



By  
Isabel  
Miller





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# Le Tour de France

Le Tour de France is the most famous cycling event.

The TOUR DE FRANCE was created in 1903.

It is a men's cycling event held in France.

Sometimes the route takes the riders' into nearby countries.

The tour lasts 23 days and there are 21 stages.

You get a 2 day rest.

The lowest time of the riders' will win and get to wear the jersey and the winner of the stages will be allowed to also wear the jersey.

The stages are FLAT, TIME and MOUNTAIN.



# The Peloton

The peloton (pronounced pool-ton) is a group of cyclists where a team strategically places their riders in the group to help them win the race. The racers use the formation of the peloton to conserve energy. For example, the person at the front has the wind against him and will shield the people behind him so that they conserve energy. Also, the front riders set the pace to tire the other teams.

The riders in the front then move to the back of the pack of the peloton when they are tired, and then front the riders take it in turns to set the pace.

Sometimes the peloton brakes off into smaller groups towards the finish line .



# Isabel – My Tour De France – 5 miles !!

## Today's cycle ride

- Tour De La Village

