



2021 SCHOOLS PACK

# TOUR OF BRITAIN

TOUR OF  
BRITAIN



Welcome to the Tour of Britain Schools Pack for the 2021 race. We hope that this pack and the information contained within it helps your school get more involved with the Tour of Britain.

The intention of this pack is to provide schools with information on the Tour of Britain cycle race, as well as providing ideas and examples of the many ways that schools can get their pupils involved with the race and incorporate cycling into their educational calendar.

You can use this pack for information, to create your own lesson plans or related activities or as something to follow whether for a class, year group or whole school.

However you use the pack we hope that you find it interesting, informative and enjoyable and that it raises awareness of the Tour of Britain throughout your community.



# WHAT IS THE TOUR OF BRITAIN?



The Tour of Britain is the UK's biggest free-to-watch sporting event and a cornerstone of the British sporting calendar.

Every September over eight days the Tour of Britain covers over 1,000 kilometres of British roads racing through villages, towns and cities across England, Scotland and Wales.

The Tour of Britain features Olympic, World and Tour de France champions, and attracts a roadside audience of over 1.5m spectators including many school children.

Live coverage of the race is shown daily in the UK on ITV4, in addition to 190 countries worldwide.

You can find out more about the Tour of Britain by visiting [tourofbritain.co.uk](https://tourofbritain.co.uk)

MATHIEU VAN DER POEL | 2019 WINNER

# THE TOUR OF BRITAIN | HOW DID IT BEGIN?

- The Tour of Britain returned after a five-year absence in 2004 as a five-day race starting in Manchester and finishing in London.
- By 2008 the Tour of Britain had become an eight-day race, allowing it to visit more parts of the UK than ever before.
- The event dates back to just after the Second World War and an event called the *Victory Cycling Marathon* held between Brighton and Glasgow to celebrate the end of the war. It was won by a Frenchman called Robert Balot.
- Since then various races have been described as ‘the Tour of Britain’, including the Kellogg’s Tour in the 1980s and the PruTour in the 1990s.
- The modern version of the Tour of Britain is a part of the UCI ProSeries that features races around the world, making it one of the most important cycling races in the world.
- Top riders such as British Tour de France winners **Sir Bradley Wiggins**, **Chris Froome** and **Geraint Thomas** have competed in the Tour of Britain, plus a whole host of star names from around the world. News on the line-up for each year’s race is announced during the summer with all of the riders confirmed at the start of September.
- **DID YOU KNOW?** The 2021 race will be the 17<sup>th</sup> edition of the modern Tour of Britain. You can find the results of all the previous races here: [tourofbritain.co.uk/race/historic/](https://tourofbritain.co.uk/race/historic/)



# DID YOU KNOW? THREE BRITISH RIDERS HAVE WON THE TOUR DE FRANCE



**SIR BRADLEY WIGGINS**

- 2012 Tour de France winner
- 2013 Tour of Britain winner
- Nine ToB participations (2004, 2008-2010, 2012-2016), two stage wins
- 2013 Best British Rider (overall winner)



**GERAINT THOMAS**

- 2018 Tour de France winner
- Nine ToB participations (2005-2011, 2017-2018), no stage wins
- 2011 Points jersey winner
- 2017 Best British Rider (seventh overall)



**CHRIS FROOME**

- 2013, 2015, 2016 and 2017 Tour de France winner
- 2011 and 2017 Vuelta a Espana winner
- 2018 Giro d'Italia winner
- Three ToB participations (2007, 2009, 2018), no stage wins

# CYCLE RACING BREAKDOWN

- Each team usually has a designated team leader and the rest of their team are domestiques (or helpers). The team may also have a rider that they designate as their sprinter or climber depending on their abilities.
- The team leader will be the rider who is given the job to win the overall event. The rest of the team (the domestiques) will work together and do everything they can to make sure their team leader wins the race.
- A team will decide their tactics by the strengths and weaknesses of the team leader. E.g. if the rider is a good climber the team will try and win the mountain stages and if they have a weakness the domestiques will try to protect the rider so he does not lose time.



# CYCLE RACING BREAKDOWN

- Domestiques will help shelter their leader from the wind and keep them safe within the peloton. They will fetch food and drink from the support car and even give up their bike if the leader has a mechanical problem!
- Each team has a team car where their manager can communicate with the riders via a radio to tell them tactics, time gaps and safety information, or to let them know what is happening within the race.
- The team car will provide help if there is an incident such a mechanical problem, a crash or the riders need to change clothing due to the weather.



## THERE IS ONLY ONE WINNER SO WHY ARE THERE TEAMS?

Professional cycle racing is more than meets the eye! There are many tactics and strategies in play among teams in order to win a race. Some may even call it the ultimate team sport because certain riders will work hard all race long and then sacrifice their chance of winning just so their 'team leader' can cross the line first.

The winner of the race will usually split the cash prize with all of the members of their team – sharing the prize because it is a team effort and the rider would not have won without them.



## WHAT DO DOMESTIQUES DO?

The job of domestiques is to protect their leader, so for most of the race they will ride in front of their leader, so he can conserve energy and be ready to attack off the front or sprint to the finish line. This is because cycling behind someone helps protect you from the wind so you use up less energy, in cycling this is known as "drafting". Teams will plan how to do this and riders will take it in turns to ride at the front to protect their leader or to stop others from attacking and riding off the front.



## WHAT IS A PELOTON?

All of the teams will tend to ride in one tight group during the race, and this is known as a peloton. The peloton is essentially the main – and biggest – group of riders during the race.

Often riders will try to break away from the peloton, which is known as an attack. This is often countered by a chase group going after the attacking rider, which can lead to the rider being brought back into the main group of riders.

Teams have to watch this very carefully as another team's leader may be the attacker and in which case the team will need to act quickly to pull the rider back in so their team leader doesn't lose out on their chance to win. Teams may even try to group attack, where one domestique will ride ahead and force their rival teams to follow and chase, then when the pack catches up, another domestique will then ride ahead. The aim here is to tire out the other teams before the finish of the race.

## WINNING THE RACE

When there are multiple stages in a race, such as the eight in the Tour of Britain, there can be a different winner of each day's stage. However, there is also a winner of the overall race, which is known as the General Classification (GC) winner. The overall winner in the GC is the rider who has the fastest time when all the stage results are added together. Look out for this rider, he will be wearing the yellow leader's jersey!

**The GC Winner** Each team leader will generally be riding for the GC or overall win. This means they will want to cross the line in a consistently low time across all of the eight stages of the Tour of the Britain to be in with a chance of winning the overall title.

**The Stage Winner** Depending on the nature of that day's stage, this will determine what kind of rider is likely to win that stage. If there are lots of hills and elevation, and maybe the race finishes on a hill, the winner is likely to be a 'climber'. Whereas if the race finishes on a fairly flat section of road, the winner is likely to be a 'sprinter'.

Teams will put strategies in place for one of their riders to win a stage as well as to make sure the team leader is in a good position for the GC.

There are lots of tactics going on behind the scenes and it is the team manager's job to make sure the riders know their role within the team and to make sure that, whatever the team wants to win, they achieve this!



## JERSEYS

As well as the stage win and a special daily prize for the most attacking or aggressive rider there are different jerseys to be won for different types of riders in the race. Each jersey will be won through a points scoring or time process. The jerseys are presented after each stage race – meaning depending on points and times, the different jerseys could be passed around more than one rider.

Turn over the page to find out more about the jerseys of the Tour of Britain.



# THE JERSEYS OF THE TOUR OF BRITAIN

There are four special jerseys to be won during the Tour of Britain, with the most prestigious of those being the **Race Leader's jersey** that is worn by the leader of the Tour of Britain. There is also the **ŠKODA King of the Mountains jersey**, the **Points jersey** and the **Sprints jersey** that are presented on the podium after each day's stage to the leading rider in those categories.

**DID YOU KNOW?** You may also see some other special jerseys in the race with the colours of a country's flag on that indicate the rider is a current national champion, or even a white jersey with rainbow stripes that designates the current world champion.



# ABOUT THE JERSEYS



## POINTS JERSEY

The Points Jersey rewards the most consistent finisher in the race. The winner is the rider who gains the most points throughout the course of the race with 15 points for finishing first in a stage down to 1 point for finishing 15th. On the final stage, whoever has the most points from all of the stages will be awarded the final Points Jersey.

## YELLOW JERSEY

The overall winner of the Tour of Britain will be awarded the yellow jersey. To win this, the rider will complete the race in the quickest time. The yellow jersey is worn during the race by the current leader in GC – the one with the lowest finish time.



## SPRINTS JERSEY

Each stage also features three intermediate Sprints. Riders will sprint as fast as they can to be the first across the sprint line at these sections to win maximum sprint points.

The rider who has the most Sprint points will be presented with the Sprints jersey.



## ŠKODA KING OF THE MOUNTAINS JERSEY

The KoM jersey is worn by the rider who has been the most consistent in reaching the summits of the King of the Mountains climbs first along the route. There are three categories of climbs, with the longest and steepest climbs worth the most points. The rider with the most points will win the jersey..



Eight stages of racing

25 different nationalities of rider took part



26,889 calories burnt by Alexander Kamp (a rider) during the race



31 million people around the world saw the Tour of Britain on TV



Britain's largest free-to-attend event



13,000m of ascent, that's the equivalent of riding up Mount Everest 1.5 times!



1.4 million spectators watched the race

3.8m video views on social media during the race



The race generated £27.5 million for the UK economy



42.509 kph average speed of winner Mathieu van der Poel to complete all eight stages



 CROWDS CHEER ON THE RIDERS IN 2019

# TOUR OF BRITAIN

5 – 12 SEPTEMBER 2021



\*TBA Summer 2021



# THE TOUR OF BRITAIN 2021 | THE ROUTE

- The Tour of Britain takes place between **Sunday 5 and Sunday 12 September 2021** over eight stages of racing.
- The Tour of Britain will start in Cornwall for the first time in the town of Penzance and finish in the city of Aberdeen in Scotland. Along the way there will be stages in England, Wales and Scotland.
- The route is split into eight stages – the shortest just 27 kilometres while the longest is over 210 kilometres.
- The total race distance is 1,330 kilometres – the equivalent of from London to Manchester five times or more than 5,300 laps of the Olympic velodrome in London!
- During the race riders will climb over 19,200 metres – the equivalent of climbing Mont Blanc four times!
- The final details of the 2021 route will be published in the summer along with detailed stage maps. Keep an eye on [tourofbritain.co.uk](https://tourofbritain.co.uk) for the latest.

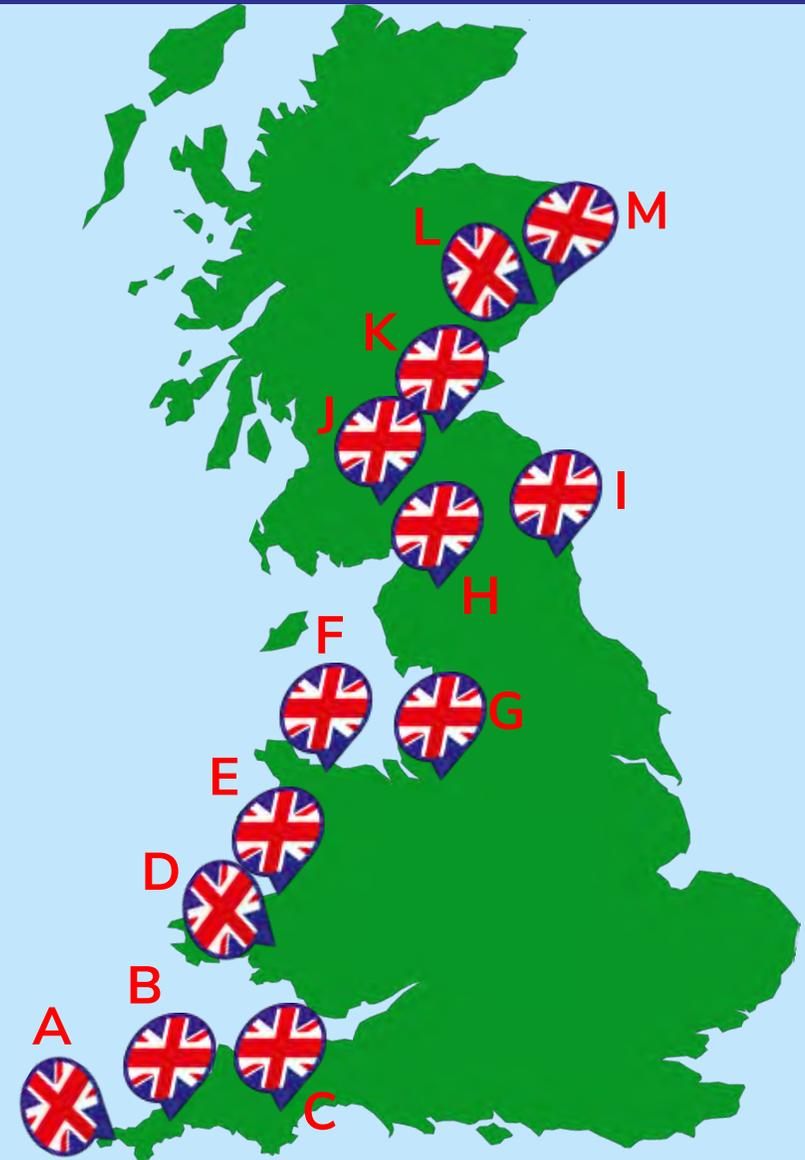


MATHIEU VAN DER POEL | 2019 WINNER

# CAN YOU FIND THE 2021 VENUES?

The 2021 Tour visits towns and cities across England, Wales and Scotland. We've marked some of them on the map but can you match the names below with icons on the map of Britain?

- Aberdeen
- Aberaeron
- Bodmin
- Carlisle
- Edinburgh
- Exeter
- Gateshead
- Hawick
- Llandeilo
- Llandudno
- Penzance
- Stonehaven
- Warrington



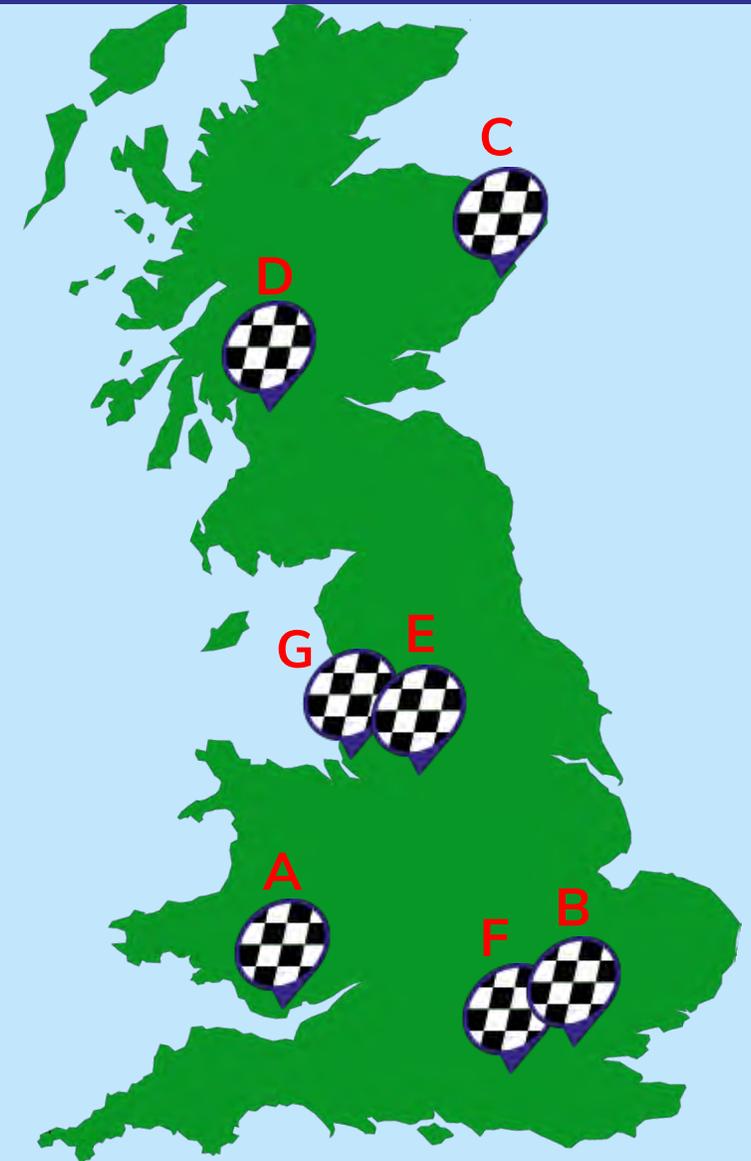
Find the answers on page 41

# CAN YOU FIND THE OVERALL FINISH?

Since 2004 the Tour of Britain has finished in seven different locations. London is the most popular with the race having finished in the British capital on eleven occasions but we have also visited some other major UK cities.

Can you match the following with the Finish icons on the map?

- Aberdeen
- Cardiff
- Glasgow
- Guildford
- Liverpool
- London
- Manchester



# CAN YOU MATCH THE TOUR OF BRITAIN WINNER TO THE FLAG?

14 different riders have won the modern Tour of Britain since 2004 – but can you match the rider and their nationality with the correct flag to indicate their nationality?

Turn over the page to find a list of Tour of Britain winners and the flag of their country, plus a list of countries to match up.

Find the answers on page 41



# OVERALL WINNERS ROLL OF HONOUR

2019



MATHIEU  
VAN DER  
POEL

2018



JULIAN  
ALAPHILIPPE

2017



LARS  
BOOM

2016



STEVE  
CUMMINGS

2015



EDVALD  
BOASSON  
HAGEN

2014



DYLAN  
VAN  
BAARLE

2013



SIR  
BRADLEY  
WIGGINS

2012



NATHAN  
HAAS

2011



LARS  
BOOM

2010



MICHAEL  
ALBASINI

2009



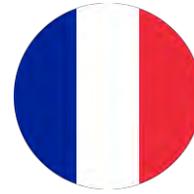
EDVALD  
BOASSON  
HAGEN

2008



GEOFFROY  
LEQUATRE

2007



ROMAIN  
FEILLU

2006



MARTIN  
PEDERSEN

2005



NICK  
NUYENS

2004



MAURICIO  
ARDILA

AUSTRALIA | BELGIUM | COLOMBIA | DENMARK | FRANCE | FRANCE | FRANCE | GREAT BRITAIN | GREAT BRITAIN |  
NETHERLANDS | NETHERLANDS | NETHERLANDS | NETHERLANDS | NORWAY | NORWAY | SWITZERLAND

Eighteen teams will participate in the Tour of Britain, each of them lining up with six riders on the start line for a total of 108 riders.

The first six teams for the Tour of Britain have been confirmed, which includes the Great Britain national team plus five 'home' teams that are all based in Britain.

You can find out more about the teams racing in the Tour of Britain via our website [tourofbritain.co.uk/race/teams/](https://tourofbritain.co.uk/race/teams/)

Keep an eye on [tourofbritain.co.uk](https://tourofbritain.co.uk) during the summer when the names of the international teams racing in the Tour of Britain will be announced



GREAT BRITAIN



CANYON DHB SUNGOD



RIBBLE WELDTITE PRO CYCLING



SAINT PIRAN



SWIFTCARBON PRO CYCLING



TRINITY RACING

## Adopt a team

Whether you are at the start, finish or along the route why not show your support and adopt a team and welcome them to your community.

Each of our teams have their own distinctive jersey and colours making it easy to create posters, flags or even face painting in their colours. You will be able to find a list of the teams and their jersey colours on the Tour of Britain website plus links to their social media so you can shout about your support.

The teams and riders come from all around the world to race in the Tour of Britain, so why not encourage pupils to learn more about their adopted team, where they are from and who their riders are?

You could even follow their progress during the other stages of the Tour of Britain, perhaps creating a competition as to whose team does the best during the race.



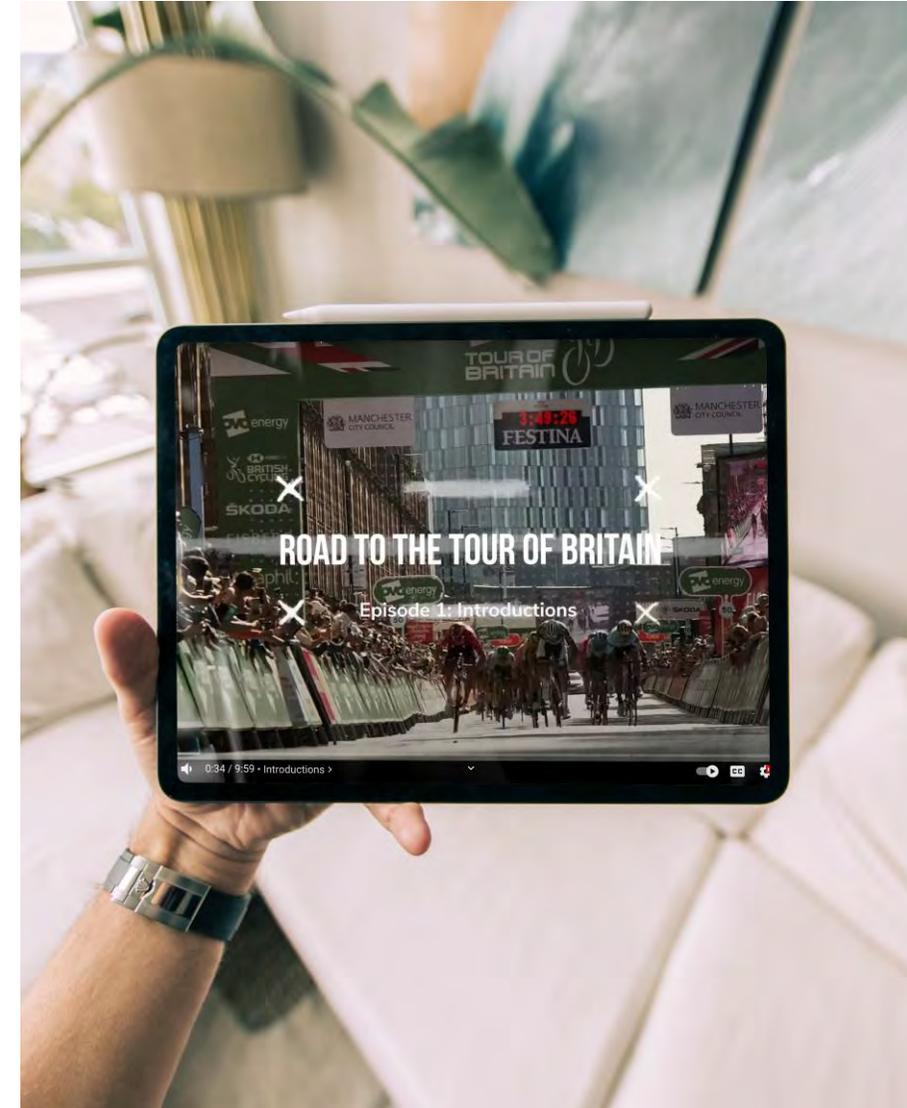
# ROAD TO THE TOUR OF BRITAIN

In 2021 you can gain an insight into the preparation required to ride in the Tour of Britain through our new video series: **Road to the Tour of Britain**.

We are following a rider from each of the five British 'home' teams documenting how **Ben Healy** (TRINITY Racing), **Tom Mazzone** (Saint Piran), **James Shaw** (Ribble Weldtite Pro Cycling), **Rory Townsend** (Canyon dhb SunGod) and **Peter Williams** (SwiftCarbon Pro Cycling) are doing all they can to be selected to compete in the race.

- Should he start, **Peter Williams** will have competed in more editions of the modern Tour of Britain than any other rider (12 editions).
- **Rory Townsend** is the race's reigning sprints jersey champion.
- **James Shaw** notably played a big role in André Greipel's stage win for Lotto Soudal in Castle Douglas in 2016.
- **Ben Healy** is the reigning Irish road race champion and a rising star of the sport.
- Commonwealth Games rider **Tom Mazzone** like Healy is looking to be selected for his first-ever Tour of Britain.

You can watch Episode One on our YouTube channel [here](#) where you will also be able to find future episodes during the summer.



# WHO HAS WON THE MOST STAGES?

64 different riders have won a stage of the Tour of Britain since 2004 with 10 riders having won 3 or more stages in the race. Can you put the below riders in order of their total number of Tour of Britain stage wins?

Name	Stage Victories	Total Stage Wins	Rank 1-10
Lars Boom	2 in 2011 + 1 in 2017	=	
Alessandro Petacchi	3 in 2008	=	
Caleb Ewan	1 in 2016 + 3 in 2017 + 1 in 2018	=	
Mark Cavendish	2 in 2007 + 2 in 2011 + 3 in 2012 + 3 in 2013	=	
Elia Viviani	1 in 2013 + 3 in 2015 + 1 in 2017	=	
Mathieu van der Poel	3 in 2019	=	
Wout Poels	1 in 2010 + 1 in 2015 + 1 in 2016 + 1 in 2018	=	
Edvald Boasson Hagen	3 in 2008 + 4 in 2009 + 1 in 2017	=	
Dylan Groenewegen	1 in 2016 + 1 in 2017 + 3 in 2019	=	
André Greipel	3 in 2010 + 1 in 2015 + 1 in 2016 + 2 in 2018	=	



MARK CAVENDISH WINNING IN LONDON

There are a number of ways that you can use our background information about the Tour of Britain and cycle racing to create educational lessons and cycling fun days.

You could incorporate the Tour of Britain and cycling into various areas:

- Numeracy
- Literacy
- Humanities & Environment
- Creative
- DT and IT
- Science
- Active

We have suggested some ideas that you may wish to develop on the following pages.

We hope that these ideas are just the start of how your school can embrace cycling and we would love to hear more about what your school and pupils are doing to celebrate the Tour of Britain and cycling.



# HOW CAN SCHOOLS GET INVOLVED | IN THE BUILD UP

Area	Activity	Description	Resources
<b>Numeracy</b>	Mapwork	Estimate and measure the distance of a stage	String Download the stage maps from the <a href="#">Tour of Britain website</a> .
	Where will they be & when?	Use the race timetable to find out where the riders will be at different times of the day	Stage-by-stage timetables will be available from the <a href="#">Tour of Britain website</a> from mid-July and in the Race Manual (published Aug).
	Speed and averages	Estimate how long each stage will take and what the overall winners time after eight stages may be.	Use the stage-by-stage timetables
<b>Literacy</b>	Discussion	Present “for” and “against” arguments for why the Tour of Britain should come to your area.	
	Commentary	Produce an audio file for an exciting finish of the 2019 Tour of Britain. Write a script introducing a stage or a place of interest during the Tour.	<a href="#">Tour of Britain 2019 videos</a>
	Reading	Research what books about cycling have been written. Which riders have published their autobiography and what are they called?	
	Persuasion	Create a campaign to persuade people to walk, cycle or scoot to school. Make a video showing the benefits.	

# HOW CAN SCHOOLS GET INVOLVED | IN THE BUILD UP



Area	Activity	Description	Resources
<b>Humanities &amp; Environment</b>	Adopt a team	Research the teams, where they come from, who rides for them, what countries do they represent, learning the language of different teams.	<a href="#">Team list on Tour of Britain website</a>
	Find the route/towns on a map	Ask pupils to locate towns visited by the Tour of Britain on a map of the UK.	<a href="#">Ordnance Survey MapWorld</a>
	Key landmarks	Focusing on your area's stage and using it to guide a geography and history lesson about key landmarks that the race will pass. (Create a photoboard, fact files, a picture collage of the route).	Stage information on <a href="#">Tour of Britain website</a>
	Design your stage	Design your own Tour of Britain stage. What features will make for good racing? Where would you like to see riders race by?	<a href="#">Ordnance Survey MapWorld</a>
<b>Science</b>	Nutrition	What do professional cyclists eat? What would make a good meal before going for a bike ride?	<a href="#">What do pro cyclists eat? The Eatwell Guide</a>
	How does a bicycle work?	How does a bicycle work? Can you name all of the parts and do pupils know how to keep their bicycle clean & maintained?	Bicycle
	Fix a puncture	Do pupils know what a puncture is? And how to find and repair one?	<a href="#">How to fix a puncture</a> Bicycle wheel, tyre and inner tube

# HOW CAN SCHOOLS GET INVOLVED | IN THE BUILD UP

Area	Activity	Description	Resources
Creative	Design a team kit	Design a kit that will not clash with the race leader's jersey and will look distinctive amongst the peloton.	<a href="#">Jersey template on page 40</a>
	Design a poster & banner	Make a fun and friendly welcome banner, flags, posters and bunting for the riders to welcome them to your area.	
	Land Art competition	Is your school on the Tour of Britain route? Why not enter our Land Art competition ( <a href="#">page xxx</a> ) as a class or school project.	
DT & IT	Create a database	Create a database about your favourite team. What facts & figures is it important to include?	<a href="#">Team list on Tour of Britain website</a> <a href="#">ProCyclingStats</a>
	Top Trumps	Using your team database create a game to play against others and compare the facts & figures of different teams and riders.	
	Tour of Britain quiz	Take part in one of our Tour of Britain quizzes and see if you know more than family or friends. Or make your own Tour of Britain or cycling quiz to test your family or friends.	<a href="#">Tour of Britain quizzes</a>

Area	Activity	Description	Resources
<b>Active</b>	Cycling Activity Day	Have children bring their bikes in to school to take part in a cycling activity day.	<a href="#">Cycling Activity Level One</a>
	Cycle Safety	Teach your pupils about road safety and the rules of the road or maybe organise for Bikeability to provide cycle training and advice in your school.	<a href="#">Sustrans</a> <a href="#">Bikeability</a>
	If not cycling, which sport?	Not everyone may like cycling, but there are lots of other sports. The BBC have produced a fun calculator to find out what sport suits you.	<a href="#">Sport Calculator</a>

You can find more information from [British Cycling](#) about ways to get the whole classroom pedalling on page 34.



## CREATE TOUR OF BRITAIN INSPIRED COMPETITIONS

Work with your local council who are hosting the race, and get involved in creating competitions for your school children where they could win the chance to have their entry featured on the start line or presented at the winning ceremony.

Examples of competitions include:

- Design a Start Flag (template on [page 14](#))
- Design a Team Jersey (template on [page 15](#))

Get in touch with your local council to find out how to get involved in any school competitions that they have planned.

Work with your local council to know when entries need to be in, where to send entries to and when the council will be contacting winners. Also liaise with your local media to let them know about the competition and what is happening.

## SHARE YOUR EXPERIENCE

If you plan to do something ahead of the event or are going to make race day a special occasion for your school, please do let us know!

We would love to hear how you are embracing cycling, and also if there is anything we can help with in making it a special and unforgettable day for all your pupils, we will do our utmost to help.



There are a number of different ways that your school can get involved with the Tour of Britain on the day it comes to your area.

## Get involved at a stage start

Contact your local council who are hosting the start about mascot opportunities and start flag competitions.

Typically the council hosting the start of the stage will have opportunities to get local children involved in the start. If you aren't sure who to contact then please do email us and we would be happy to direct you to the right person.

## Get involved at a stage finish

Contact your local council who are hosting the finish about opportunities to get involved in the finish celebrations and activities.

As with the start there will be opportunities for local children to get involved at the stage finish each day through planned activities by the host venue. If you aren't sure who to contact then please do email us and we would be happy to direct you to the right person.



## Watch the race

If you are lucky enough to have the race passing by or close to your school then why not organise for pupils to see the race first hand.

We provide an estimated time of arrival (ETA) timetable of when the race will pass through key locations along each stage on a turn-by-turn basis on our website from mid-summer. You can use this to plan where you want your school to go on the route to watch and when they will be passing by.

The ETA can help you plan in advance to provide as many school children as possible the opportunity to watch the race pass and where they can wave the flags and banners that they may have made!

## Land Art competition

If your school is on the route of the Tour of Britain then why not get involved in our National Land Art competition?

You can find out more on the website here: [tourofbritain.co.uk/community/land-art/](https://tourofbritain.co.uk/community/land-art/)

Our 2019 competition was even won by a school, Egerton Park and Walmsley Primary School near Bolton.







As the event approaches, why not build upon the buzz of the race and help your pupils to become confident and happy cyclists for life? Check out these resources from British Cycling.

### Learn to ride games

Created for the home and classroom, the simple three-step process of HSBC UK Ready Set Ride is full of fun and free activities that anyone can teach – no training required! Combine pedalling with playtime to develop confidence and coordination – and make cycling a habit for life.

Get started: [readysetrider.co.uk/schools](https://readysetrider.co.uk/schools)



### Cycle coaching at your school

HSBC UK Go-Ride for schools provides fun cycle coaching sessions to compliment your existing P.E. offering and give children the skills to become active and independent cyclists. Everything is taken care of by experienced HSBC UK Go-Ride Coaches – including the bikes and helmets.

Learn more: [britishcycling.org.uk/go-ride-for-schools](https://britishcycling.org.uk/go-ride-for-schools)

## Cycling as a hobby

Did you know there are over 350 cycling clubs for kids across the UK? These give children the chance to access expert coaching, make new friends and use some amazing cycling facilities. Plus many of Great Britain's most talented riders started out in Go-Ride Clubs, so they are the perfect places for aspiring champions to get going.

Find your school's nearest Go-Ride club: [britishcycling.org.uk/go-ride](https://britishcycling.org.uk/go-ride)



## Cycling in your community

Why not get in touch with your local cycling club to learn more about the sport and build a healthy link with the community? You could collaborate on a cycling-themed event or invite a successful cyclist to come and give a talk at your school.

Explore local clubs: [britishcycling.org.uk/clubfinder](https://britishcycling.org.uk/clubfinder)



**PRESENTS**

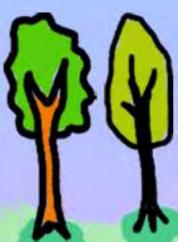
# LET'S RIDE

**summer of cycling**

**Free, family fun on bikes  
coming to your local community**

**23 July - 22 August**

**[www.letsridelocal.co.uk](http://www.letsridelocal.co.uk)**



# TRY THE BIKE BINGO FAMILY CHALLENGE

British Cycling have put together a bike bingo challenge to help you and your family to ride in new and exciting places – and try things you might not have done before. Why not see how many of the activities you can tick off in a weekend? Or see how long it takes to complete the whole grid!

Simply print off the bingo card and use it to plan your adventures, crossing off each of the challenges as you complete them.

And if you take any photos while you're out and about, remember to tag [@LetsRideUK](https://www.instagram.com/LetsRideUK)

Find out more and download your own Bike Bingo card [here](#)

## BIKE BINGO

Get outdoors, ride your bike and tick off these challenges to become a super cyclist.

How quickly can you complete a line? Or even the whole grid?

PRINT ME!

✂

<p><b>Safety first!</b> Check your bike over before you ride.</p> 	<p><b>The Grand Tour</b> Plan and ride a route that will take over one hour.</p>	<p><b>Freestyling!</b> Have a roll around your local pump or BMX track.</p> 
<p><b>Commuting</b> Ride your bike to or from school. How many days in a row can you do it?</p>	<p><b>Prepare for punctures</b> How quickly can you remove and replace an inner tube? Your adult can help.</p>	<p><b>Up, up and away</b> Find a hill close-by and see if you can ride up it a couple of times. Use your gears!</p>
<p><b>Group riding</b> Go for a ride with your family or friends.</p> 	<p><b>Staying local</b> Plan and ride a route between 5-10km. Can you complete it quicker next time?</p>	<p><b>Take to the trails</b> Ride a loop of your local park or forest.</p> 

### Resources to get you started

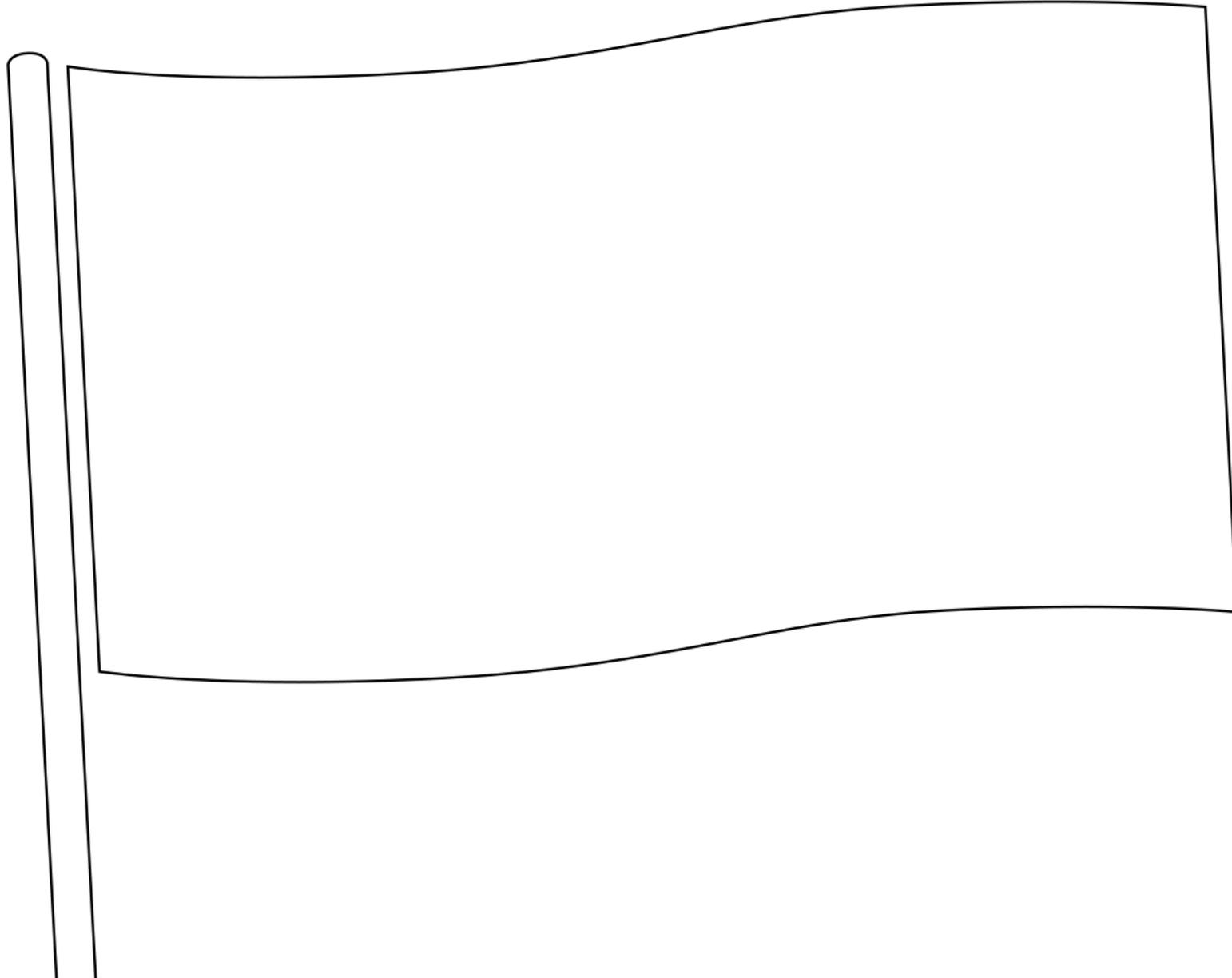
- A guide to checking your bike: [readysetride.co.uk/bike-check](https://www.readysetride.co.uk/bike-check)
- Fix a puncture: Search 'inner tube' on [britishcycling.org.uk](https://www.britishcycling.org.uk)
- Check out local routes: [letsride.co.uk/routes](https://www.letsride.co.uk/routes)

From clubs and holiday activities through to racing, there is loads on offer for young riders. Just search 'British Cycling kids' to find out more.

We advise that children be accompanied by an adult when riding, unless the rider has suitable confidence/experience to ride on their own.



# **DESIGN A FLAG TEMPLATE**



**Designed by:**

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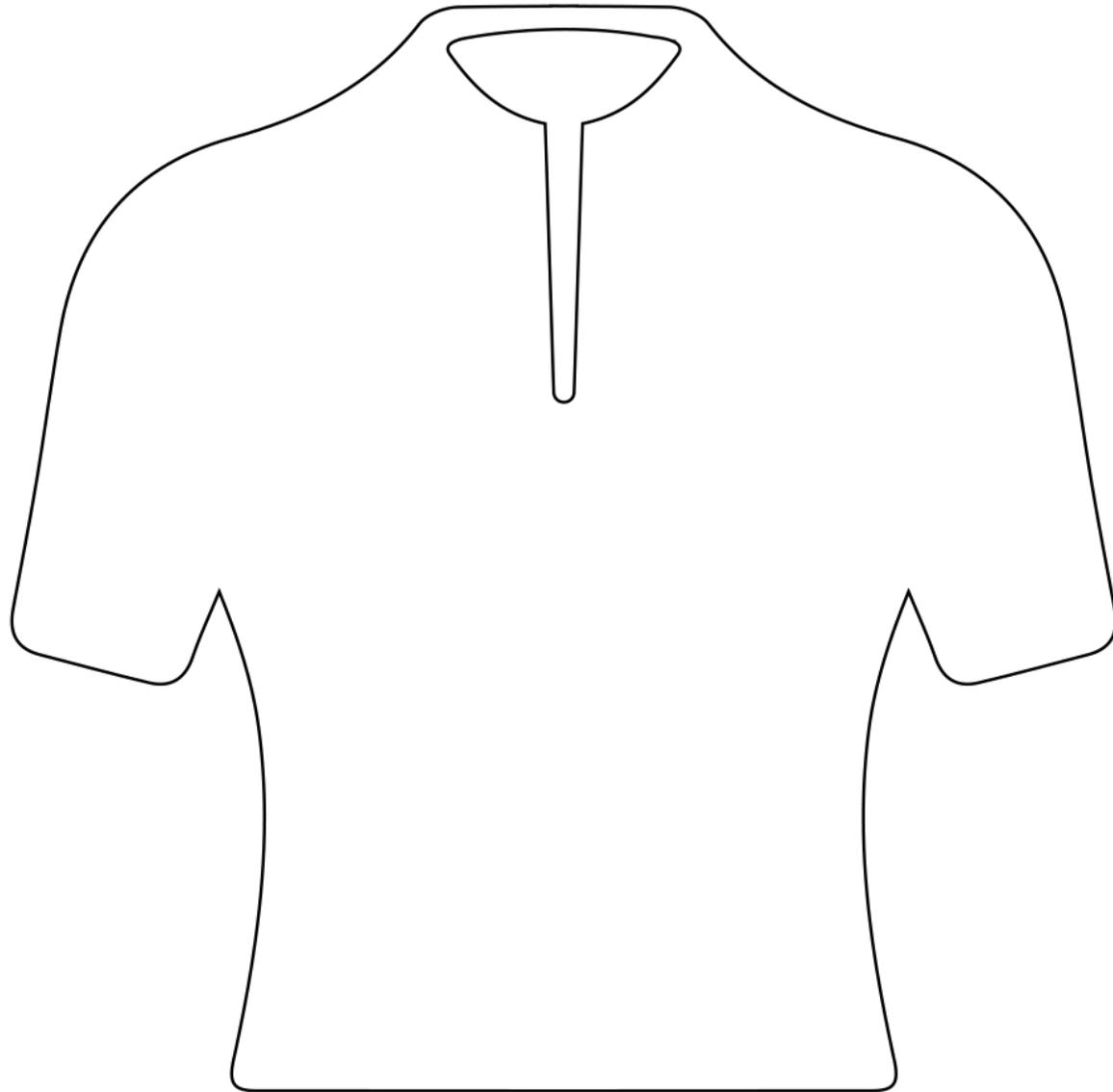
**Age:**

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**School:**

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# DESIGN A JERSEY TEMPLATE



Designed by:

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Age:

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School:

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**Overall Winners:** Mathieu van der Poel, Lars Boom & Dylan van Baarle all Netherlands | Romain Feillu, Geoffroy Lequatre & Julian Alaphilippe all France | Steve Cummings & Sir Bradley Wiggins both Great Britain | Michael Albasini, Switzerland | Martin Pedersen, Denmark | Mauricio Ardila, Colombia | Nathan Haas, Australia | Edvald Boasson Hagen, Norway |

**Find the 2021 venues:** A = Penzance | B = Bodmin | C = Exeter | D = Llandeilo | E = Aberaeron | F = Llandudno | G = Warrington | H = Carlisle | I = Gateshead | J = Hawick | K = Edinburgh | L = Stonehaven | M = Aberdeen |

**Find the overall finish:** A = Cardiff | B = London | C = Aberdeen | D = Glasgow | E = Manchester | F = Guildford | G = Liverpool |

**Stage winners:** in order Mark Cavendish (10 wins) | Edvald Boasson Hagen (8) | André Greipel (7) | Elia Viviani, Caleb Ewan & Dylan Groenewegen (all 5) | Wout Poels (4) | Alessandro Petacchi, Lars Boom & Mathieu van der Poel (all 3) |



# GET IN TOUCH

If you have any questions, would like more information or want to tell us about how your school is getting involved in the Tour of Britain then we'd love to hear from you.

[community@thetour.co.uk](mailto:community@thetour.co.uk)

You can also use **#TourofBritain** or find our social media channels below so that you can share with us in what you're doing to celebrate the Tour of Britain.



The Tour of Britain



@tourofbritain



@thetourofbritain



TheTourCycling





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