

Cycling



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Bicycles have two wheels and tricycles have three wheels.

A seat on a bicycle is called a saddle. Some bicycles have gears to make it easier to pedal up a hill.

Riders should always wear helmets when cycling.

A velodrome is a place where track cycling races take place. Those bicycles have no gears or brakes to help them finish a race at speed.

Sir Chris Hoy, Victoria Pendleton MBE, Laura Trott and Jason Kenny are famous British track cyclists.



The Tour de France

The Tour de France is one of the world's largest annual bicycle events.

Held each July and lasting for 3 weeks, it covers more than 3,300km across France and neighbouring countries.

The race started in 1903 and this year will be the 106th race.

The overall winner of the race is the cyclist who has ridden the whole route in the quickest time.

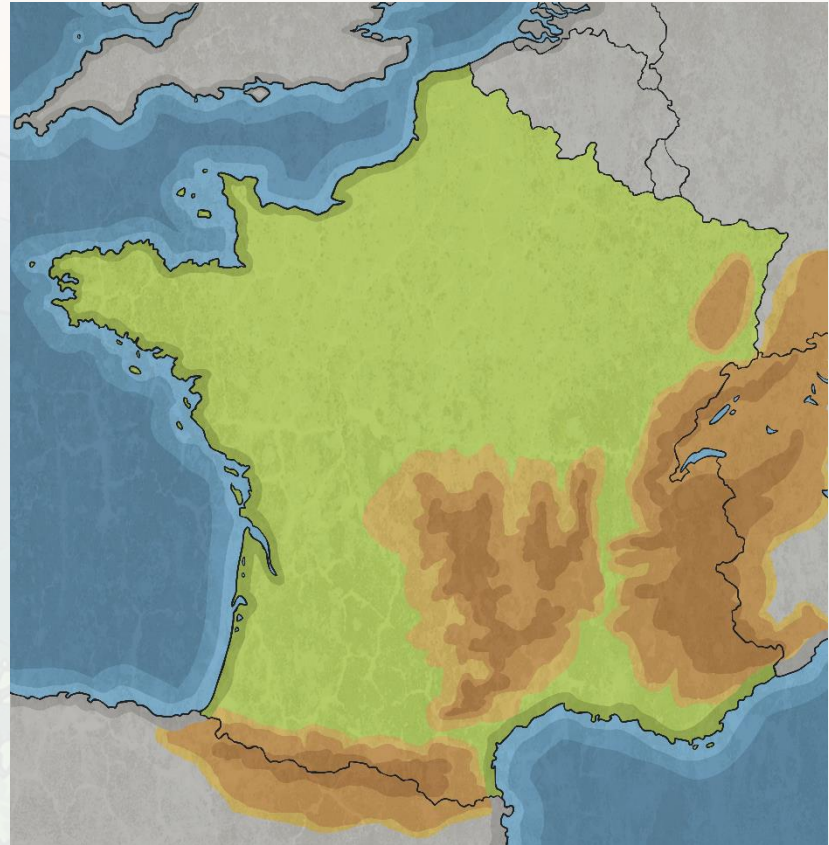


The History of the Race

During the late 19th century, cycling became a very popular hobby for many people.

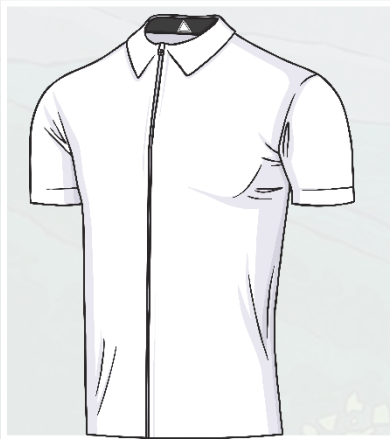
As time went on, organised bike racing was introduced and professional cycling became popular in France.

On the 1st July 1903, 60 cyclists set off from the Au Reveil Matin Café in Paris. They covered 2,428km in six stages. 18 days later, only 21 of the cyclists finished in Paris.

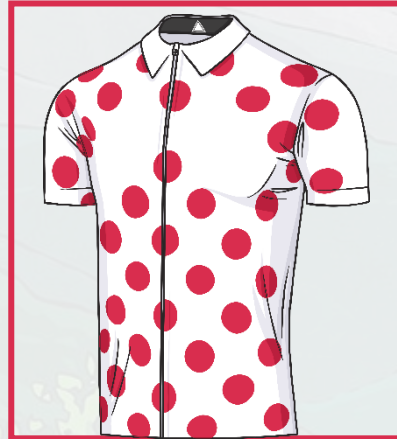


Jerseys

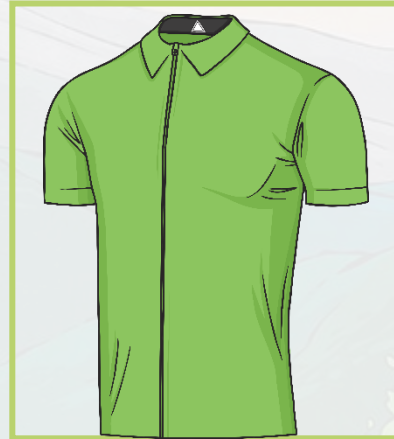
Instead of winning medals or awards, the cyclists in the Tour de France win different coloured jerseys. On 19th July 2019, it will be exactly 100 years since the first yellow jersey was introduced.



The White Jersey
The white jersey is awarded to the best young rider (under 26 years old).



The Polka-Dot Jersey
The polka-dot jersey is awarded to the best climber or 'King of the Mountains'



The Green Jersey
The green jersey is awarded to the best sprinter and time trialist.



The Yellow Jersey
The oldest and most sought-after prize: the yellow jersey is awarded to the rider with the quickest overall time.

The Tour de France

Each year, the Tour de France begins in a different place, often in a country next to France. It usually finishes in Paris.



The Finish:
Champs-Élysées Avenue, Paris

Facts

The Tour de France attracts 15 million spectators across the route.

Bradley Wiggins became the first ever British rider to win in 2012. Chris Froome, another British rider, then won in 2013, 2015, 2016 and 2017!

In 2018, Geraint Thomas became the first Welsh person to win.





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