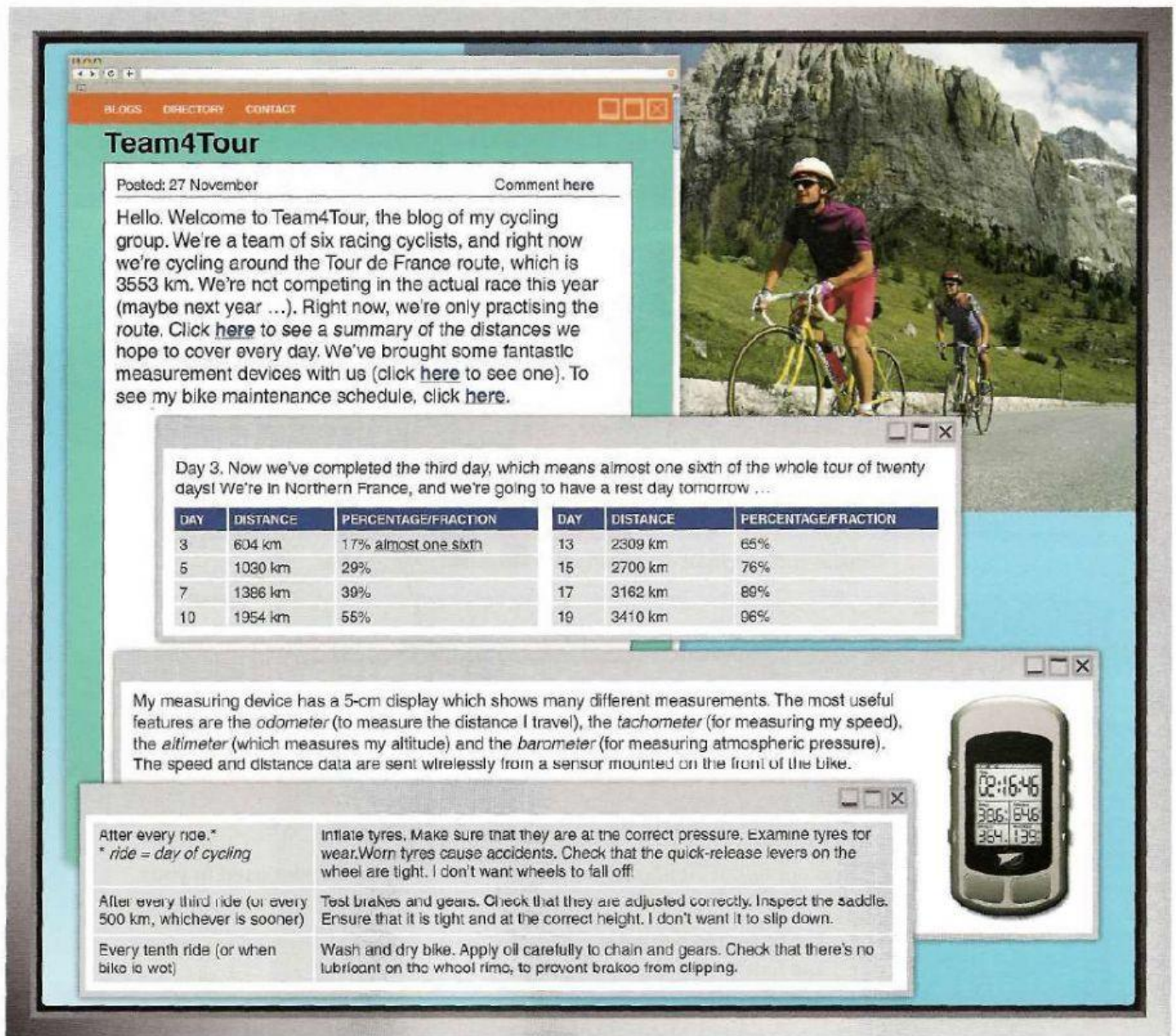


1 Sports data

- Start here** 1 What do you know about the Tour de France cycle race? Discuss in pairs.
- How long is the route (approximately)? How many days does it take?
 - What do you think cyclists need to measure when they train for a race?
- Reading** 2 Read this blog and check your answers to 1.



Team4Tour

Posted: 27 November [Comment here](#)

Hello. Welcome to Team4Tour, the blog of my cycling group. We're a team of six racing cyclists, and right now we're cycling around the Tour de France route, which is 3553 km. We're not competing in the actual race this year (maybe next year ...). Right now, we're only practising the route. Click [here](#) to see a summary of the distances we hope to cover every day. We've brought some fantastic measurement devices with us (click [here](#) to see one). To see my bike maintenance schedule, click [here](#).

Day 3. Now we've completed the third day, which means almost one sixth of the whole tour of twenty days! We're in Northern France, and we're going to have a rest day tomorrow ...

DAY	DISTANCE	PERCENTAGE/FRACTION	DAY	DISTANCE	PERCENTAGE/FRACTION
3	604 km	17% almost one sixth	13	2309 km	65%
5	1030 km	29%	15	2700 km	76%
7	1386 km	39%	17	3162 km	89%
10	1954 km	55%	19	3410 km	96%

My measuring device has a 5-cm display which shows many different measurements. The most useful features are the *odometer* (to measure the distance I travel), the *tachometer* (for measuring my speed), the *altimeter* (which measures my altitude) and the *barometer* (for measuring atmospheric pressure). The speed and distance data are sent wirelessly from a sensor mounted on the front of the bike.

After every ride.* * ride = day of cycling	Inflate tyres. Make sure that they are at the correct pressure. Examine tyres for wear. Worn tyres cause accidents. Check that the quick-release levers on the wheel are tight. I don't want wheels to fall off!
After every third ride (or every 500 km, whichever is sooner)	Test brakes and gears. Check that they are adjusted correctly. Inspect the saddle. Ensure that it is tight and at the correct height. I don't want it to slip down.
Every tenth ride (or when bike is wet)	Wash and dry bike. Apply oil carefully to chain and gears. Check that there's no lubricant on the wheel rim, to prevent brakes from clipping.

