

Races Within Races

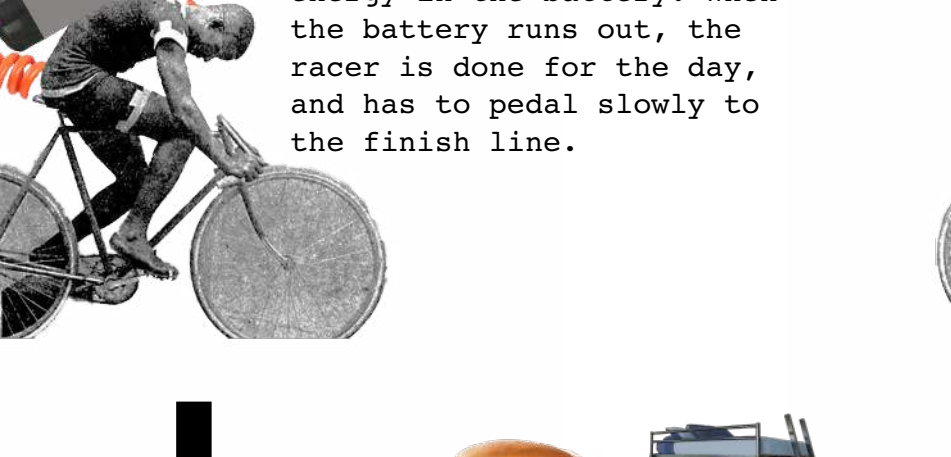
How to get a grip on bicycle racing and the Tour de France

Bicycle Racing seems like a simple sport: go fast, cross the finish line first, win the day.

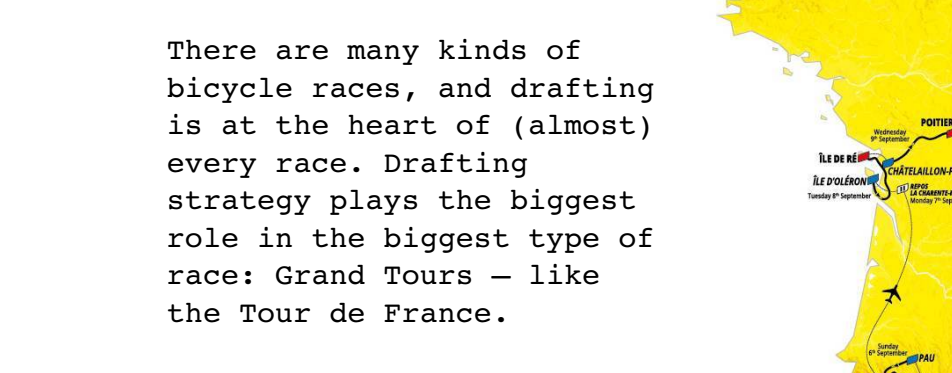
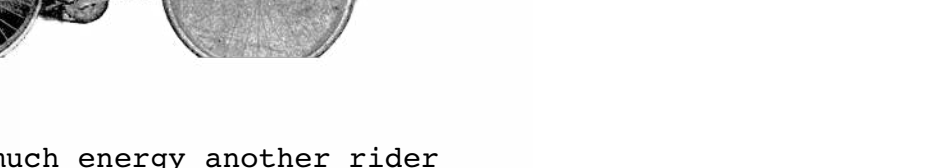
But winning a bike race is actually all about saving energy, not riding fast. And the techniques to save energy in a bike race are complex and often surprising. They result in tactics that make bike racing one of the most strategic of all sports. Like a chess game on wheels.



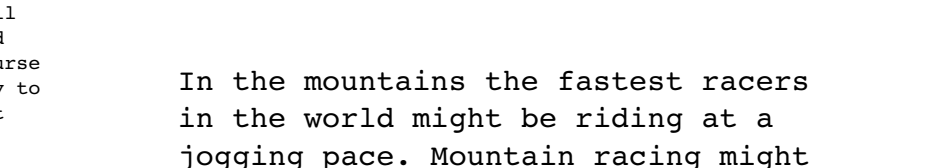
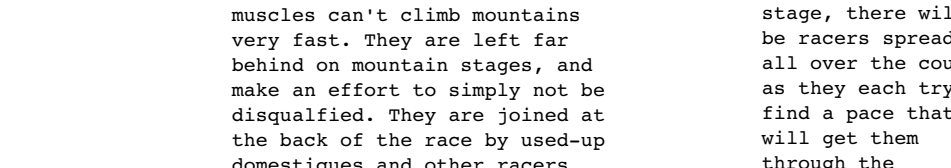
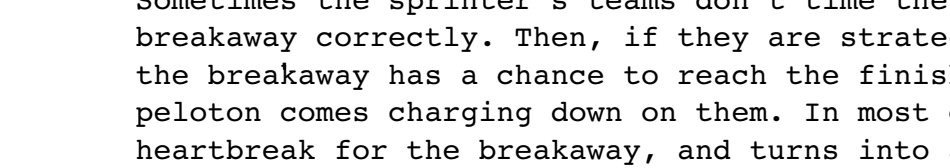
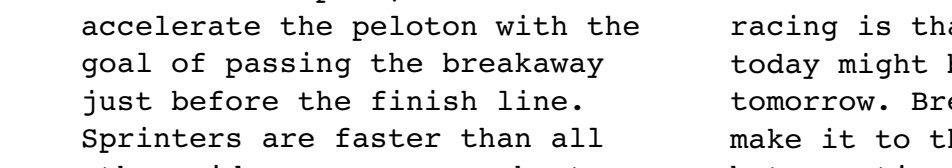
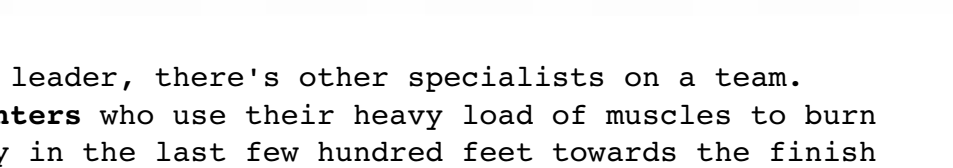
In terms of bike racing, the human body is just a big battery storing energy. Bike racing is a contest to see who has the biggest battery.



To ride a bike faster, a racer uses more of the energy in the battery. When the battery runs out, the racer is done for the day, and has to pedal slowly to the finish line.



In the last desperate moments the breakaway riders will take short turns at the front, pushing into the wind, trying to use any last bit of energy they have to keep the 180 other riders in the peloton from passing them.



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