

## Cycling Terms

The following terms are used in the show:

**Le Jump** - French slang, To aggressively increase speed without warning, hopefully creating a substantial advantage over your opponents. Also (more usually) denoting an attempt to bridge a gap from the peloton or gruppetto to a breakaway. For example: "He is trying to jump across". In this context we are saying a bit like the spring in your step, when you seem to just be lagging.

**S.E. Training** - Strength and endurance training

**F.T.P.** - Functional Threshold Point It represents an approximation of your maximal lactate steady state, measured in watts. In cycling training, FTP is used to determine power zones used in training, and help give athletes a point of reference to help with pacing.

**Bonking** - Going into massive food waste, glycogen deficit, Essentially it means that you haven't taken in enough carbohydrates and have exhausted your body's glycogen stores, leaving you with abnormally low blood glucose levels. Bonking can also affect the brain as that too burns glucose, and you may feel anxious, irritable, confused and emotional.

**Glutes** - The key to strong pedalling power are the gluteus muscles of the buttocks.

**Lanterne Rouge** - This is the name given to the rider who finishes last in the race and is the French word for 'red lantern'. The name apparently originates from the fact that the last carriage on a train has a red lantern on the back of it.

**Slipstream** - This is the pocket of calmer air behind a moving rider.

**Le Tour** - Tour de France - an annual cycling event held in France known worldwide. Created by reporters to help improve circulation of the sporting newspaper L'Auto back in 1903. It now currently covers 3,500 kilometres over 23 or 24 days. The race was suspended during WWII and it was the race in 1938 that Gino Bartali won.

**Giro** - Giro D'Italia - Italy's largest cycling race almost on par with Tour De France in terms of prestige. The winner receives a pink jersey.

**Gino flicks a gear on his rear wheel** - in Gino's era gears were attached to the back wheel of the bike, this was a somewhat cumbersome exercise compared to the ability to change a gear on your handlebars these days.

Gel - concentrated carbohydrates in a little plastic packet, cyclists take many of these during the race to ensure adequate energy.

Eggs - Bartali would famously ride with eggs that he would crack on his handlebars to eat as he rode for protein and energy.

## History

The first Tour de France – the world’s greatest bicycle race – took place in 1903. Created by Henri Desgrange, the editor of L’Auto, and George Lefèvre, the rugby and cycling reporter, to help publicise and improve circulation of this sports newspaper, the first event was a six-stage race covering 2428km. L’Auto is a yellow coloured newspaper hence the yellow jersey.

1936, 1937 - Gino wins the Giro D’Italia.

1937 - Gino Bartali in his first Tour De France is leading after stage 9, when a crash caused him to fall into a river and become ill and injured and develop pneumonia. Bartali recovered but it is rumoured Bartali was forced to retire from the race after a visit from a fascist party member, as not winning would be seen as a weakness to the country.

Gino suffered many health issues during this period, especially with complications from pneumonia and was encouraged to take up smoking, hence why Gino became a smoker for the rest of his life. Interestingly Gino’s raspy voice doesn’t come from smoking, it comes from being bullied when he was young and trapped in snow until he became ill and his vocal chords tightened and never fully recovered.

1938 - Gino wins the Tour De France and controversially doesn’t thank the fascists after his victory. He instead lays his flowers at the state of the Madonna in Paris. The Tour De France stops racing during World War II. However Gino continues to train during this time, going on long rides.

Gino is pardoned from having to fight for the Fascist Italian army during the war as he had a very low heart beat. It would only come to be known many years later that a very low resting heart rate was a sign of extreme levels of physical fitness.

1947 - The first tour since the war takes place somewhat hastily cobbled together. Bartali cannot compete as the peace treaty with France and Italy was yet to be official. Jean Robic would win the tour on the last day, having never won the yellow jersey until the last day.

1948 - The first proper Tour De France since the war, France decide to put on a massive party, it is estimated something like 38 percent of France’s population witnessed the event.

For more information on Gino Bartali this link is useful:

<https://encyclopedia.ushmm.org/content/en/article/gino-bartali>