

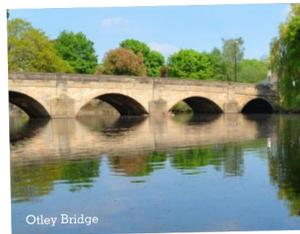
# TOUR DE YORKSHIRE

29, 30 APRIL AND 1 MAY 2016

The Tour de Yorkshire is back! Three new exciting Stages have been planned that present the best of Yorkshire and challenge world famous cyclists to one of the toughest races of the year. Use our maps to get to know the routes and find out what's in store for the riders. Where will you be on the day?



The Tour begins on Friday 29 April at the beautiful medieval town of **Beverley** dominated by its grand church Beverley Minster. The ceremonial start takes you past the Saturday Market Cross, St. Mary's and out through the North Bar. The riders then head over the Westwood to Beverley Race Course where the official start of the race begins.

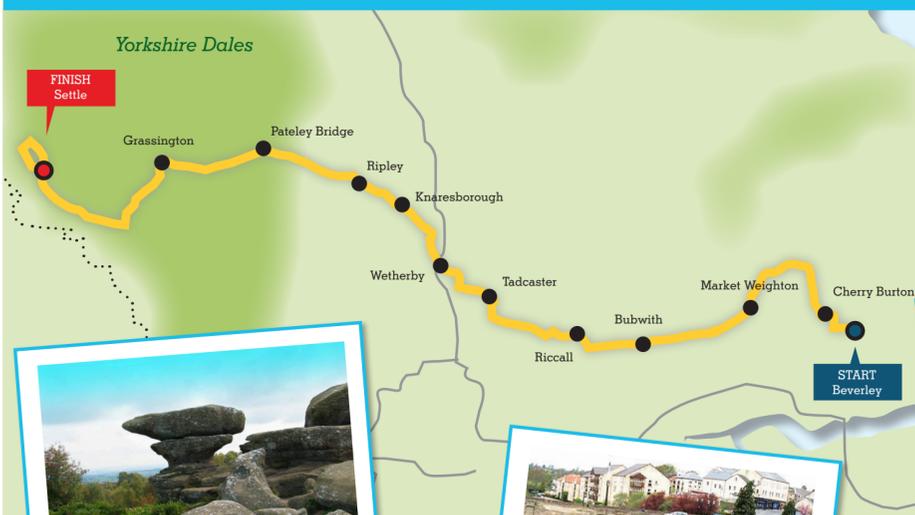


Plenty to watch out for on Saturday 30 April as the **Women's Race** takes place in the morning completing the same 135.5 km route. Stage 2 sets off from the riverside town of **Otley**, home to current women's road World Champion Lizzie Armitstead. There's no gentle start on this route: the peloton tackles an early King/Queen of the Mountain at **Harewood** quickly followed by a second at **East Rington**.



On Sunday May 1, Stage 3 starts in **Middlesbrough** - the town that discovered the world and built it too! Captain James Cook was born here and iconic structures around the world including the Sydney Harbour Bridge are stamped "Made in Middlesbrough." Riders start from Centre Square, home of Middlesbrough Institute of Modern Art (mima). They will ride through Teesside University, past great shopping and restaurants, Middlesbrough Sports Village - a place where you can run, play and cycle, the Dorman Museum, Albert Park and The Captain Cook Birthplace Museum in Stewart Park en route to a challenging and hilly race to Scarborough.

## STAGE 1 - FRIDAY 29 APRIL 185 KM



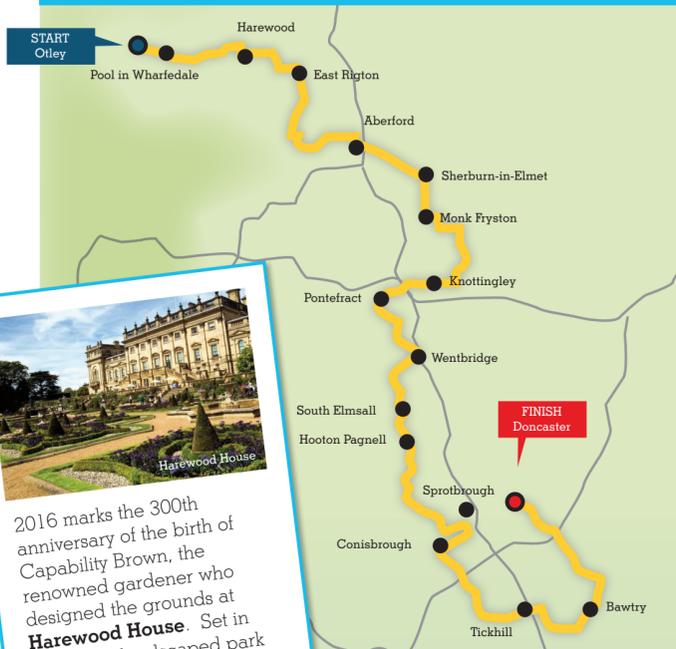
Riders are challenged near the end of the Stage by a series of climbs over beautiful open countryside. The **Brimham Rocks** near **Pateley Bridge** attract thousands of visitors each year. These strange, giant formations have eroded through time into extraordinary shapes - some earning them their own names such as The Sphinx, The Idol and the Dancing Bear.



When coach and horses were the main mode of travel, **Wetherby** was a popular stop-over with almost 40 inns and coach houses to choose from. Today, this peaceful market town attracts many visitors who come to see its beautiful floral displays created by the prize-winning 'Wetherby in Bloom' committee.

## STAGE 2 - SATURDAY 30 APRIL 135.5 KM

Morning: Women's Race Afternoon: Men's Race

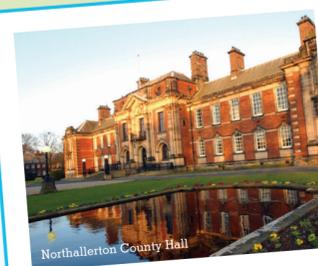
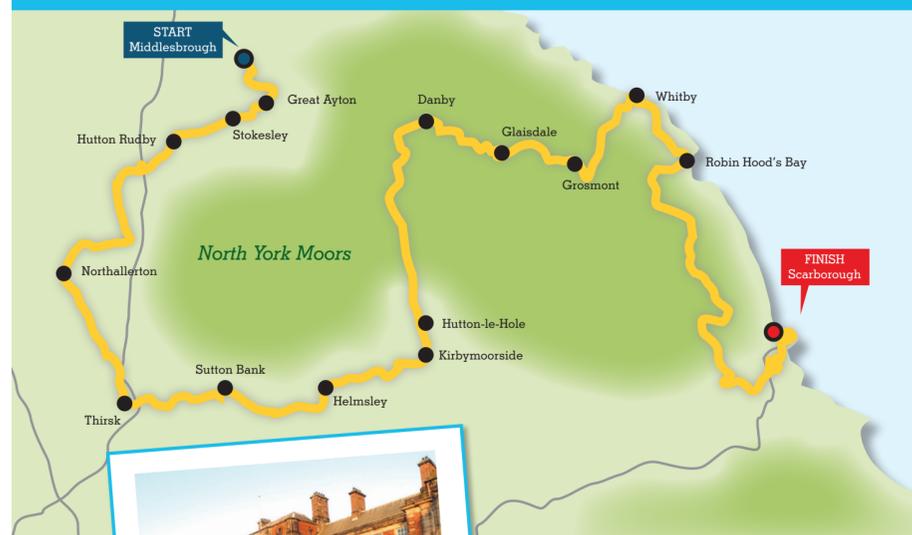


2016 marks the 300th anniversary of the birth of Capability Brown, the renowned gardener who designed the grounds at **Harewood House**. Set in a glorious landscaped park of 400 hectares, this grand country house is well worth a visit. There's an exciting Bird Garden too - don't miss the penguin's feeding time!



The route through Doncaster takes in the picturesque village of **Hooton Pagnell**. It passes over **Sprotbrough Falls** giving beautiful views of the weirs on the River Don. There will be a sprint point at Warmsworth before a lap around the historic **Conisbrough Castle**, which inspired Sir Walter Scott's *Ivanhoe*. The peloton will then head towards **Tickhill**, with its imposing Buttercross. Stage 2 comes to an end with a race along the perimeter of Doncaster Sheffield Airport, past the Yorkshire Wildlife Park, Doncaster Racecourse and on to a sprint finish on South Parade in **Doncaster** town centre.

## STAGE 3 - SUNDAY 1 MAY 198 KM



**Northallerton** is one of the many beautiful Yorkshire towns along the Tour's route. Famous for its lively market and rich heritage, it is also the County town to North Yorkshire and home to the magnificent County Hall. The town has had its share of well known visitors over the years - even Charles Dickens is said to have stayed at the medieval Fleece Inn while writing *Nickleby*.



After their climb at **Grosmont**, riders head on towards the coast at **Whitby** where they might well find themselves racing alongside a classic steam engine. The North Yorkshire Moors Railway drives lovingly restored steam and heritage diesel trains along its own scenic track from Pickering to Whitby. If there's enough room in the Guard's Van on the day, you'll even be able to bring your bicycle on board.

### Urban Cycling Guide

Cycling to work or around town? Watch an experienced urban adult cyclist as he rides around city centres familiar to you, offering tips and techniques to keep you safe on your daily journey through the traffic. The Urban Cycling Guide is broken down into a series of short videos tackling everything along your journey: junctions, roundabouts, filtering, hazard perception and challenging turns. Find the Urban Cycling Guide on YouTube!

### Cycle Yorkshire - Ride the Routes

Cycling in the countryside can be challenging as well as fun. Go to [www.ridetheroutes.co.uk](http://www.ridetheroutes.co.uk) or download the updated Cycle Yorkshire - Ride the Routes free app for tips and techniques for riding on any rural route. The app now includes the 2016 Tour de Yorkshire routes as well as last year's Tour and the original Yorkshire Grand Départ routes from 2014. Watch semi-pro rider Jamie Sharpe as he rides the routes, pointing out potentially challenging sections and how to ride them to maximise your safety and enjoyment.

### Safe Cycling

Cycling anywhere in our region is exhilarating and challenging: we would urge everyone planning to cycle parts of the Tour de Yorkshire route to make sure that they and their bicycle are fully prepared, to look carefully at the route guidance available online and to treat these challenging roads with respect and caution, especially at blind corners and on long descents that can be more demanding than people may expect. Tips on safe cycling can be found on [www.roadwise.co.uk](http://www.roadwise.co.uk).

## How did it all start? Yorkshire's place in the history of the Tour.

### Inspired by the Tour de France

In 2014 Yorkshire hosted the opening stages (or Grand Départ) of the Tour de France. Inspired by this success and by Yorkshire's love of cycling, 2015 saw the first Tour de Yorkshire! Over 1.2 million people lined the roadside to watch this momentous 3 day event. And now in 2016, with new routes and a full length Women's Race, the second Tour de Yorkshire begins!

First Tour  
**1903**

A newspaper editor called **Henri Desgrange** created the Tour de France. He wanted it to be the greatest cycle race in the world.

My race will be so **tough**, only one man will make it to the end!

He was almost right. Of the 60 riders taking part, only 21 made it to the finish.

The first Tour looped around France and was separated into 6 stages of up to **400 km long** - over twice the length of today's stages. Riders had to cycle **through the night** to complete them.

Some true legends of the Tour de France have come from Yorkshire!



**Brian Robinson** from Mirfield became the first Briton to complete the Tour de France in 1955 and in 1958 he became the first Briton to win a stage.



**Barry Hoban** from Wakefield won an amazing 8 stages of the Tour de France during his racing career. In 1968 he won a mountain stage - the first Briton to do so!

The Tour de Yorkshire will also hold a 135.5 km Women's Race on 30th April. Yorkshire has its share of women's cycling champions.

**Beryl Burton** from Morley was a true pioneer of women's cycle racing in the UK. During her career, from the 1950's to the 1980's, she won 7 world championships and 96 UK titles.



**Lizzie Armitstead** from Otley is the reigning World, Commonwealth and National road race champion.



### Sort out this timeline

The Tour de France has been held every year since it began except during the years of the two world wars. Can you draw a line to connect the right events along this timeline?

## What does it mean? A look at some of the words used during the Tour.



### Broom Wagon

The name of the bus that follows the tour picking up riders who are **cracked** (too tired to carry on). Old buses used to have an actual broom attached. Riders will push themselves even harder to avoid being 'swept up'.

### Peloton (French for 'group')

Riders from all teams bunch together as a way of **saving energy** for the long route ahead.



### Musette (French for 'bag')

Little cloth bags filled with drinks and snacks are handed out to the riders as they cycle past a **foodzone**.



### Slipstream

By cycling close to each other, riders can get into each other's **slipstream**. This is the sheltered spot behind a rider where there's less **wind resistance** to slow you down.

### Domestique (French for 'servant')

Winning the Tour de Yorkshire will require successful **teamwork**. Each team usually has one leader. The rest are known as **domestiques**. They do everything to support him - such as cycling near him to create a slipstream, helping him repair his bike or making sure he has enough to eat and drink.



### Think you know it all now? Then try this Crossword!

#### Down

- Too tired to carry on.
- A big group of cyclists.
- What cyclists need if they want to succeed together.

#### Across

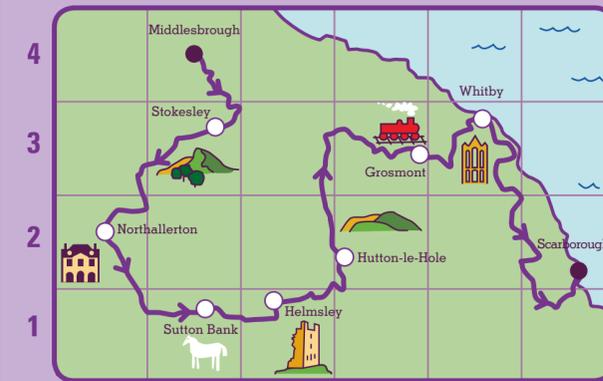
- A rider who supports the team leader.
- Area riders cycle by to pick up their musettes.
- The area behind a cyclist where there is less wind resistance.

## Where do the routes go?

Three Stages that show off Yorkshire in all its variety.

All three Stages of the Tour have been carefully planned so that they can be difficult to ride and exciting to watch. The routes go past beautiful and interesting areas of Yorkshire - from coastal cliffs to moorland valleys and forests, past historic landmarks and through vibrant cities. But the riders aren't taking part to enjoy the view! They'll have around four hours of hard cycling each day and they will have to use all their strength and endurance to stay in the race.

### Find the grid references for some of the places that the Tour will pass on Stage 3.



Stage 3 starts in <b>Middlesbrough</b> which has the grid reference <b>B 4</b> .	There's a steep climb at <b>Sutton Bank</b> , near to Yorkshire's famous chalk horse.	There's another King of the Mountain climb at <b>Grosmont</b> by the North Yorkshire Moors Railway ...
Next, the peloton passes through <b>Stokesley</b> , which sits at the edge of the North York Moors...	Then it's on to the pretty town of <b>Helmsley</b> , overlooked by its castle.	... and a sprint point at <b>Whitby</b> Abbey.
...then on through the beautiful market town of <b>Northallerton</b> .	After <b>Hutton-le-Hole</b> , the peloton gears up for a King of the Mountain climb at Blakey Ridge.	Stage 3 ends in <b>Scarborough</b> with an exciting sprint finish along North Bay.

## What's in a bike? Compare the difference between a time trial bicycle and an ordinary road bike.

A time trial bicycle is designed to go as fast as possible ...

- Solid disc **wheels** are more able to slice through the air.
- Long, straight **handlebars** allow the rider to sit low on the bike to reduce wind resistance.
- High gears** help the rider make the wheels turn extremely fast.
- Light carbon fibre **frames** are wing-shaped (not tube-shaped) for more **aerodynamics**.

**JOKE!** Why can't a bicycle stand up by itself? Because it's two tired!

**Go for a ride** Colour in this road bike and draw in the things you need to get it on the road for a trip to the shops.

basket bell lights saddle bag water bottle tool kit lock pump

## What makes a super-cyclist? How fit do you have to be to finish the Tour?

**Try this fitness test!** Riders in the Tour de Yorkshire have to train very hard to be super fit. How many active things do you do in a week? Get a mark for each circle you tick, add up your score and see how you did. Why not compare your score with a friend's?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> cycle/walk to school   | <input type="checkbox"/> dance to music | <input type="checkbox"/> cycle/skateboard/rollerskate |
| <input type="checkbox"/> play ball games        | <input type="checkbox"/> go swimming    | <input type="checkbox"/> invent keep fit routines     |
| <input type="checkbox"/> race with your friends | <input type="checkbox"/> go for walks   | <input type="checkbox"/> do stretches or gymnastics   |
| <input type="checkbox"/> other activities       |   |   |

**0-1** How about picking one more thing to do next week?  
**2-5** Great! You really love to keep active. Race you to the finish!  
**6-10** Super fit! One day you might even be a champion!

**Food** Riders burn up huge amounts of **energy** during the race and need to eat a lot of **carbohydrates** to make sure they keep that energy going. Lots of **protein** also helps to keep their **muscles** strong and healthy. Typical Tour cyclist's breakfast: cereal, omelette and pasta.

**Lungs** Muscles need **oxygen** to work. So the more oxygen a rider can breathe in, the faster he goes. Big lungs can hold more air. This is called **lung capacity**. Average lung capacity = 4.8 litres. Rider's lung capacity = 7 litres.

**Sweat** Riders can lose up to **1.5 litres** of water an hour in sweat, so they need to keep drinking through the race to keep **hydrated**. The body also loses salt when it sweats. Special drinks packed with minerals help the rider maintain healthy salt levels.

**Muscles** Tough leg muscles are needed to push the pedals and move the bike forward. Sprinters can turn their pedals up to 170 times per minute on short races. Muscles have to be powerful enough to pedal fast. But too much muscle will be bulky and heavy which will slow the rider down.

**Heart rate** A strong heart is needed to pump **oxygen-rich blood** around the body. On hard stages it can beat up to **200** times per minute. A normal heart beats around 70 times a minute when resting. A rider's heart can beat as slow as 40 when resting because it is pumping blood so efficiently.

## What are the roads like? 518.5 km in three days - that's a lot of road to cover!

Steep coastal roads, twisting moorland lanes and changeable weather make the Tour a challenge at every turn.

**Climbs and descents.** The rolling hills and dales of Yorkshire mean that the Tour will certainly be full of ups and downs. Throughout the three stages, there will be 10 official climbs where riders will have to use all their strength and endurance if they want to be the King of the Mountain.

**Wind and rain on the road.** The nature of the road changes dramatically depending on the weather. Rain can reduce the grip that narrow tyres have on the surface, making it easy to skid. Strong winds can affect the slipstream, sometimes causing the peloton to break up and riders to get left behind.

**Narrow and winding roads.** Yorkshire has plenty of these! The route passes through many winding moorland lanes, enclosed by dry stone walls. Riders will have to be careful if they're crammed together, racing around those tight bends.

**Flats.** When the route is flat, riders can go their fastest. They either ride in the peloton or, if they want to risk it, break away on their own. Sprinting can lead to incredible speeds of up to 70 km an hour.

### Now take this challenge

Can you answer these four tricky questions?

1. This year's Women's Race is made up of 16 teams with 6 riders in each team. How many riders is that in total?

- 80  
 96  
 68

2. Stage 1 is 194 km long. If a rider has to take a break half way through, how many km will he have travelled?

- 142 km  
 46 km  
 92 km

3. Stage 3 has six King of the Mountain climbs. Côte de Blakey Ridge is 325 m high and Côte de Sutton Bank is 301 m high. What is the difference in height?

- 24 metres  
 26 metres  
 626 metres

4. Some climbs are longer than others. Arrange these climbs from shortest to longest.

- a Côte de Greenhow Hill: 2.8 km  
b Côte de Harewood: 1200 metres  
c Côte de Oliver's Mount: 0.8 km

### Côte de what??

All the climbs during the Tour de Yorkshire start with 'Côte de...'. Just like the climbs in the Tour de France, Côte is French for hill. Some of these hills don't seem very high in comparison to French climbs, but they can be very steep - and that can be tough!

## Get cycling! Get inspired by the Tour de Yorkshire and go cycling. If you don't know how, then learn right now!

Cycling is a wonderful means of transport and a great form of exercise for people of all ages; it creates independence, it gets people outside and into the fresh air and it is a very 'green' form of transport as it does not pollute the atmosphere. However it is important that anyone who wants to cycle - whatever their age - can feel confident and be equipped with the skills to cycle safely. This is where Cycle Training plays a crucial part and will equip you with the skills and knowledge you need.

• to be a safe cyclist who is visible to and aware of the traffic around you.  
• to know where to ride to be safe - eg riding in the marked cycle lanes on pavements.  
• to ensure that your bike is roadworthy and undertake basic maintenance

The main programme for schools is **Bikeability** - the National Standard for cycle training. This is a cycling proficiency programme that is designed to give the next generation of cyclists the skills and confidence to safely ride their bikes on today's roads.

**Level 1: Learn to control and master the bike**  
Training takes place in an environment away from cars and traffic such as a playground or closed car park.

**Level 2: Get cycling on the road**  
The training takes children out on the roads to gain real cycling experience to enable them to deal with traffic on short journeys such as cycling to school.

Bikeability is delivered to schools by local road safety teams. For further information contact your local council and ask to speak to the road safety team.

### Do you know your Highway Code?

Have a go at matching the signs below to the right descriptions.

Routes for cyclists only



No cycling



No right turn



No entry for all vehicles (including bicycles)



T junction



Road narrows



your complete guide to

# 2016 TOUR DE YORKSHIRE

Racing through Yorkshire on 29, 30 April & 1 May 2016!

fun facts  
fold-out poster  
challenges  
games

North Yorkshire County Council  
Middlesbrough moving forward  
Safer Roads West Yorkshire  
www.roadwise.co.uk  
Safer Roads Humber  
Cycle Yorkshire  
MAKING SOUTH YORKSHIRE ROADS SAFER