



Cycling Entertainment

Taylor Sproul

Enjoying being stuck in quarantine while it's 45 and rainy out? Me neither! Here are some fun cycling related things to keep you entertained. If you have anything you'd like to recommend, send me an e-mail!

Movies

Breaking Away, 1979

This follows four teenagers in Indiana who have just graduated from high school in Indiana, near the university. They are called 'cutters', a

derogatory term for the locals coined by the affluent college students. The Cutters team wants to compete in the annual Little 500 bike race, a 50 mile track relay organized by the college.

All For One, 2017

This documentary follows the formation of Australia's first top tier professional cycling team, GreenEdge (later renamed Orica GreenEdge, Orica BikeExchange, Orica-Scott, and Mitchelton-Scott) from their formation in 2012 through their first few big wins.

TV

The Least Expected Day, 2019 (Netflix)

This 6-episode mini series is a behind-the-scenes look at the Movistar team through their 2019 season, with battles between team leaders Nairo Quintana, Mikel Landa, and Richard Carapaz. The series is in Spanish with English subtitles.

Eat Race Win, 2018 (Prime Video)

This is another 6-episode mini series showcasing the Orica-Scott team through the 2017 Tour de France. Half of it is a cooking show, following team chef Hannah Grant as she does all the cooking for the team and the riders as the tour moves across France. She is always hunting for new ingredients and cooking in impromptu kitchens while she tries to prepare the 6,000 calories a day that the riders will need. The other half is a cycling documentary, following Simon Yates as he competes for the White Jersey (the Best Young Rider classification)

YouTube Channels

[Alex Dowsett Thighs Club](#)

This is a vlog series of British pro cyclist and former World Hour Record holder Alex Dowsett and his girlfriend Chanel as he trains and races around the world.

[GreenEdge Backstage Pass](#)

This is a series with behind the scenes footage from the GreenEdge (Orica-GreenEdge, Orica-BikeExchange, Orica-Scott, Mitchelton-Scott), much of which was incorporated in the All For One movie (see above). The best place to get started is [2016 Paris-Roubaix](#). The channel has recently started adding Peloton On Pause podcasts, where Dan Jones interviews riders from the team during the Coronavirus lockdown.

[EF Gone Racing](#)

This is a series from the Education First pro cycling team (formerly Cannondale-Drapac) showing some of the races they have been doing. The team is also notable for its 'Alternative Racing' calendar where they send pros to extreme amateur races, such as [Dirty Kanza](#).

[InCycle](#)

This channel combines race highlight videos along with a 'New Series' of 20-25 minute episodes featuring exclusive interviews with various riders. The series premiered in 2018 with 24 episodes and came back for 2020 with 8 episodes and counting. Note that most of the episodes feature segments with 3-4 different riders, and the individual segments are also posted as separate videos, so it can be confusing. If you watch the episodes, you don't need to watch the segments.

Podcasts

[Life In The Peloton](#), Mitch Docker

This is a podcast series hosted by Australian professional cyclist Mitch Docker, where he interviews other members of the peloton.

Books

Slaying the Badger, Richard Moore

This book tells the story of battle between Bernard Hinault and Greg LeMond during the 1986 Tour de France

I Sogni di Napoli (Dreams of Naples)

David Alfe

It's April 22nd in the year of the COVID. It's cold and windy. No cycling—anywhere. Yes I'm sure a few of us have ventured out on solo rides. I have chosen to 'ride in place', on the trainer—indoors or outside on the patio—for reasons that go to the altruistic/idealistic: many do not have the luxury of riding because they are on the frontlines in healthcare, caring for those fighting this disease. There are also many of us who cannot leave their homes at all—like friends and family and cyclists I know (personally and via social media) throughout Europe and especially *Italia*.

I realize that in a few weeks by the time this article is published it will be May (Editor's Note: Challenge Accepted) and though there may be a chance that things 'loosen up' a bit—a return to life as we knew it is still a long way off. And with May comes warmer weather, and my favorite race of the year: "*Il Giro d'Italia*", a race that captures the heart, soul and stirs the passions of *Gli Italiani*, now postponed due to the COVID-19 and the ongoing lockdown of the country. As the Giro differs from the Tour and the Vuelta—so Naples is unique from the rest of Italy. Say what you want about the north—nothing compares to the beauty, the people and the raw energy of Naples. Yes there's Tuscany—resplendent with gorgeous farm and vineyard lined *strade*—haven for cyclists from around the

globe. There is Florence with its universities and art, Sienna with its banks, churches, and *Il Campo*, which plays host to the twice yearly *Palio* and is the finish to the Spring Classica, Strade Bianche—but my heart belongs to Naples, a sprawling city at the edge of the sea, in the shadow of an active volcano. The birthplace of and home to the best pizza on earth. A city built on volcanic rock and espresso. A city of diverse cultures -- Greek, Arab, African, Spanish and French—creating its unique identity.

The first visit to Italy and Naples for my wife Carole and I took place in April/May of 2013. This was a culmination of years of listening to stories from my grandparents, my father (who visited while on leave from the Army in 1951) and exchanges of emails and Facebook posts from one of my *cugini Napoletano*.

We started in Rome, ventured north to Florence, with side trips to Siena, San Gimignano, and Pisa (yep, climbed the leaning tower), then it was off to Napoli. Arriving in Naples on May 1st. It was no coincidence, once I knew that the opening stages of the Giro were in Naples, Ischia, and Sorrento, I timed our arrival to coincide with the race.

It was almost too good to be true. Up until the day before, we weren't really sure who, if anyone, was aware of us coming let alone meeting us. Just in case, Carole and I booked a room at a Best Western in the Posillipo area of Naples—high above the bay—beautiful with access to the waterfront via the funicular—yes Funiculi Funicula! A unique train that climbs the steep hills of Naples while keeping the passengers “level” with the ground. However, upon our arrival at Napoli Termini we were greeted by about a dozen or so family members, holding a sign with “Alfè” (yep, lost the è to an e at Ellis Island)—as there my last name is pronounced “*Alfay*” not “Alfie” as it is here. They quickly commandeered a café in the station and popped open bottles of Prosecco and a box of *sfolgiatella* (my favorite pastry). In true

Napoletano hospitality, two homeless men in the station joined in the festivities and were given Prosecco and pastry.

The day of the race was picture perfect. After the funicular (Editor's note: it's a cool kind of steep hillside train, check it out) ride down the hillside to the *lungomare*, the long avenue that runs parallel to the Bay of Naples, we walked to the Start/Finish Line. On the way we encountered local riders (mostly on mountain bikes), vendors of food, grilled corn on the cob, ices, and Giro SWAG. Arriving with time to spare we realized that it was way too crowded to view the start so we moved down the course a bit to the first turn. Nearly empty it gave us a great view and photo-op of the racers as they passed by.



We decided to follow *la corsa* for more photos and to take in more of the local scenery. Down an alleyway we watched a group of men playing cards - *Tre sette? Scopa?* A little further along and we

encountered a small farmers market, selling vegetables, fish and meats, along with a few food stalls. We continue along the course (Carole looking to do some shopping) and I got another photo-op on a short, steep section and just over the top, a feed-zone.



The long walk around the course resulted in returning near the Start/Finish area, a long straight drag, with a view of the bay. We found a table with a great view of the race and good pizza at *Il Re di Napoli* "The King of Naples" restaurant. The late lunch was good, only marred by the waiter attempting to short change me by about 20 Euros. Fortunately, my Italian and math skills resulted in recouping the loss.

The remainder of our stay was filled with family chauffeured trips up and down the *Costeria Amalfitano*, walking tours of Naples, along the famed long road known as *Spaccanapoli*, literally 'split Naples', with stops at iconic locations, including the Cathedral of

Napoli, home of the ampule of blood of *San Gennaro*, pizza at *Pizzeria Antica da Michele*-one of the oldest consistently running pizzerias in Naples, and *Gran Caff  Gambrinus*, a large and beautiful place serving coffee, pastry, and *apertivi*, frequented by *Napoletani* and tourists alike.

Our entire trip from north to south was a joy and led us to revisit the following year, adding, Genova, Camogli, and Milano, as well retracing our steps in Naples, and a side trip to Ischia (host of the Team Time Trial the year before).

So while I sit by my window looking at the rain wind and cold, drinking a coffee from my *Napoletana* pot, and listening to Radio Napoli, my mind wanders back to the beautiful moments of my visits, my family and the thrill of catching glimpse of *il Giro*.

Ci vediamo presto! Ciao!

Zwift Season

Chris Shigley

In this time of sheltering at home, group rides are not recommended and riders are asked to curtail solo rides as much as possible to reduce accidents that may put strain on medical services (and I doubt anyone wants to be a patient in a hospital during the current crisis).

So what is a rider to do? There are quite a few virtual options to keep your legs (and spirits) up. Some of the most popular virtual training sites are below. For each of these you will need a good internet connection, a direct drive or resistance trainer and a heart rate monitor.

- Zwift
- Trainer Road

- Sufferfest
- Rouvy
- RGT (RoadGrandTours)

For a more complete list of virtual training sites, their pricing and options please follow the link below. Most of these sites offer a free 30-day trial, so if you have the pre-req equipment you can ride at no cost to test it out. <https://road.cc/content/feature/255118-13-best-indoor-cycling-apps-all-you-need-find-right-one-you-want-they-do-what>

I can't give personal feedback on most of the programs but have used Zwift quite a bit over the past 18 months, especially in the winter months. I've had a great experience with it, especially after starting to ride with DVBC last year. I used Zwift to focus on the types of rides I was doing with the group and this has helped tremendously with strength and stamina development (as well as a 25 lb weight loss).

Zwift is an online community that offers rides of varying length and difficulty and all avatars you see on the screen are other people somewhere in the world who are also riding virtually as well. There are several 'worlds' with varying routes you can complete, including some classic real-world routes that have been recreated in the



virtual world- for example, the classic Alpe d'Huez is replicated virtually by Alpe du Zwift. There are also a series of training regimens available to help focus on FTP development, long rides, big climbs, etc. Many virtual races are also available and are generally broken into A, B, C, and D categories based on FTP/KG ratio.

You will need the Zwift app running, and I recommend also downloading the Zwift Companion app to your phone which allows you to schedule rides, give 'ride-ons' (virtual thumbs-up) to other riders and control Zwift from your phone.

Custom group rides can also be created, with specific instructions the link below.

<https://www.cyclingweekly.com/news/latest-news/how-to-hold-a-group-ride-on-zwift-451866>

Zwift doesn't have a way for you to talk to other riders in-program, but they do partner with an application called Discord, which when registered with your Zwift account allows a custom talk channel for those who want to chat during the ride.

Additionally, here are some great Zwift resource sites, providing detailed information on all the

News on all things Zwift: <https://zwiftinsider.com/>

All routes and training sessions: <https://whatsonzwift.com/>

What you will need

- A bike (Mr. Obvious here...)
- A smart trainer or a regular trainer plus a rear-wheel speed sensor
- A heart Rate Monitor

- Zwift (Runs on Apple TV, iPad, iPhone, PC, or Mac)
 - A really good fan (indoor rides get really hot really quick)
- Additional items to make the experience more enjoyable:
- TV on a rolling stand for display (and/or an iPad stand)
 - Side table for drinks/snacks

Additionally, there are several great channels on YouTube that help educate better on virtual channels as well as cycling in general. GCN (Global Cycling Network), DC Rainmaker and Shane Miller-GPLama are my top three channels, and they release regular videos on all things cycling, and include quite a few videos on virtual cycling as well.

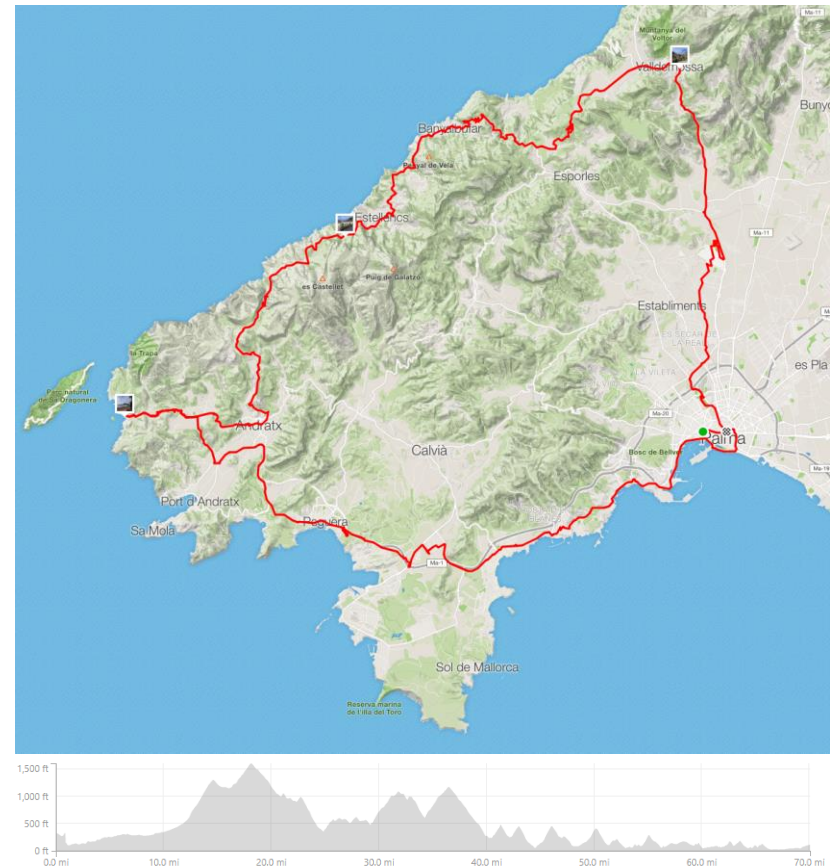
I hope this is beneficial and wish you all are safe and healthy during these trying times, and can't wait to get back out on the road!

Editor's Note: I have the same adjustable-height hospital table and WindMachine fan as Chris. You may also need a Bluetooth or ANT+ dongle depending on what sensors you have any what your computer has (lots of laptops have Bluetooth and lots of newer sensors/trainers support it as well, but if you've got older sensors and/or a desktop, you may need a USB to ANT+ dongle.

Ride Report: Mallorca Day 1

Taylor Sproul

Back in the June 2019 newsletter, I wrote up Part 1 to my trip in Mallorca in February 2019, and promised that it would be the first article in a five-part series on my trip. In Part 1, I flew to Mallorca, and checked into my AirBnB in Palma, the main city. I rented a bright yellow-green bike named Lappy. This article is a report from my first day riding.



70.1 miles - 6,526 ft elevation

Towns: Palma, Valldemosa, Banyalbufar, Estellencs, Andratx, Sant Elm

Climbs: Valldemosa (Cat3), Coll Ferrandell (Cat4), Coll des Pi (Cat3), Es Grau (Cat4)

I had reserved Lappy online, but the morning of Day 1 I had to walk over to the shop and take possession. I got up early and took a quiet Sunday morning stroll across the city. Roman, the shop owner, asked me what route I had planned. I showed him on my phone (I had printed out maps / cue sheets and forgotten to pack them). He seemed a little skeptical and started offering suggestions for me to make it shorter/easier (not a good sign). He mentioned a beautiful beach at Sant Elm, suggesting that rather than climbing to Valldemosa I could just do a flatter out-and-back to Sant Elm. I stubbornly disregarded his advice and actually decided to make the ride longer by adding in Sant Elm (if you can see on the map, I originally was going to go straight through at Andratx)

My ride started off a bit confusing. I had generated the route on RideWithGPS and it had some peculiarities. It took me down some weird gravel canal path through a park that dead ended and required me to backtrack a bit.

Eventually, though, I ended up on a rather nice road - it was a very quiet, very narrow sort of alley / access road that was vaguely parallel to a main road and had zero traffic. Unfortunately, it ended and RWGPS routed me through a University campus that appeared to be closed (it was a Sunday). That was a good idea, and the campus was very peaceful, until I got to a locked gate with an 8 foot high fence blocking the way. Apparently, most of campus was closed but I had found the one entrance that wasn't, and it took me a bit to backtrack and find a way to leave. Nice 'shortcut'.

Finally I was on the main road. This was the first big climb of the day, into Valldemosa. In addition to being the longest climb, this was probably the least fun one of the trip. The road was narrow and quite busy despite being 11am on a Sunday.



Valldemosa

Valldemosa sits in the Tramuntana mountains, which is a mountain range on the northwest coast of Mallorca. As I passed through, and started descending towards the sea, I got my first taste of the 'mistral' wind. Going down towards the sea was a long, technical, borderline scary descent as I navigated a bunch of tight hairpin turns while getting blown around by gusts of wind and thinking to myself "Wow, I should have done this the opposite direction!"

I made it to Estellencs, the small village on the coast at the bottom of the descent. Just in time to start climbing again! I worked my way down the coast in this manner - the mountains go right into the sea, so the coastal road is anything but flat. Most of the villages were close to sea level between the mountains, but then you'd climb up until you were 1,000 ft above the ocean along the side of the mountain. This was scenic riding, but it was tough riding - it was

all either climbing or descending, there wasn't a single mile of flat road.



Esellencs

Finally, nearing the western tip of Mallorca, the road turned away from the coast and back over the mountains. On the way up, I saw a Lotto Soudal pro coming down - the first and only WorldTour pro of the day!

Heading down to Andratx was another long technical descent with plenty of gusty winds - which is sketchy when you're going through a hairpin turn with a guardrail that's lower than your top tube and a cliff just beyond that. In Andratx, I was relieved to find that I had arrived at the grocery store only 10 minutes before they closed for their daily siesta, so I was able to restock on cheap exotic European junk food and water to refill my bottles.

I was feeling good enough to attempt the Sant Elm detour, so I did the 8 miles to the beach in Sant Elm. The wind was so strong that I

leaned Lappy against a railing and he nearly got blown over, I caught him just in time and my bottles fell out and rolled down the street.



Sant-Elm

At this point, I was quite a ways off route, but I was able to navigate my way back with minimal hassle. This was where things got a little confusing and weird. I followed RWGPS down a hill (note: whenever you make a wrong turn, it will always be downhill so that gravity can punish you when you try to get back) and the road ended, continuing on as only a stretch of singletrack. I had already put Lappy through enough today, so I turned back and decided to just wing it with Google Maps.

This began a weird 20 miles of riding, where I was occasionally on some sort of multi-use path adjacent to the MA-1C, sometimes on MA-1C itself, sometimes on an access road, and sometimes on some janky detour that ended up with me getting back on the MA-1C or the adjacent MUP. This was a very confusing time for me -

Google would occasionally divert me what seemed to be miles out of the way, only to turn around and come back. The MUP appeared and disappeared at random, and changed sides of the road often. It would disappear and I'd be on the road and then a mile later I'd see the MUP in the bushes on the left side of the road behind a fence, stalking me, taunting me. At one point the MA-1C was this weird single lane cobblestone road through the center of a town. About 7 cobblestones in, the Paris-Roubaix novelty wore off and it just became miserable. At another point, I was detoured off the path (in retrospect, it would have been nice if Gandalf had told me that I must stay on the path but alas, he did not) and rode through an abandoned industrial complex. I turned down one street and an un-leashed dog had ran away from its owner and started chasing a moped that was headed straight for me. A few miles later, I ended up back on the MUP, which I assumed meant that the entire detour was pointless.



This bizarre and confusing situation led me straight to Palma, minus a few short detours (every single one of which involves climbing another stupid hill). Feeling better by this point with my legs recovered from their earlier cramping, I tried to navigate my way back to the AirBNB through a myriad of confusing alleys, contraflow bike lanes, streets that had stairs on them, etc. Day 1 in the books! Stay tuned for Day 2

Cartoon & Crossword

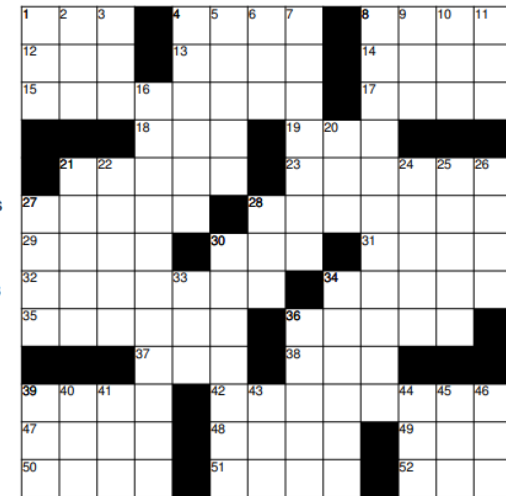
1998 Tour de France

The '98 Tour was almost cancelled because of a massive doping scandal.

by Bob LaDrew

ACROSS

1. PED used in '98 Tour
4. Religious branch for most Iranians
8. Japanese leader during WWII
12. Short spin?
13. Non-clergy
14. Mouthward
15. Kind of steroid for cheaters
17. Artistic vessels
18. Poet's "ajar"
19. Bygone Mideast bloc
21. Traffic light that tells bikers to stop
23. It was parted in the Bible.
27. Tots' cots
28. Climbs (like Pantani)
29. "The Good, the Bad and the ____"
30. Something lost, hopefully, early in bike season
31. ____ accompli
32. Earl Scruggs played them.
34. ____ Pantani, '98 Tour winner
35. Certain Alaskan islanders
36. An editor's mark
37. Pre-ride parking area
38. Conf. for Duke and UNC
39. Former pro Leipheimer
42. Like Pantani on a breakaway
47. Like a showdown on the Col du Tourmalet
48. The Velvet Underground singer
49. ____ Orbison
50. Ardent desire
51. Exhalations of wonder
52. Number of Tours de France won by Pantani



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2. Is it mightier than the sword?
3. Mammals-to-be
4. Where the climbers shine
5. In finer fettle
6. Sundial's '3'
7. Hex'd
8. Nickname for scandal-ridden '98 TdF
9. Greatest Bruin
10. 1998 second place finisher Ullrich
11. Drug tragedies, for short (Like Pantani at age 34)
16. American who finished third in 1998
20. NRC's predecessor
21. Asian wild sheep
22. A. A. who created Pooh
24. Entangling trap
25. Sovereign command
26. Regarding (two words)
27. Home of the Bay of Pigs
28. Smallish Duracells
30. Doping team exiled from Tour in '98
33. Ears: prefix
34. User's shortcuts
36. Close the gap
39. Late actor Ayers
40. Lead-in to "center"
41. Word on either side of '-a-'
43. Actress _ Peeples
44. Like a paid bicyclist
45. 'Am ____ time?'
46. Hide the gray, say

DOWN

1. The Steroid ____ (Period when Festina and Lance juiced).

BONKERS

by Bob LaDrew



*"I wish I could say I was doing something gnarly, but no, just on a bike path. Nothing broken, but since someone is going to ask what I did anyway, I ruptured testicle."

Thoughts from the Editor

Taylor Sproul

Thanks for reading the newsletter!

If you would like to contribute an article or photo to the newsletter, or if you have any other feedback, please contact Taylor via e-mail at dvbc.editor@clubmember.org. Have you gone on a fantastic ride recently, or travelled somewhere awesome for a ride? If so, please consider submitting a Ride Report or a DVBC Around the World story to the editor.