

EDUCATION PACK

VIRTUAL RACE PACK
KS1, KS2 & KS3/4

Tour de
Yorkshire

ASDA
Tour de
Yorkshire
WOMEN'S RACE

6th edition

WIN VIP
TICKETS
SEE PAGE 21



› Foreword

Hello and thank you for downloading this Tour de Yorkshire Education pack!

We hope it will provide you with a wealth of information about the race and give you a whole host of fun and exciting ways to get involved.

The pack is designed for teachers, community groups and parents of children aged between 5-16, and I'd like to thank Nathan Atkinson, for his hard work in developing it.

We hope you find this pack useful and can't wait to see everyone cheering from the roadside on the four days of action!



James MASON
Chief Executive,
Welcome to Yorkshire

**Welcome
to Yorkshire**
yorkshire.com

› Making the most of this resource

It is intended that the resource can be used in a variety of different ways. Schools are wonderfully creative places with talented staff who can interpret ideas in amazing ways, so please use the resource to match the skills of your team and the needs of your pupils.

Look out for the chance to win a VIP experience in the section that covers the issue of Sustainability and cycling!

The pack can be used in the following ways:

- Information only
- Follow the pack as a whole package for a whole school, a whole year group, a class or even a small group
- Follow the pack and use some of the activities
- Use the info to create your own lesson plans

Most importantly, make the most of the opportunity to raise awareness and interest in cycling among your pupils and wider community.

Why not create a twitter account for your team and share your work via **#TDY** or **#WTDY**



› Cycling jerseys

The leaders of cycling races are indicated by special coloured cycling tops. These are referred to as “Jerseys”. One of the most famous jerseys in cycling is the Yellow Jersey (or Maillot Jaune in French) worn by the leader of the Tour de France.

In the Tour de Yorkshire there are three main jerseys awarded these are:

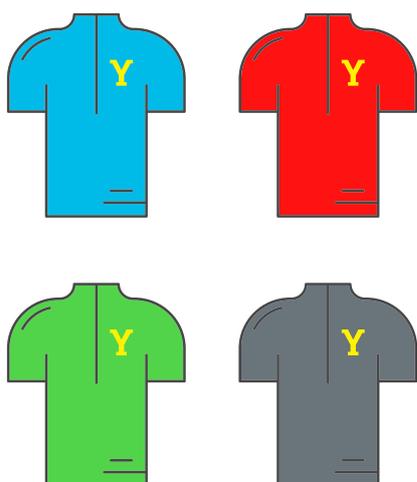
Leader’s Jersey – **Blue**

King of the Mountains and Queen of the Mountains – **Red**

Sprint Jersey – **Green**

Most Active rider of the Day Jersey – **Grey**

In addition to these three there are also jerseys awarded to the most aggressive rider in each stage and the team who are performing the best are awarded the Team Classification jerseys.



Tour de Yorkshire: Roll of Honour

General Classification

2019
Chris Lawless
(Team Ineos)
2018
Greg Van Avermaet
(Team BMC Racing)
2017
Serge Pauwels
(Team Dimension Data)
2016
Thomas Voeckler
(Direct Énergie)
2015
Lars Petter Nordhaug
(Team Sky)

Points Classification

2019
Chris Lawless
(Team Ineos)
2018
Greg Van Avermaet
(Team BMC Racing)
2017
Caleb Ewan
(Orica - Scott)
2016
Dylan Groenewegen
(LottoNL-Jumbo)
2015
Lars Petter Nordhaug
(Team Sky)

Mountains Classification

2019
Arnaud Courteille
(Vital Concept – B&B Hotels)
2018
Stéphane Rossetto
(Team Cofidis)
2017
Pieter Weening
(Roompot - Nederlandse Loterij)
2016 - Nathan Haas
(Dimension Data)
2015
Nicolas Edet
(Cofidis)

Team Classification

2019 - Team Ineos
2018 - Team BMC Racing
2017 - Team Dimension Data
2016 - Team Sky
2015 - Team Sky

Asda Tour de Yorkshire Women’s Race: Roll of Honour

General Classification

2019
Marianne Vos
(CCC Liv)
2018
Megan Guarnier
(Boels Dolmans Cycling Team)
2017
Elizabeth Deignan
(Boels Dolmans Cycling Team)
2016
Kirsten Wild
(Hitec Products)
2015
Louise Mahé
(Team Ikon-Mazda)

Points Classification

2019
Christine Majerus
(Boels Dolmans Cycling Team)
2018
Kirsten Wild
(Hitec Products)
2017
Elizabeth Deignan
(Boels Dolmans Cycling Team)
2016
Lauren Kitchen
(Hitech Products)

Mountains Classification

2019
Mavi García
(Movistar Team)
2018
Megan Guarnier
(Boels Dolmans Cycling Team)
2017
Claudia Lichtenberg
(Wiggle High5)
2016
Rossella Ratto
(Cylance Pro Cycling)

Team Classification

2019 - Not contested
2018 - Team Sunweb
2017 - Boels Dolmans Cycling Team
2016 - Great Britain Cycling Team

› History of the race

The Tour de Yorkshire is a young race - only six years old in 2020 - but since its launch in 2015 it has grown to become one of the world's best-supported races. Last year 2 million fans lined the route over the three stages - that's enough to fill more than 22 Wembley Stadiums!

HOW IS THE RACE SET UP?

The Tour de Yorkshire was set up as a legacy of the 2014 Tour de France, which actually started in Yorkshire, not France! Tour de France director Christian Prudhomme described it as the "grandest of Grand Departs" and plans were immediately made to bring a new race to the county as there was clearly so much support for professional cycling. The Tour de Yorkshire was born and is jointly organised by Welcome to Yorkshire, the tourism body for the county, and the A.S.O., who are the owners of the Tour de France.

THE STORY SO FAR

The first Tour de Yorkshire in 2015 saw riders travel from Bridlington to Scarborough over a very hilly route on stage one; the second stage was flatter, going between Selby and York, and the third day saw riders start in Wakefield and travel to Roundhay Park in Leeds. Team Sky's Norwegian rider Lars Petter Nordhaug won the first stage and managed to defend his lead over the next two days to claim the blue jersey (not yellow like the Tour de France). More info: https://en.wikipedia.org/wiki/2016_Tour_de_Yorkshire

In 2018 yet further conquering strides were taken; the men's race moved from three days to four and the women's from a two day race to a three day race.

For more details on all the four years of racing please visit <https://letour.yorkshire.com/>

LOOKING FORWARD TO 2020

The 2020 edition takes place between 30 April - 3 May; the Asda Tour de Yorkshire women's race will take place on Friday 1st and Saturday 2nd May over the exact same course as the men's stage which takes place later that day. The stages for the sixth edition are as follows:

Stage 1

The Yorkshire Coast Stage
Beverley › Redcar

Stage 2

The Three Peaks Stage
Skipton › Leyburn

Stage 3

The Heritage Stage
Barnsley › Huddersfield

Stage 4

The Yorkshire Classic
Halifax › Leeds

► Cycling Teams

18 professional teams will compete in the men's Tour de Yorkshire and 16 in the Asda women's Tour de Yorkshire. Each team has eight riders who work collaboratively to support their leader throughout the race in an attempt to lead the General Classification and ultimately win the race.

Examples of Previous teams shirt logos (men's and women's teams) can be found here: <http://letour.yorkshire.com/tdy-teams>

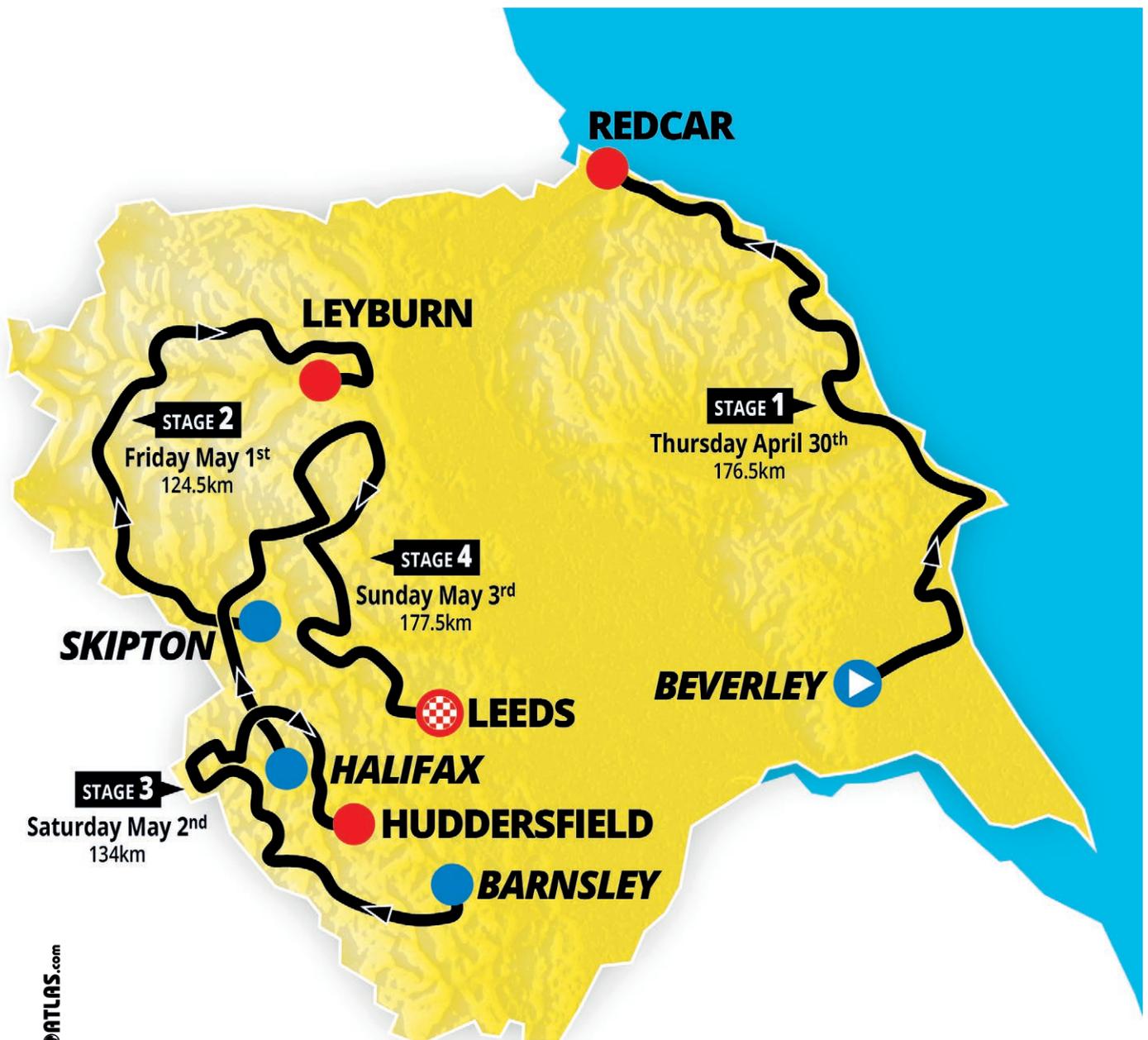


CREATE YOUR OWN PRO TEAM

Work together to come up with a name, a main sponsor, a logo and a team jersey. Good luck!

► The 2020 men's race

The sixth edition of the men's race will take place between 30 April - 3 May and has been upgraded to HC status by cycling's world governing body the Union Cycliste Internationale (UCI) – the highest category possible for a multi-day race outside of the UCI WorldTour. It encompasses all four corners of the county and takes in 150 villages, towns and cities along the way.



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► The 2020 women's race

The Asda Tour de Yorkshire Women's Race meanwhile, will take place between 1 - 2 May meaning that for the first time ever, it will be held on a Friday and Saturday to allow more people to celebrate the race. Further new ground is also being broken by the fact both stages will be exactly the same as the men's, meaning the 2019 edition will be the longest yet at 264km and also the hardest with over of 3,200m of cumulative climbing.



Stage 1: Thursday 30 April

176.5km - Beverley ▶ Redcar

[VIEW MAP](#)

The race gets going in Beverley's Market Place and passes through North Bar heading to the seaside town of Hornsea, following the Yorkshire Coast, winding its way north. Bridlington will provide a warm reception before the first intermediate sprint is contested in Flamborough. Filey then makes a welcome return before the action heads up to Robin Hood's Bay, with the first mountains classification points up for grabs on the Côte de Hooks House Farm. A second intermediate sprint takes place in full view of Whitby Abbey, before the riders pass through Whitby and skirt the beach at Sandsend they will then face the final climb of the day, the Côte de Lythe Bank. Any riders that fall off the pace will have to work hard to get themselves back into contention as the route continues to undulate all the way to the finish line in Redcar. The seaside towns of Staithes and Saltburn-by-the-Sea feature for the very first time before reaching a gripping conclusion in the most northerly location the Tour has ever visited.

Stage 2: Friday 1 May

124.5km - Skipton ▶ Leyburn

[VIEW MAP](#)

The riders are expected to get off to a brisk start from the historic town of Skipton with two intermediate sprints taking place within the opening 35km of the race. The first of those comes in Settle with the other following in quick succession at Horton-in-Ribblesdale. The route then heads deep into the Yorkshire Dales, the majestic Ribbleshead Viaduct is sure to catch the riders' attention before they continue onto Hawes. Once they have crossed the River Ure the Côte de Buttertubs will be immediately upon the riders. Which rises to the highest point of this year's race and is one of two climbs on the cards that have not been visited since the 2014 Tour de France. The other is the Côte de Grinton Moor, that fearsome double-header could see any riders dropped from the peloton having to dig deep on the fast descent which follows. Once the race has passed through Patrick Brompton the road rises gradually into Leyburn where we should be treated to a fiercely contested finale along Market Place.

Stage 3: Saturday 2 May

134km - Barnsley ▶ Huddersfield

[VIEW MAP](#)

The rider's loop around Barnsley Town Hall before the pace ramps up for the first intermediate sprint in Oxspring. Penistone and Holmfirth make appearances before the first categorised climb the Côte de Netherthong. Next up is The Côte de Scapegoat Hill before the route takes in Sowerby Bridge and Mytholmroyd along the way. The riders follow an 18.6km clockwise loop which takes them up a brutal climb to the Côte de Todmorden before dropping back down to tackle the Côte de Hebden Bridge and then Côte de Leeming. The Côte de Shibden Wall is where the fireworks are most likely to be seen, this cobbled behemoth strikes fear into all those who attempt it and just 18km from the finish means it could well prove a springboard for a late stage-winning attack. Any sprinters still in contention as the race skirts Halifax will fancy their chances in the second intermediate sprint at Bank Top, but there's only likely to be a select bunch of riders who'll still be in contention when the race reaches Huddersfield.

Stage 4: Sunday 3 May

177.5km - Halifax ▶ Leeds

[VIEW MAP](#)

The Piece Hall is a spectacular location for the start of this decisive stage, the riders will sample the sights of Halifax before heading into Brontë Country and tackling Haworth's cobbled Main Street. Next is the first intermediate sprint in Oakworth before the first of seven categorised climbs is scaled, the Côte de Goose Eye. The action heads past Skipton Castle and onto the Côte de Barden Moor. It's then into the Yorkshire Dales, passing through Burnsall, before the riders hit the Côte de Skyreholme. The route then continues on a 64km loop through the Nidd Valley to the Côte de Lofthouse, before descending into Masham, home to the Black Sheep Brewery. It's back to Pateley Bridge before the riders head up the Côte de Greenhow Hill. A final sprint will be contested in Ilkley before the race hits the infamous Côte de Cow and Calf. The final climb will be fought on the Côte de Otley Chevin, before the race sweeps passed Kirkstall Abbey and reaches a rip-roaring conclusion on The Headrow in Leeds.

› The route

The route of the Tour de Yorkshire takes in the beauty of the County, from the twists and turns of the country lanes to the hustle and bustle of the ever-expanding city centres. The start and finish points always attract large crowds. Steep climbs are hot spots for spectators. Street parties and gatherings outside schools and community spaces, seamlessly link the beginning and end of each stage.

The combination of the bike race and the beauty of Yorkshire attracts spectators from all over the world.

Stage 1

The Yorkshire Coast Stage
Beverley › Redcar

Stage 3

The Heritage Stage
Barnsley › Huddersfield

Stage 2

The Three Peaks Stage
Skipton › Leyburn

Stage 4

The Yorkshire Classic
Halifax › Leeds

DESIGN YOUR OWN ROUTE

The route of the Tour de Yorkshire is designed to challenge the riders and to make the race exciting to watch, it is also a great opportunity to showcase the amazing scenery of Yorkshire. Your challenge is to design your own stage route for the Tour. Where would it start and finish? And what would the challenges be along the way?



► Giants of Yorkshire cycling

Yorkshire is the ideal county for serious cycling with its roller coaster roads, glorious scenery up hill and down dale and lightening transition from country and coast to town and city. This kind of road-scape makes for challenging cycling, and over the years Yorkshire has produced a rich heritage of men and women who have enjoyed international success in the cycling world.

BRIAN ROBINSON

Brian Robinson Born in Mirfield, Brian joined Huddersfield Road Club at 13. He did much of his early racing during his National Service. He was the first British rider to finish the Tour de France in 1955 and the first to win a stage in 1958 completing seven Tours between 1955 and 1961. Brian was the first Briton to win the Criterium de Dauphine in 1961 – the next Briton to win it was Bradley Wiggins in 2012! Brian retired in 1962, but without doubt set the wheels in motion for Yorkshire cycling. At the age of 86 he still cycles today!



BARRY HOBAN

Barry Hoban Barry's racing career began in the 1950s with his local team, Calder Clarion CC. He then progressed into continental racing and between 1967 and 1975 won eight stages of the Tour de France – a record only beaten so far by Mark Cavendish. In 1968 he became the first British rider to win a Tour de France mountain stage, but his greatest success was beating Eddy Merckx and Roger De Vlaeminck in a sprint finish in the 1974 Ghent-Wevelgem. Often called the sprinters classic, this Flanders Classic Road Race takes place in Belgium in late March.

BERYL BURTON

Beryl Burton a Leeds lass, Beryl has proved herself to be a true cycling heroine dominating women's cycle racing during the 1960's and '70s. She raced mainly for Morley Cycling Club and later Knaresborough CC. During her illustrious career Beryl won 96 domestic championships and seven world titles, 13 pursuit titles, 71-time trial titles and set the women's record for the 12-hour time-trial which for two years (1967-69) exceeded the men's record! Beryl was also invited to compete in the Grand Prix Nations in 1967 – a rare distinction for a woman.

MALCOLM ELLIOTT

Malcolm Elliott Born in Sheffield, Malcolm's first race in 1977 was the start of a successful domestic and international career. Among many accolades he has won two stage victories in the Vuelta a Espana, two gold medals in 1982 Commonwealth Games won the Milk Race in 1987, was National Champion in 1993 and is also an Olympian. He has participated twice in the Tour de France, in 1987 and 1988.



“YORKSHIRE REALLY PACKS A PUNCH WHEN IT COMES TO CYCLING, WITH A RICH HERITAGE OF MEN AND WOMEN WHO HAVE GRACED THE INTERNATIONAL CYCLING SCENE”

WELCOME TO YORKSHIRE

BEN SWIFT

Ben Swift Ben hails from Rotherham and at the age of 29 is a member of UAE Team Emirates and Team GB. His successes to date include Tour de Picardie in 2010, one stage of the Tour de California, two stages of the Tour Down Under and one stage of the Vuelta a Castilla y Leon. Ben is also a former world champion on the track.



ED CLANCY MBE

Ed Clancy MBE Ed is from Huddersfield and a true legend of track cycling. He has won three Olympic gold medals, five World Championships, and five European titles in the velodrome, and is also a talented road rider. He represents a team called JLT Condor.

LIZZIE DEIGNAN

Lizzie Deignan née Armitstead Born in Otley, 28-year-old Lizzie is a professional road cyclist who won the women's World Cup in 2014 and 2015, and also took the World Championship title in 2015. She has also claimed Commonwealth Games gold in a glittering career and also bagged a silver medal in the 2012 London Olympics.



DAVID STONE MBE

David Stone MBE David is a Paralympic cyclist, born in Birmingham but now lives in Leeds. He started cycling aged eight and competed in his first race at 15 when he was spotted by the manager of the Great Britain team. David has cerebral palsy and has described cycling as an outlet of frustration and a source of freedom and enjoyment. After a break of three years he resumed his cycling career and won eight World Championships and three Paralympics gold medals.

KAREN DARKE

Karen Darke Born in Halifax, Karen is a British Paralympic cyclist, Para-triathlete, adventurer, author and public speaker. Paralysed from the chest down following an accident at 21, Karen didn't let this defeat her and won a bronze medal in the Para-Cycling World Cup in 2009, followed by two silver medals at the 2011 World Cup in Spain. Karen competed in the 2012 London Paralympics, winning a silver medal in the Women's road time trial H1-2, and at Rio 2016 she struck gold in the H1-3 event.

► Kit and equipment

BIKES

Bikes come in many different shapes and styles. During the Tour de Yorkshire riders will be using a “Road Bike”. These bikes are highly technical and can cost in excess of £20,000!

The more technical a bike, the greater the risk that something will go wrong. Professional teams have mechanics that spend hours working on the bikes, tuning them and making sure they stand up to endless hours on the road. Each team also has a mechanic who travels in the team support car on the race to help with any problems. One piece of bike maintenance that every cyclist should know is, how to repair a puncture. The following clip will give you an outline of this basic skill.

<https://www.youtube.com/watch?v=qm-SvNPFR4E#t=21>



HOW QUICK CAN YOU GO?

How quickly can you change a tyre?
Film your efforts and upload to twitter.

HELMET

Possibly the most important piece of cycling kit is the helmet. It is likely that at some point in a cyclist's lifetime they will fall off their bike, or crash as the professionals call it. Protecting your head is vital - skin and bones generally repair themselves quite easily, however your head is considerably more vulnerable and repairing it is a lot more complicated. Wearing a helmet can save your life. All riders should have a helmet that complies to safety standards.

For further information about safe cycling visit the Bikeability site:
<http://bikeability.org.uk/>

› Safety first

Design a 30 second advert to explain the importance of wearing a helmet. You might also want to mention that: to be a safe cyclist you should be visible and aware of the traffic around you. Know where to ride to be safe - eg riding in the marked cycle lanes on pavements. Ensure that your bike is road worthy and undertake basic maintenance.

You could share your advert in a school assembly or on your school website or social media.



WHAT DO THE PROS WEAR?

What do professional cyclists wear and why? Complete your own research and present it in the form of a factsheet. How does what a professional wear compare to what you might wear riding your own bike?

► The neutral zone

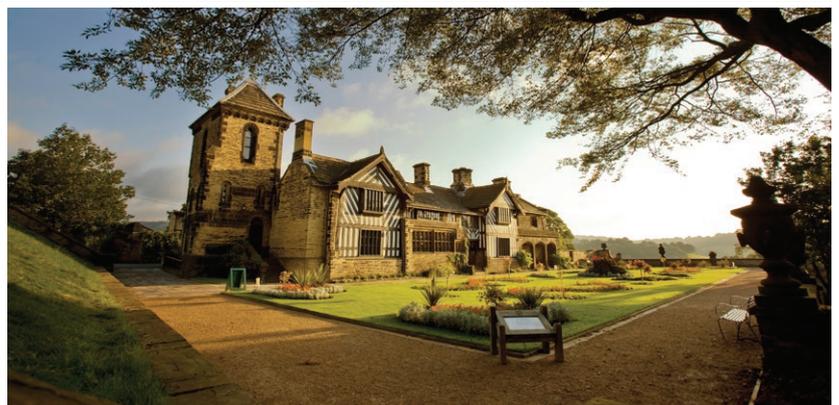
The pace of the race at the start of each stage is quite relaxed, with riders chatting and sharing stories about the previous day and even about the stage ahead. This provides spectators with a chance to get a glimpse of the riders before they get up to speed and become a blur as they whizz past. Neutral zones also provide riders with an extra few miles to ensure they are fully warmed up before the intensity of the stage kicks in. The neutral zone also allows the TV cameras to take in the wonder and beauty of the villages and towns where the stage has begun!

► Welcome to Yorkshire

Create a mural to promote Yorkshire as a tourist destination. Research the different towns and villages that the tour will pass through to help with this task.



A few of the sites on this year's Tour de Yorkshire:
ABOVE Ribbleshead Viaduct. **RIGHT** Whitby Abbey.
BELOW The Cow and Calf. **BELOW RIGHT** Shibden Hall.



► Land art



INSPIRATIONAL ART

Along the route of the Tour de Yorkshire spectators make creative use of the many open field spaces to create different pieces of art. Your challenge is to make a piece of “land art”. For inspiration with this see the links below.

www.letouryorkshire.com/landart

› Climbing

Going uphill is hard work! Throughout the Tour de Yorkshire there will be lots of climbs for the riders to ascend. A climb can be a great place to watch the race as the riders will be going slower (only a little slower though!). The peaks of the Tour de Yorkshire this year are:

Beverley › Redcar

Classified Climbs:

129.5km Côte de Hooks House Farm

144km Côte de Lythe Bank

Skipton › Leyburn

Classified Climbs:

65.5km Côte de Buttertubs

91km Côte de Grinton Moor

Barnsley › Huddersfield

Classified Climbs:

31km Côte de Netherthong

46km Côte de Scapegoat Hill

77km Côte de Todmorden

93km Côte de Hebden Bridge

101km Côte de Leeming

116km Côte de Shibden Wall

Halifax › Leeds

Classified Climbs:

22km Côte de Goose Eye

39.5km Côte de Barden Moor

53km Côte de Skyreholme

76.5km Côte de Lofthouse

118.5km Côte de Greenhow Hill

147km Côte de Cow and Calf

159.5km Côte de Otley Chevin

› Sprints

The end of most flat stages culminates in a sprint to the line. Sprint finishes are extremely tactical and almost like a game of chess.

The team will work as a unit to provide their sprinter with shelter and a safe passage to the final 500m or so. Sprinters will wait until the last minute before they make a dash for the line, giving all they have got and draining every last bit of energy in an attempt to win the stage. <https://youtu.be/cOt1ZQnKOes>

There will be a number of intermediate sprints throughout the three stages and points will be awarded to riders who cross the line first in these mini “races within a race”.

Beverley › Redcar

Intermediate Sprints:

56km Flamborough

135.5km Whitby Abbey

Skipton › Leyburn

Intermediate Sprints:

24km Settle

34.5km Horton-in-Ribblesdale

Barnsley › Huddersfield

Intermediate Sprints:

10.5km Oxspring

119.5km Bank Top

Halifax › Leeds

Intermediate Sprints:

18km Oakworth

145km Ilkley



› Descending

Going downhill at speed requires concentration, bravery and a lot of awareness of everyone around you! Riders can reach speeds of 70mph on some descents, not for the fainthearted! In the old days, on some mountains riders were passed newspapers at the top to put down the front of their shirts to protect them from the cold air that is forced through their tops as a result of the velocity with which they are traveling.

<https://www.youtube.com/watch?v=4Rf8yiWGiOQ>

RACE LEADER

Prepare questions for a rider at the end of a successful day on the bike. Invite a member of another team within your class to take the role of race leader and question them on the success of the day. Prepare your report for publication either in print, online, for radio or TV.

› Cycling for all

A lasting legacy of the Grand Départ in Yorkshire is Cycle Yorkshire through the shared regional strategies for Yorkshire and the Humber which has been developed by Yorkshire and Humber Local Authorities and Partners. This has and will put a range of bold objectives and deliverables in place to make cycling more accessible and enjoyable to everyone and realise the vision for Yorkshire and the Humber: 'to be recognised as a great region for safe cycling, inspiring more people to cycle more often'.

WHAT ARE THE OBJECTIVES?

- Cycling to be widely perceived as a safe, effective, cheap, healthy and enjoyable activity for commuting and leisure
- Yorkshire and the Humber to be recognised as a great region for cycle sport, cycle tourism and events
- A broad range of partners to be effectively working together to promote cycling
- Everyone in the region to have access to appropriate equipment to enable them to cycle
- Everyone in the region to have access to training to give them the skills and confidence to be able to cycle regularly
- Safe, high quality infrastructure and facilities to enable cycling, appropriate to local circumstances and need, to be provided throughout each local authority area, linking main residential and ingress points to main destinations
- Local authorities and partners to effectively encourage and facilitate everyone in the region to cycle more often as a mode of transport for recreation and for sport.

› Cycling for all

THE OVERALL AIM IS THAT MORE PEOPLE WILL CYCLE

- As a means of transport
- For leisure
- For sport

HOW WILL THIS HAPPEN?

Through highlights such as:

- Bringing cycle hire together across the region to form a network
- periodic Tour de Yorkshire events
- support for every large employer and school in the region to have a fully implemented travel plan

There are many opportunities in this region for people to improve their skills and confidence and enjoy cycling, including:

- Cycle training in schools – Bike It and Bikeability training
- A cycle sports participation events
- Adult cycle training (Urban Cycle skills)
- Initiatives to get more people cycling to work
- Women-specific events and support (Breeze network, spin classes and clubs providing women-only rides)
- Cycle maintenance courses
- Supporting cycling clubs and the development of new clubs

Campaigns and events take place in all regions throughout the year.

Examples include:

- Cycle to work and school challenges – bike to work and bike to school weeks
- Guided cycle rides, events and festivals
- Amateur racing events including criteriums, time trials, hill climbs and sportives

Look out for what is happening in your local area. You may be surprised at how many bike activities are going on!

Here are some of the organisations you can access for information on events, clubs and Initiatives:

- British Cycling
www.britishcycling.org.uk
- Cycling clubs – find your local club through British cycling
- Sustrans www.sustrans.org.uk
- Sport England (English Sports Council)
www.sportengland.org
- CTC – The National Cycling Charity
www.ctc.org.uk
- Welcome to Yorkshire – www.yorkshire.com
- Bike shops
- Gyms

It has never been easier to get on your bike, get pedalling and enjoy cycling against the backdrop of our glorious Yorkshire landscape, countryside, seaside, towns, villages and cities.

‘Realising the legacy of Le Grand Départ – a strategy for cycling in Yorkshire and the Humber’ – in partnership with Yorkshire and Humber local Authorities and Partners. Read the Strategy in detail by going to <http://cycle.yorkshire.com>

› Café stop

In order to make a car move you need to fill it with fuel. The same is true for a bike, the only difference is the fuel will go inside the rider! Pro riders will burn over 1,000 calories an hour during a race. As a result of this, cyclists will work their way through a considerable amount of food. People who ride their bikes for fun tend to refuel during a “café stop”, this is a sociable visit to a café halfway through a ride, usually to drink coffee and eat cake! Professional cyclists are much more aware of the importance of nutrition, and as a result they will eat and drink things that will maximise their performance. Most professional teams have their own team chef who will cook many items freshly for the cyclists.

FUEL YOUR RIDE

Design your own musette and list all the different food items you would want in it to help fuel your ride



› Sustainability

The issue of sustainability and the future of our planet is really important and never far from the news. We know that cycling is a sustainable form of transport and a healthy activity, but we also recognise that cycling races can use lots of additional resources that can have a negative impact on the environment.

The teams who organise large outdoor events such as the Tour de Yorkshire are working hard to reduce the possible negative impacts on the environment. Here are some of the steps being taken to promote sustainable events:

RESOURCES

Event organisers are encouraged to buy resources locally. Resources that can be used again should be stored and used for future years or made available for a different event. Where possible branding will be non-date specific so that it can be used again the following year. An overall reduction in raw material is encouraged.

TRAVEL AND TRANSPORT

Events are encouraged to use fewer vehicles. The use of public transport, including buses, tams and trains is encouraged. Where cars are necessary it is important to fill as many seats in the car as possible and electric vehicles will be used if available.

WASTE MANAGEMENT

An effective waste management strategy will ensure that as fewer items as possible end up in landfill. Spectator areas will have recycling facilities for the disposal of waste. As many items as possible will be reused, rehomed or recycled.

CARBON REDUCTION

Event organisers are encouraged to measure the carbon footprint of their event and develop a strategy to reduce it the following year. Strategies to offset carbon emissions should be developed.

T A S K

What would your **Top 10 tips** be to make the Tour de Yorkshire a more environmentally sustainable event? To find out more, the website www.un.org/sustainabledevelopment/sustainable-development-goals/ is a very useful resource.

› Sustainability

The route of the Tour de Yorkshire has become famous for creative and colourful street decorations. Spectators often wave flags and barbecues and picnics are often the envy of the passing riders. Sadly, once the riders have passed and the crowds have subsided the only thing that remains is litter.

This year we want to encourage as many spectators as possible to act responsibly and their litter home and to clear away any street decorations that may eventually pollute the surrounding area.

COMPETITION

Our competition this year is to design an A4 size poster to help reduce litter along the route.

The winning poster will be printed and displayed on the side of a Biffa waste disposal vehicle that will be part of the publicity caravan. The winner will also receive 4 tickets (2 x adult, 2 children) for a VIP start or finish experience.

TERMS AND CONDITIONS

All entries should be posted to: **Claudine Shaw**
Tour de Yorkshire Competition, Welcome to Yorkshire,
Dry Sand Foundry, Foundry Square, Leeds LS11 5DL

Closing date for entries is **Monday 6th April**.

The winning entry will be announced week commencing **20th April**.

Please remember to include the following details:

Name, year group and school contact details on the reverse of the poster.

Images can be hand drawn or digitally produced.

Prizes: The winning poster will be printed and displays on the side of a Biffa waste disposal vehicle that will be part of the publicity caravan. The winner will also receive 4 tickets (2 x adult, 2 children) for a VIP start or finish experience.

Competition entries will be judged across three age groups:

KS1, KS2 and KS3/4

C O N T A C T

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FOR MORE INFORMATION GO TO

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