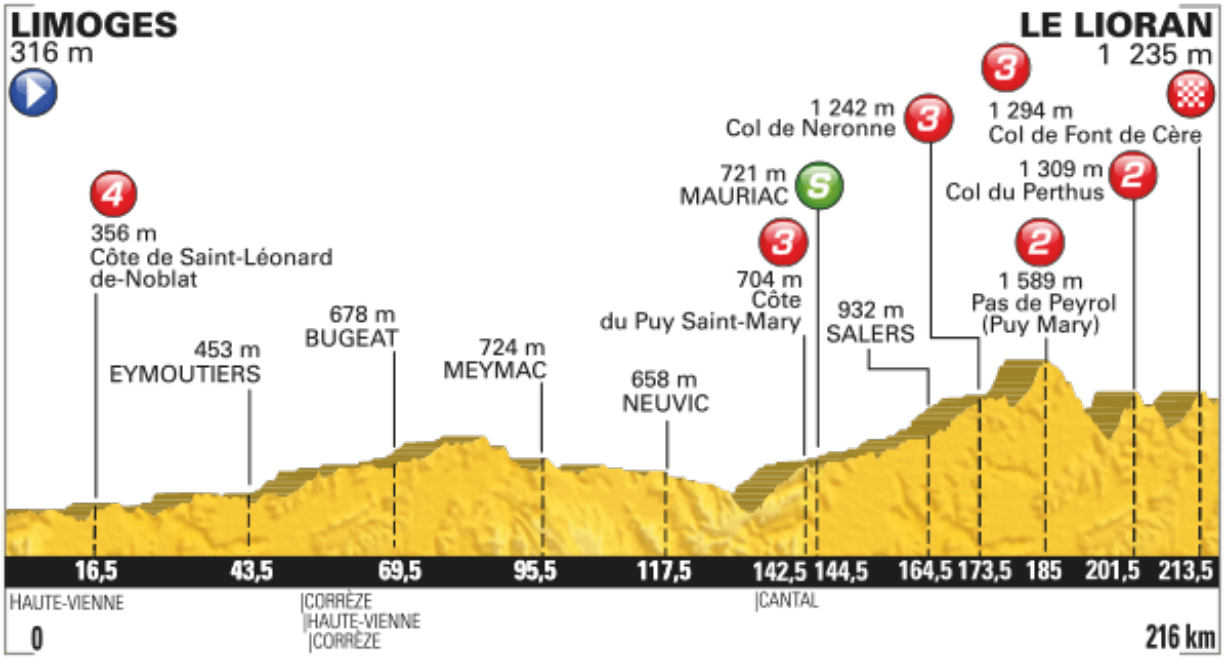
Profiles of the major climbs of the 2016 Tour de France

On the following pages, I've compiled information for you for the most important climbs and mountain stages of this year's tour. Use the information and profiles in the flyers for your classes.

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Stage 5: Limoges / Le Lioran

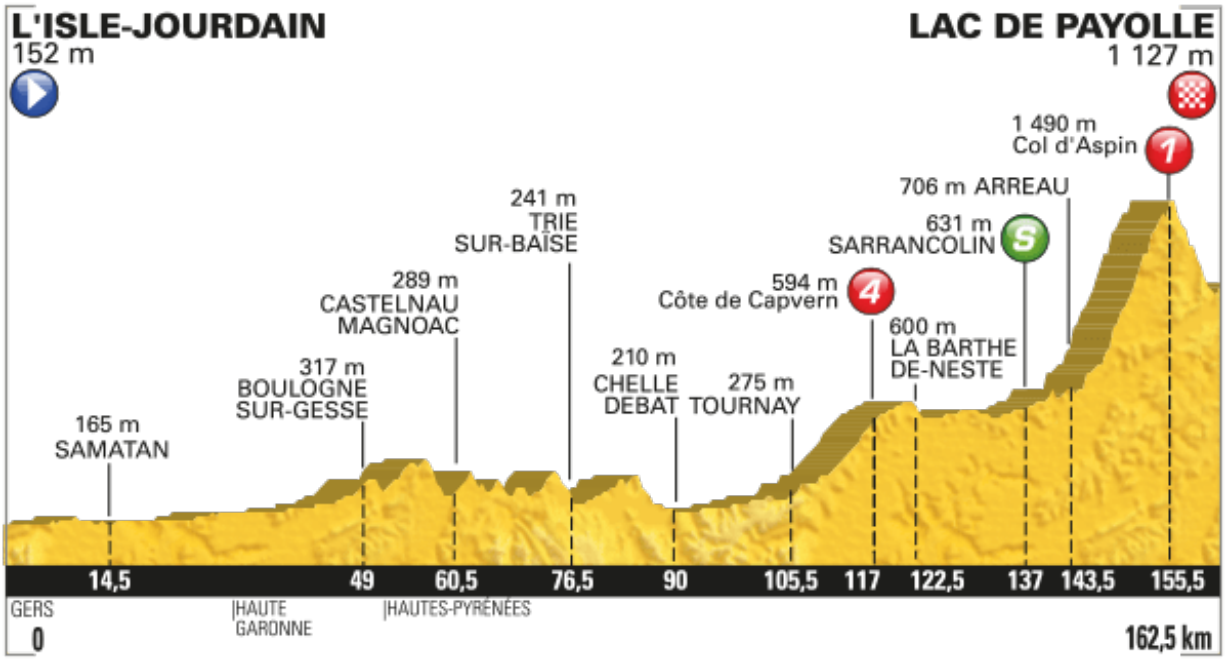
Pas de Peyrol (1,589m): 5.4km at 8.1%, category 2
Col du Perthus (1,309m): 4.4km at 7.9%, category 2



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Stage 7: L'Isle-Jourdain / Lac de Payolle 162.5km

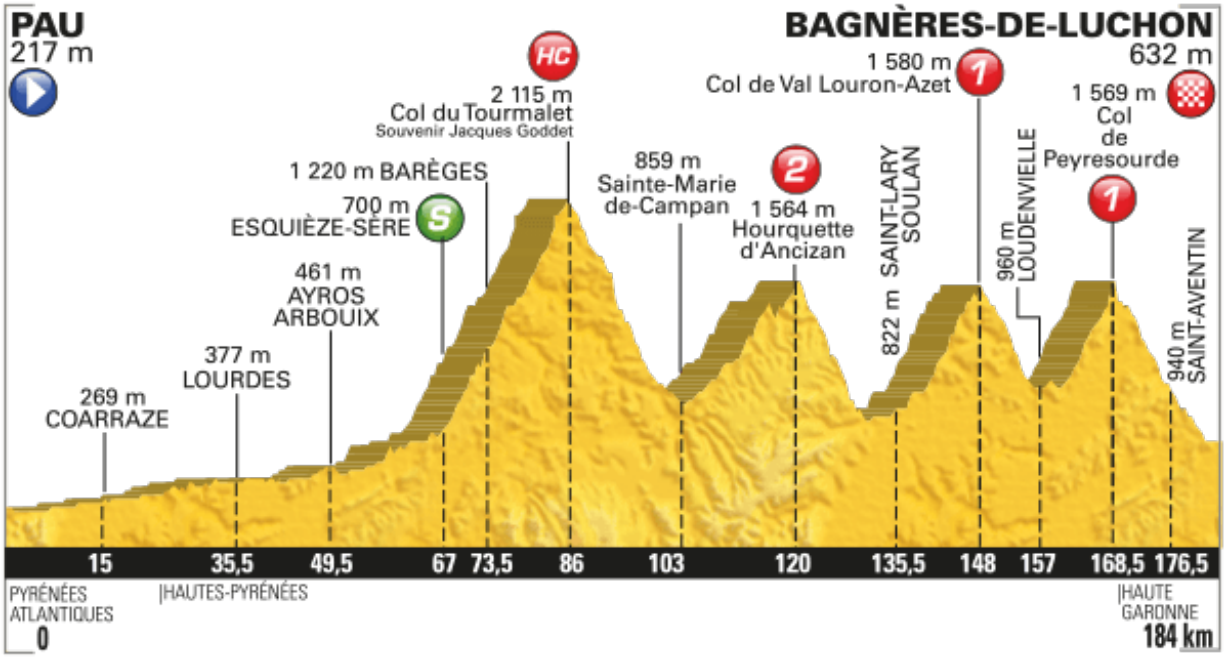
Col d'Aspin (1,490m): 12km at 6.5%, category 1



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Stage 8: Pau / Bagnères-de-Luchon 184km

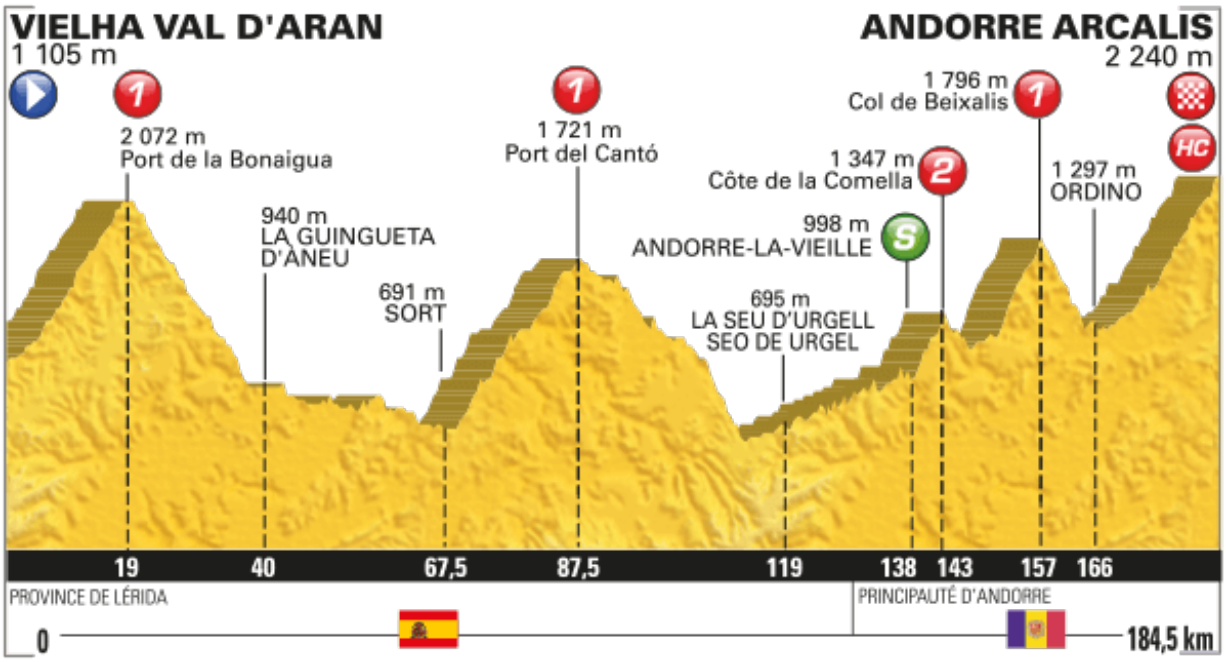
Col du Tourmalet (2,115m): 19km at 7.4%, hors catégorie
Hourquette d'Ancizan (1,564m): 8.2km at 4.9%, category 2
Col de Val Louron-Azet (1,580m): 10.7km at 6.8%, category 1
Col de Peyresourde (1,569m): 7.1km at 7.8%, category 1



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Stage 9: Vielha Val d'Aran / Andorre Arcalis 184.5km

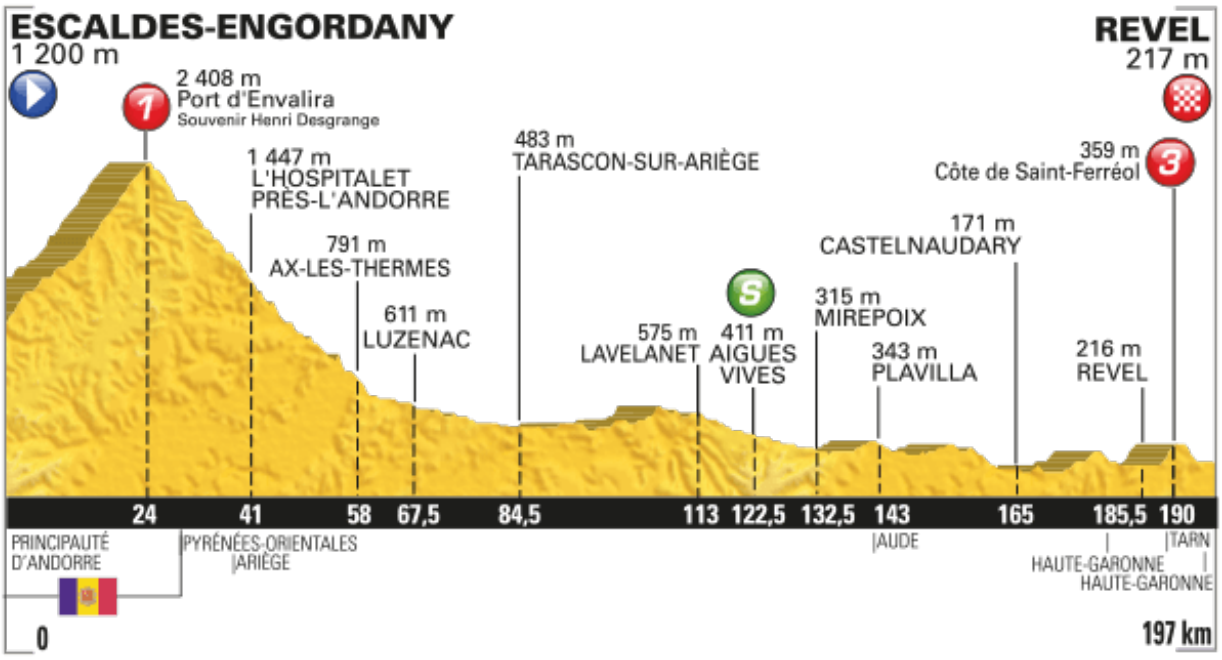
Port de la Bonaigua (2,072m): 13.7km at 6.1%, category 1
Col d'El Canto (1,721m): 19km at 5.4%, category 1
Côte de la Comella (1,347m): 4.2km at 8.2%, category 2
Col de Beixalis (1,796m): 6.4km at 8.5%, category 1
Montée d'Arcalis (2,240m): 10.1km at 7.2%, hors catégorie



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Stage 10 – Escaldes-Engordany / Revel

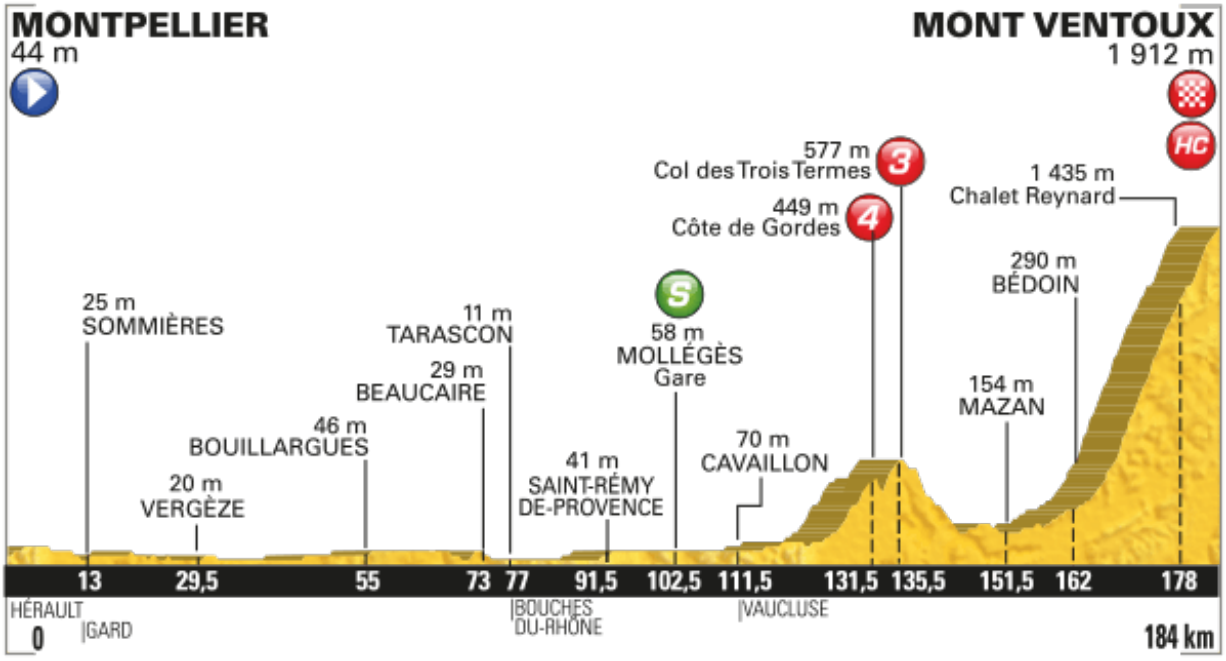
Port d'Envalira (2,408m): 22.6km at 6.5%, category 1



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Stage 12 – Montpellier / Mont Ventoux

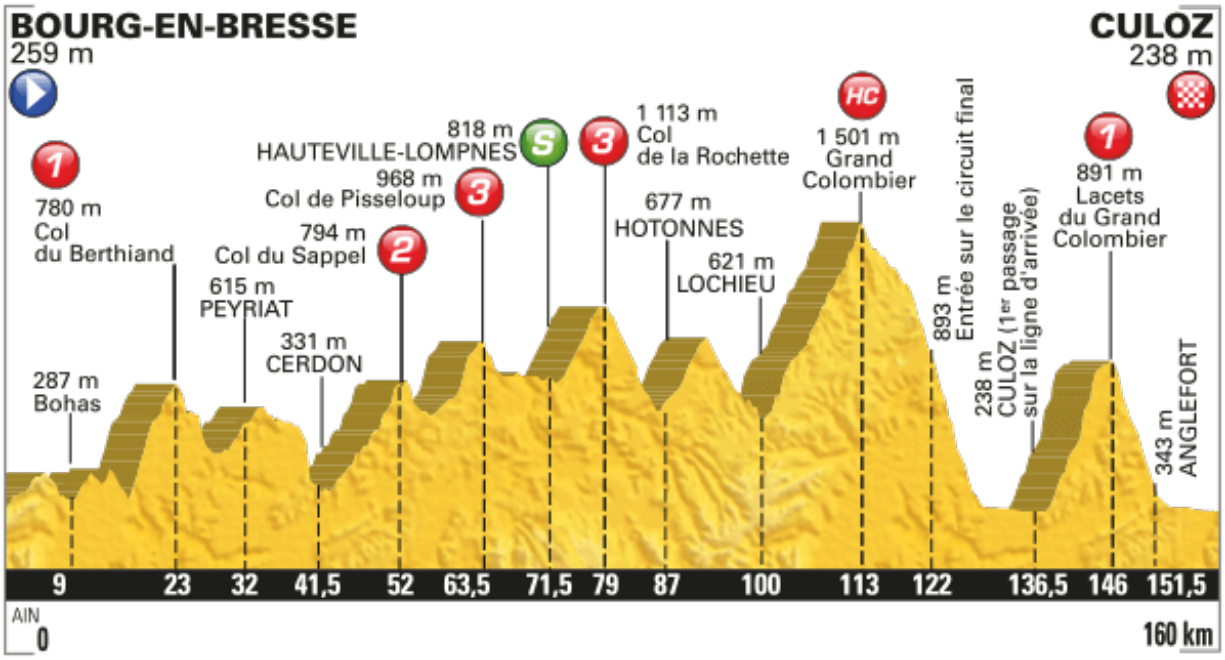
Mont Ventoux (1,912m): 15.7km at 8.8%, hors catégorie



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Stage 15 – Bourg-en-Bresse / Culoz 160km

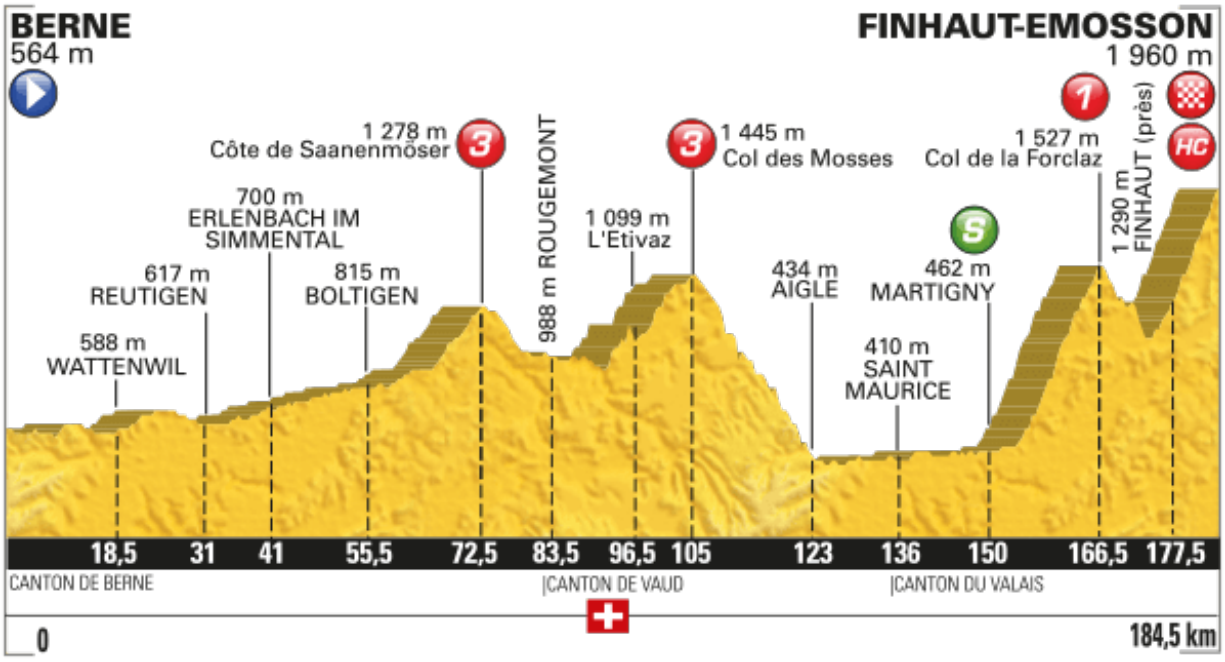
col du Berthiand (780m): 6km at 8.1%, category 1
col du Sappel (794m): 8.8km at 5.6%, category 2
Grand Colombier (1,501m): 12.8km at 6.8%, hors catégorie
Lacets du Grand Colombier (891m): 8.4km at 7.6%, category 1



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Stage 17 – Berne / Finhaut-Emosson 184.5

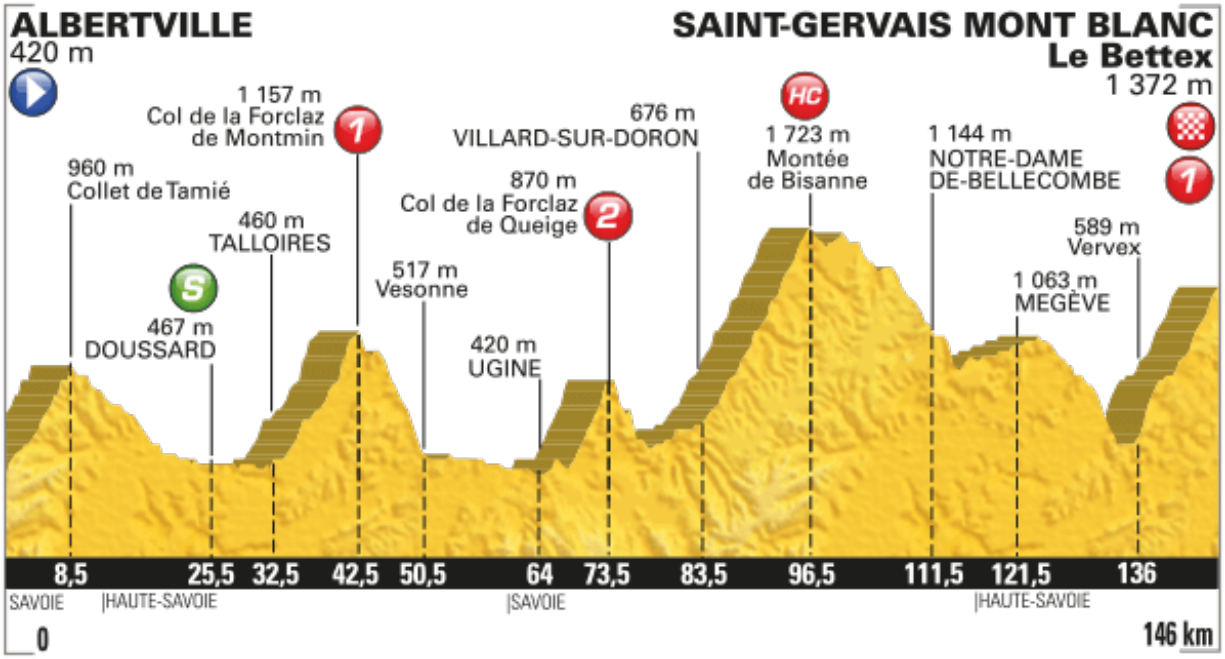
Col de la Forclaz (1,537m): 12.6km at 8.2%, category 1
Montée de Finhaut-Emosson (1,960m): 10.4km at 8.4%, hors catégorie



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Stage 19 – Albertville / Saint-Gervais Mont Blanc 146km

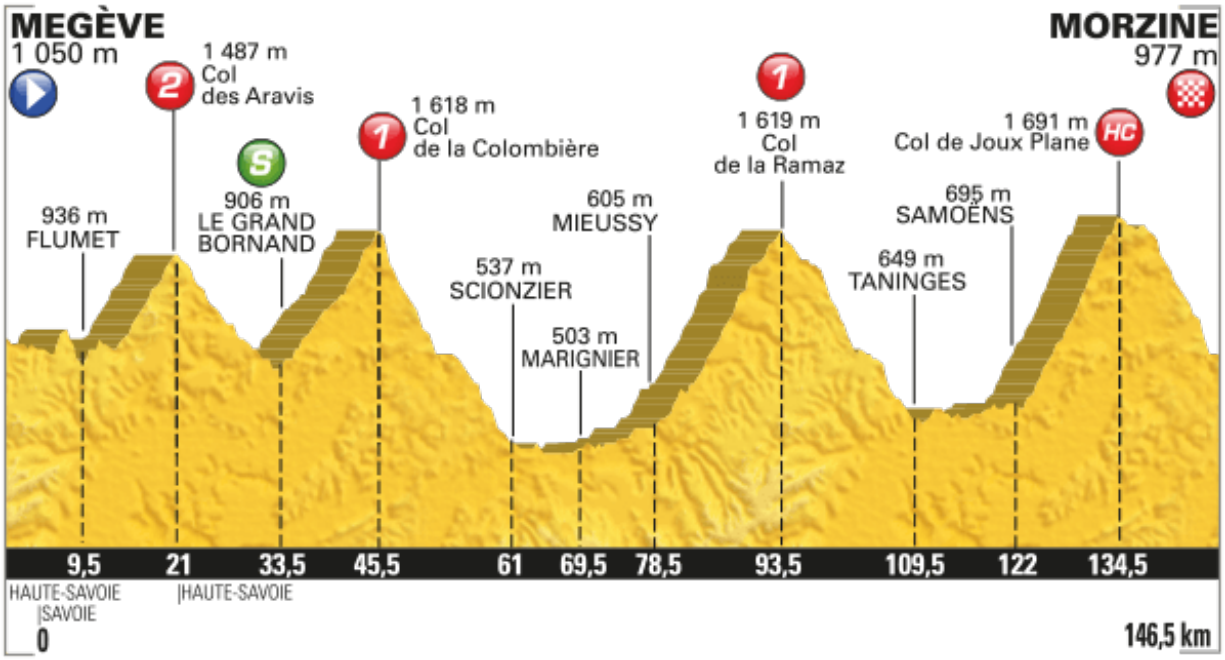
Col de la Forclaz de Montmin (1,157m): 9.8km at 6.9%, category 1
Col de la Forclaz de Queige (870m): 5.6km at 7.8%, category 2
Montée de Bisanne (1,723m): 12.4km at 8.2%, hors catégorie
Montée du Bettex (via Côte des Amerands) (1,372m): 9.8km at 8%, category 1



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Stage 20 – Megève / Morzine-Avoriaz 146.5

Col de Aravis (1,487m): 6.7km at 7%, category 2
Col de la Colombière (1,618m): 11.7km at 5.8%, category 1
Col de la Ramaz (1,619m): 13.9km at 7.1%, category 1
Col de Joux Plane (1,691m): 11.6km at 8.5%, hors catégorie



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How are the climbs in the Tour de France categorized and how many KOM points are awarded at the top?

For information on how many points are awarded at the top of each categorized climb, read this Wikipedia article:
http://en.wikipedia.org/wiki/Mountains_classification_in_the_Tour_de_France

The following is an article on the Category System, provided by Raquel Schmidt, Master Instructor for Spinning®.

Review of the Category System for climbs used by the World Cycling Federation

The Tour de France (TDF) and World Cycling Federation use a category ranking system to rank the difficulty of climbs in the Tours and other pro races. The two big factors in rating the difficulty of a climb is how long and steep it is, and where it falls in the race profile (meaning what might be a Category 1 climb earlier in the stage could end up as a Hors Category climb if it's the last mountain of the stage. Road surface used to be an important consideration, when in the earlier days of the tour mountain roads were gravel or dirt paths. Some remote mountain climbs in Europe have rougher surfaces (they don't get paved all that often and are subject to extreme weather conditions) so even today it could factor in. Keep in mind that the Tour de France is considered the premier event in cycling, so they tend to rate climbs using tougher criteria than other races.

In general, the 5-tier ranking system looks like this:

- 4th Category - the lowest category, climbs of 200-500 feet (70-150m).
- 3rd Category - climbs of 500-1600 feet (150-500m); in the TDF this would be around a 5 km climb at a 5% grade.
- 2nd Category - climbs of 1600-2700 feet (500-800m); this would be a 5-10 km climb at an 8% grade. Because of the terrain in the United States and methods of road construction, this is usually the toughest climb you'll see the in U.S. Our climbs are usually very short if steep, or long gradually increasing grades. Notable exceptions include the climb from Ouray to the top of Red Mountain Pass in Colorado, Whiteface Mountain in New York, Palomar Mountain in California, Mount Washington in New Hampshire, and Mt. Lemmon in Arizona.
- 1st Category - climbs of 2700-5000 feet (800-1500m); this is usually a longer duration climb (20 km) with a grade of 5-6%.
- Hors Category - the hardest, climbs of 5000 feet+ (1500m+) with grades of 7% and more. "Hors" roughly translates to "beyond", so HC means "beyond

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categorization! In the TDF what would normally be considered a HC climb could be downgraded to a Category 1 if there is a flat section—a good example of this in the TDF is the Col de la Madelaine, which has a flat section halfway to the top (sigh, a piece of heaven!) so is usually only ranked as HC if it's closer to the end of the stage. Also, the famed L'Alpe D'Huez is relatively short for an HC climb (3700 feet), but is very steep (average 7.9% grade), and is also usually either a stage finisher or individual time trial

Most people acknowledge that despite the combination of factors necessary to win any pro race (teamwork, weather, luck), races like the TDF are won and lost in the mountains. Climbs also represent the epic struggle of overcoming obstacles and perseverance, humans vs./becoming one with nature, with the bicycle as conduit between the two. Truly something magical.

Information compiled and provided by Jennifer Sage, Master Instructor for the Indoor Cycling Association. Please do not distribute.
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