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2015

## The Tour and the Worlds, Blog 1

Lisa Day

*Virginia Commonwealth University*



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# VeloLove

<https://rampages.us/velolove/>

Lisa Day

## Recap of the Course

SEPTEMBER 29, 2015

This was an amazing week! Going into Raceweek I wasn't quite sure what to expect, I had some high hopes though! Having background knowledge about bike racing certainly helped and even though Richmond has become a "bike town" over the years I still wasn't sure if the city would really get into it as much as we all hoped. When I showed up for my first volunteer shift, it was out on the course, not in a building I was a little surprised to not meet anyone that was officially in charge at the location, there were other volunteers who kinda had an idea of what we were supposed to do and where we were supposed to go, but not specific instructions, it turned out ok though and everyone ended up in the right places. That day we were just directing people to the finish line really. The second volunteer shift was much more organized, I checked in at central check-in and was giving instructions on where to go. All the volunteers and organizers I met were super friendly and excited to be a part of it all. Being a spectator was probably a highlight of my life, the city looked great, it was easy to figure out where to be to see whatever part you wanted to see, the apps you could download to access the results and televised parts were easy to use and worked great! The city had a ton of places to hangout and watch on big screens and the announcers did a fantastic job. All in all it was a great time and exceeded any expectations I had going into it.

Being a volunteer had a few advantages over being a spectator, I got to learn where the best spots to be were pretty easily! Mostly just being forced to meet new people that we also interested in the sport was the best thing about volunteering.

In the beginning of the week most of the conversation was about the difficulties getting downtown and parking issues, as the week went on people began to talk about the excitement and the bikes around town. My friends started to be more excited about venturing down to see the races (although that could have just been me talking about it non-stop) Most of the people I spoke with had no idea the cyclists rode so far or for so long in one day. While watching the races themselves the spectators were all smiles, having fun and cheering loudly even if they had no idea what was actually happening!

Everything I have read so far seems to be extremely positive, while the actual economic impact won't be known until the studies are completed. The world saw crowds that increased over the ten days of the event with huge crowds on the last day of the race. The organizers of the event estimate that around 645,000 people turned out over the whole event lining the streets and hanging out to watch. It's hard to say for sure exactly how many showed up with it being a free non-ticketed event but they have some

way of estimating it based of previous world championship races. I was super impressed and so proud to be a part of it all. Seeing the crowds on Libby Hill the last day was just amazing!

The Tour de France is a huge race, 21 days long and a history of over 100 years long, the Worlds was 10 days and while it also has a long history (88 years) it changes location from year to year so it can be hard to compare them to each other. Previous to this year I have been a passing spectator of the other grand tours and the one day stage races as well as the Worlds, while i have watched every Tour for the last 10 years pretty closely. Cycling fans the world over seem to be the same, we show up, we cheer and we have a great time meeting each other. I met so many people from all over the world and everyone was excited and polite. I've heard the same thing from friends that have been to the Tour so Im hopeful that is true. The newspaper reported that the crowd here in Richmond was bigger than expected and larger than the previous championships held in North America (Hamilton, Ontario, Canada) so hopefully that's evidence of the sport growing here over the years!

## Volunteering and Watching the Worlds

[SEPTEMBER 29, 2015](#)

What a crazy week!

I continued my week volunteering and watching the race happen right in front of me! Not only did I get to see the Elite Womens Time Trial happen just blocks from the finish line, but I also learned a new skill, the art of beer pouring. I volunteered at the beer garden on Broad and 11th, and being that it was kinda early in the day we weren't super busy , so we all got to take in the race right after a turn and so close to the finish we could hear the announcer. Such a great day! After my shift I met up with a friend, bought a beer and watched the rest of the days racing.



The best way to enjoy the race!



This is Linda Villumsen from New Zealand, she won the Elite Womens Individual Time Trial! She was so fast and we loved her all black kit and bike. So cool.



## The WORLDS day 9

Yesterday, Sunday, I got to see some of the Elite Men's Road Race, by far the most exciting thing I've ever seen. A few friends and I took up a spot on Monument Ave to see the men take 15 laps around our city, I didn't get to see them all, but I got to see the final laps and hangout with other Richmonders out to see the race. It was a wonderful day and everyone was so friendly, on the final lap one of the official's cars came by with a sign that said "Thank you Richmond!" and we all cheered so loud! One of the best feelings to be part of such a huge event seen all over the world, here are some photos



Monument looked cool so empty



The lead group with 2 laps to go



THE PELOTON



Trying to contain my excitement

Movie: [http://rampages.us/velolove/wp-content/uploads/sites/9926/2015/09/IMG\\_1867.mov](http://rampages.us/velolove/wp-content/uploads/sites/9926/2015/09/IMG_1867.mov)

# Volunteering Day 1

**SEPTEMBER 22, 2015**

## **Volunteer Week!**

Today (Monday, September 21, 2015) was my first volunteer shift! I did shuttle welcome bright and early in the chilly air. For the first part of the day it was pretty slow but watching the Richmond Police, the traffic/parking workers and the volunteer staff kept me very busy. Everyone I met was upbeat and friendly, and overall everything at my little turn moved like clockwork. There were some hiccups with morning commuters trying to go on their normal routes and having to u-turn or find another way, but it wasn't as stressful as could have been. I ended up helping at a crosswalk, letting pedestrians through when it was safe to cross between riders on the time-trial circuit. It was super exciting to watch how fast the ladies took the turn, and something about the sound of a disk wheel in motion just turns up the excitement level! I'm pretty bummed to not have a lot of photos as my phone died before the race really got underway. Hopefully tomorrow that will be different! Although I was there pretty early and the spectators were just getting there I did meet a few great people, most of the volunteers I met today were from out of town, Pennsylvania and Maryland were popular places. Of the people on the way to the start/finish many were tourist from out of the country (Italy, Australia and England). I call it a successful first day and I can't wait for tomorrow!

Below are photos from the morning:

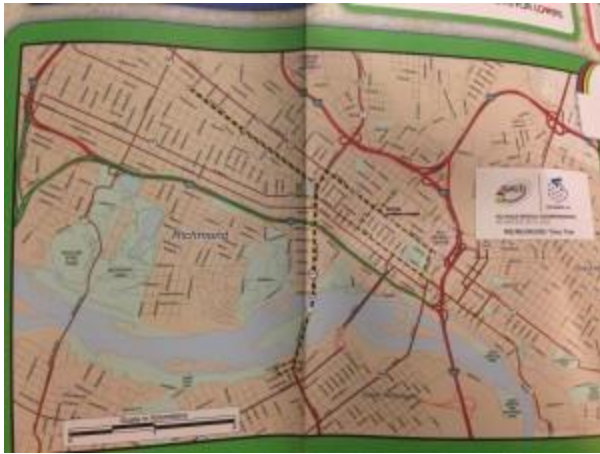
Some riders warming up on the course before the racing started

Video Player [http://rampages.us/velolove/wp-content/uploads/sites/9926/2015/08/IMG\\_1866.mp4?\\_1](http://rampages.us/velolove/wp-content/uploads/sites/9926/2015/08/IMG_1866.mp4?_1)

00:00 - 00:06



Schedule of events



Today's Time Trial Course



Main Street looking super cool ready for the racers





I get really silly when its too early!

## UCI Bike Race Courses

[SEPTEMBER 17, 2015](#)

Here we go! The race begins in a two short days. I checked out a few other bike race course blogs and boy was I surprised, I guess because I've been so immersed in cycling for many many years I thought most other people were aware at how HUGE cycling is pretty much everywhere outside of the US. I fear my fellow students may be overwhelmed this next week. I think most Richmonders and no idea of the scope of it. This is an international event and people all over the world will be watching it. More countries will be represented here than at the Olympics and the city will almost double its population for the duration. Get ready Richmond, cycling fans are similar to our good old american football fans! This is gonna be a great week! Hope to see you there! It's even possible I'll be pouring beer for you at the finish line!

## Tour 2015

[SEPTEMBER 12, 2015](#)

The tour this year was another battle of comebacks, up and comers, survival and just a little bit of controversy. It wouldn't really be the Tour if one of those things was missing. While Froome took the yellow when all was said and done even he had a part in the controversy. Doping is a huge scandal in cycling and although only one rider was sent home this year we still had to talk about it again. Froome and his team are adamant that they are clean as there has been absolutely no reason to think otherwise, Froome has never tested positive. This is a sad commentary on a sport that is based upon the fittest winning, those who can recover the best win, if you perform extremely well the questions and accusations fly. On a positive note for the Tour, and cycling in general, the amount of fans who showed up this year was impressive. According to a recent CNN article (Gittings, 2015) Alpe d'Heuz had to be shut down for a week in advance of the stage as the spectators were already camping out for the days race. The Tour had a good year this year, it was exciting to watch, with riders being very competitive and the wrecks happening almost daily making us all cringe and leaving us never knowing who would ride home in one piece.

# Get Ready the World is Coming

SEPTEMBER 12, 2015

Seeing these posters and little articles around campus is bringing the excitement level up daily



# Get to know my Dreamteam

SEPTEMBER 12, 2015

Dream Team



### **Tejay van Garderen, United States, Team BMC, Time trial**

Tejay was born August 12, 1988 in the North West of the United States, a great place to grow up if you are destined to be a cyclist! He lives in Colorado in the off season and Italy during the season. He started riding at the early age of ten and won 10 junior national titles before going pro. Tejay has lived all over the world and was racing in Europe by 2007, his specialties include time trails, climbing and stage races. Although he thinks his biggest strength is his ability to recover day-to-day. Although 2015 was a rough year, he had to pull out of the Tour four days outside of Paris due to illness and his Vuelta ended early, a crash sending him home with a broken collarbone, he posted some impressive results as listed below. In an interview with velonews his team expressed that he is motivated for 2016 and looking to defend his top five at the Tour next year.

#### 2015 Results

- 2nd Stage 7, Critérium du Dauphiné
- 2nd Stage 5, Critérium du Dauphiné
- 1st Stage 4, Volta a Catalunya
- 5th Stage 4, Paris-Nice
- 2nd Overall, Tour of Oman
- 2nd Stage 4, Tour of Oman

Learn a little more about Tejay in this video clip <https://youtu.be/bSHTGAF3RpU>



### **Chris Froome, Great Britain, Team Sky, Climber**

Chris Froome was born in Kenya on May 20, 1985. Froome grew up in South Africa attending University of Johannesburg to study economics, while in South Africa he began to race bikes. He began racing professionally in 2007 at age 22. In 2009 he went to Team Sky to race for his father's country. He has had many successes over the years winning Le Tour de France just 2 months ago, but also has had some setbacks throughout his career. Most recently having to end his season early due to a broken foot bone he sustained in the Vuelta. You can see how Froome keeps putting up results even after major setbacks

just by reading his favorite quote as listed on his profile with Team Sky “If you want something badly enough you’ll find a way to make it happen.”

#### 2015 Results

Event Name	Position
Ruta del Sol	1st overall, 2nd Stage 3, 1st Stage 4
Volta a Catalunya	71st overall
Flèche Wallonne	123rd overall
Tour de Romandie	3rd overall
Critérium du Dauphiné	1st overall, 3rd Stage 5, 1st Stage 7, 1st Stage 8
Tour de France	1st overall, 2nd Stage 3, 1st Stage 10, 3rd Stage 19
Vuelta a España	2nd Stage 9

The below video is in french and is super exciting as Chris Froome attacks on Mont Ventoux in 2013

<https://youtu.be/-eiN2vfGKhk>



#### **Mark Cavendish, United Kingdom, Team Etixx-Quick Step, Sprinter**

Mark Cavendish was born May 21, 1985 in Douglas, Isle of Man. He grew up racing BMX before getting a mountain bike at age 13. In 2007 he went pro and to date has 136 victories. 2011 was his best year by far taking the green jersey in the Tour de France and the rainbow stripes as World Champion. He took home a stage 7 win this year at the Tour but sadly had to drop out of the Tour of Britain just earlier today, September 11, 2015. He is expected to be in the UCI race here in Richmond in just a little over a week and a half though!

#### 2015 Results

7th stage Tour de San Luis, 1st, 4th stage and overall Dubai Tour, Clásica de Almería, Kuurne-Brussel-Kuurne, 1st ,2nd & 7th Stage Tour of Turkey, 1st, 2nd, 5th and 8th Stage Amgen Tour of California, 7th stage Tour de France

Enjoy this collage of Cavendish moments and wish him luck here in Richmond!

[https://youtu.be/blZXuZ2zP\\_Q](https://youtu.be/blZXuZ2zP_Q)