



Two fantastic  
competitions -  
details inside



Nottinghamshire  
welcomes the  
**Tour of Britain**

# **OVO ENERGY TOUR OF BRITAIN 2017: STAGE 4**

Wednesday 6 September

## **School Resource Pack**

[www.nottinghamshire.gov.uk/tourofbritain](http://www.nottinghamshire.gov.uk/tourofbritain)  
[www.tourofbritain.co.uk](http://www.tourofbritain.co.uk)  
#Nottstob







# How this pack works

The OVO Energy Tour of Britain cycle race passes through Nottinghamshire, in what will be the biggest free-to-attend sporting event the county has ever seen. The race takes in 175km of the county's roads starting in Mansfield and finishing in Newark on the same day. This will be a unique opportunity for the residents of Nottinghamshire and the surrounding areas to see some of the world's top cyclists.

This pack is designed to help teachers and parents get young people aged 4 to 11 years old excited and involved!

You'll find a wealth of background information on the Tour and cycle racing in general, together with a host of activities and competitions to help support children's understanding, raise awareness and interest in cycling, road safety and fitness.

Watch the promotional video:  
[https://youtu.be/sS\\_GUFACID0](https://youtu.be/sS_GUFACID0)

# Some facts about the OVO Energy Tour of Britain



The most riders to wear the leader's yellow jersey in one race was six, in 2014.

Each year's race is referred to as an 'edition': the longest was in 2015, at 1443km, the shortest was in 2005 at just 697km.

Steve Cummings (2016) is the oldest winner at 35 years and 176 days.

Dylan Van Baarle is the youngest winner at 22 years and 116 days.

Riders from 25 different countries started the 2015 Tour. Great Britain had 44 riders, while 9 countries had just one competitor, including Finland, Colombia and Eritrea.

Mark Cavendish has won the most stages of the modern Tour of Britain, with 10 victories.







# Could you be a professional cyclist?

# How cycling teams work

Professional cycling is very different to a leisurely weekend ride!



Each of the Tour's teams will have 6 cyclists who will work together to support their lead rider throughout the race – the aim is to lead the General Classification and ultimately win.

The bikes are very different too. During the Tour of Britain, riders will be using a 'Road Bike'; these are highly technical and can cost over £20,000!

The more technical a bike, the greater the chance of something going wrong – so professional teams have mechanics working on the bikes, tuning them and making sure they stand up to endless hours on the road. Each team also has a mechanic who travels in the team support car for the race to help with any problems.



# Food is their fuel

For the riders, nutrition is very important. Professional riders burn over 1,000 calories per hour and during a race will work their way through a considerable amount of food passed to them in a bag called a musette. These bags fit over the rider's shoulder allowing them to move the snacks into their many pockets.

Like any professional sports person, riders eat and drink things that will help their performance. Most professional teams have their own chef who will cook meals especially for the cyclists. Smoothies are particularly good for cyclists because by mixing different fruits and seeds you can get a range of vitamins, minerals, protein and fats into your diet.

Here's a simple recipe you can try:

## Ingredients

- » Strawberries
- » Blueberries
- » Apples
- » Mango
- » Lemon peel
- » Banana
- » Cows' milk or rice milk if lactose intolerant
- » Seeds: Pumpkin, flax, goji berries



Peel and chop the fruit and place in a hand blender or smoothie maker. Add some lemon zest and milk, then blend until you reach your preferred consistency and serve in a medium sized glass.





# The different parts of the race

## Sprint

The end of each stage culminates in a sprint to the line. Sprint finishes are extremely tactical and at times like a game of chess. The team will work together to provide their sprinter with shelter and a safe passage to the final 500m or so. Sprinters will wait until the last minute before they make a dash for the line, giving all they have and using every last bit of energy to try to win the stage.

## Climb

These are often the most challenging parts of a race, where technique and positioning are crucial. Keep an even pace, start the climb at the front of a group and pace yourself to start slow and finish fast.

## Descent

Going downhill at speed needs concentration, bravery and a lot of awareness of everyone around you! Riders can reach speeds of 70mph on some descents, so it's not for the fainthearted!

## School Activity

Research past teams and which countries they represent.

Put together a fact file on Britain's most famous riders.

# Where the 2017 race takes place

The 2017 OVO Energy Tour of Britain begins in Edinburgh on Sunday 3 September and finishes in the heart of Cardiff on Sunday 10 September, visiting Scotland, England and Wales taking in some of Britain's most beautiful spots.

It's made up of eight separate stages in total, shown here.

## Stage 1

**Edinburgh - Kelso**  
Sunday 3 September

Stage distance: 188km



## Stage 2

**Kielder Water & Forest Park - Blyth**  
Monday 4 September

Stage distance: 211km





## Stage 3

**Normanby Hall Country Park  
- Scunthorpe**  
Tuesday 5 September  
Stage distance: 172km



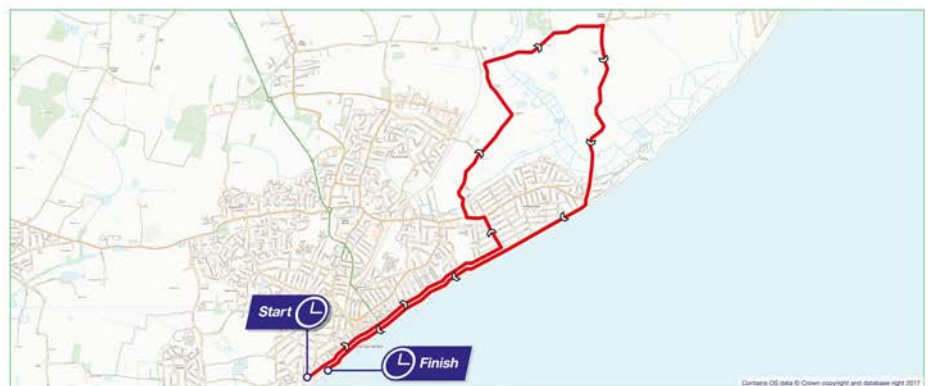
## Stage 4

**Mansfield  
- Newark-on-Trent**  
Wednesday 6 September  
Stage distance: 175km



## Stage 5

**The Tendring Stage  
individual time trial  
Clacton - Clacton**  
Thursday 7 September  
Stage distance: 16km



## Stage 6

**Newmarket  
 - Aldeburgh**  
 Friday 8 September

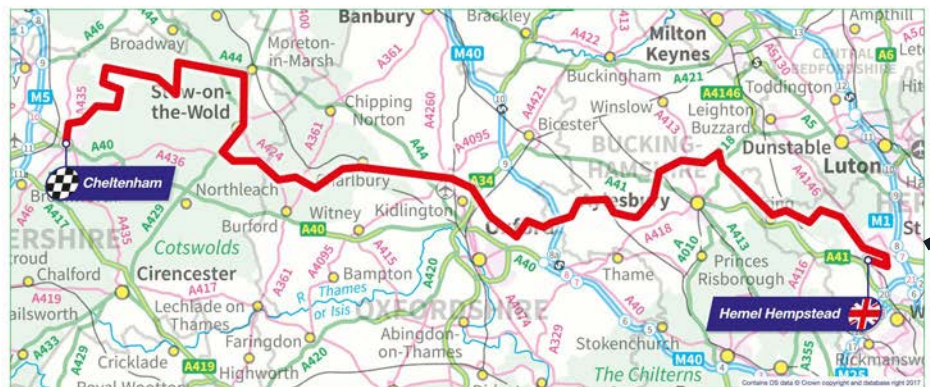
Stage distance: 183km



## Stage 7

**Hemel Hempstead  
 - Cheltenham**  
 Saturday 9 September

Stage distance: 186km



## Stage 8

**Worcester - Cardiff**  
 Sunday 10 September

Stage distance: 180km



## School Activity

Can you work out the total number of kilometres cycled over the entire race?

What is the average number of kilometres per day the cyclists will have completed by the end of the race?





# The OVO Energy Tour of Britain comes to Nottinghamshire

# Stage 4: Nottinghamshire

On Wednesday 6 September, Stage 4 of the OVO Energy Tour of Britain visits Nottinghamshire. The stage starts in Mansfield, where spectators will have the unique opportunity to experience the pre-race atmosphere as the cyclists gather at the start line. The TV crews will be here too, getting interviews with riders before the start.

The route goes across Nottinghamshire, visiting many towns and villages. The riders will visit Hucknall before heading towards Worksop and riding through the magnificent Sherwood Forest. After continuing north, the riders will then pass through Retford and Collingham before finishing in Newark-on-Trent.











**Get  
involved!**



# How your school can get involved

A big part of the Tour of Britain is the spectator support. Along the route, flags and banners encourage the cyclists as they ride past and part of the fun is creating interesting land art to show your support.

*It's easy for schools to get involved:*

On the day you can line the route to wave flags or banners you've designed, and if the race goes past your school you could give the riders a fun and friendly welcome with bunting, flags and posters, or even decorate and display bikes.



Perhaps use an old bicycle and upcycle it to put on display outside your school – your school council could hold a competition and the winner and their class could decorate the bike.

Or why not create a human bicycle shape, or something to celebrate your town or Nottinghamshire in the school yard? It would look great from an aerial view, and with helicopter TV coverage on the day your school might be filmed!



Remember to use the **#Nottstob** Hashtag to show us whatever you get up to on the day.

# Enter our great competitions!

To celebrate Nottinghamshire hosting Stage 4 of the OVO Energy Tour of Britain, we are offering local schoolchildren the chance to design the Stage 4 starting flag and winner's trophy!

The lucky winner of the flag competition will have their design professionally made and will be invited to wave the flag at the start of the race.

The lucky winner of the trophy competition will have their design professionally made and will be invited to present the trophy to the winner of Stage 4.

The winners and their school and runners up will be awarded other fantastic prizes.

Entries need to be in by Friday 28 July. A panel of judges will shortlist the entries. The shortlisted designs will be added to social media for the public to vote for the winner. (Only one entry per person).

Remember to write your full name and home address on your entry.

Please email your entry to [marketing@nottsc.gov.uk](mailto:marketing@nottsc.gov.uk) with Tour of Britain in the subject header or post your entry via freepost to:  
FREEPOST RTCU-CTYJ-XXKA, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP.







# Competition:

## Design the winner's trophy

*Good luck!*

Design a Tour of Britain Stage 4 winner's trophy. The winning entry will be made and presented to the winner of the race on the **6 September** in Newark-on-Trent. You can use this outline, or be adventurous and make one of your own!

Name: \_\_\_\_\_

Age: \_\_\_\_ School: \_\_\_\_\_

Home address: \_\_\_\_\_

\_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Contact no/email: \_\_\_\_\_

\_\_\_\_\_



Please email your entry to [marketing@nottssc.gov.uk](mailto:marketing@nottssc.gov.uk) with Tour of Britain in the subject header or post your entry via freepost to: FREEPOST RTCU-CTYJ-XXKA, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP.

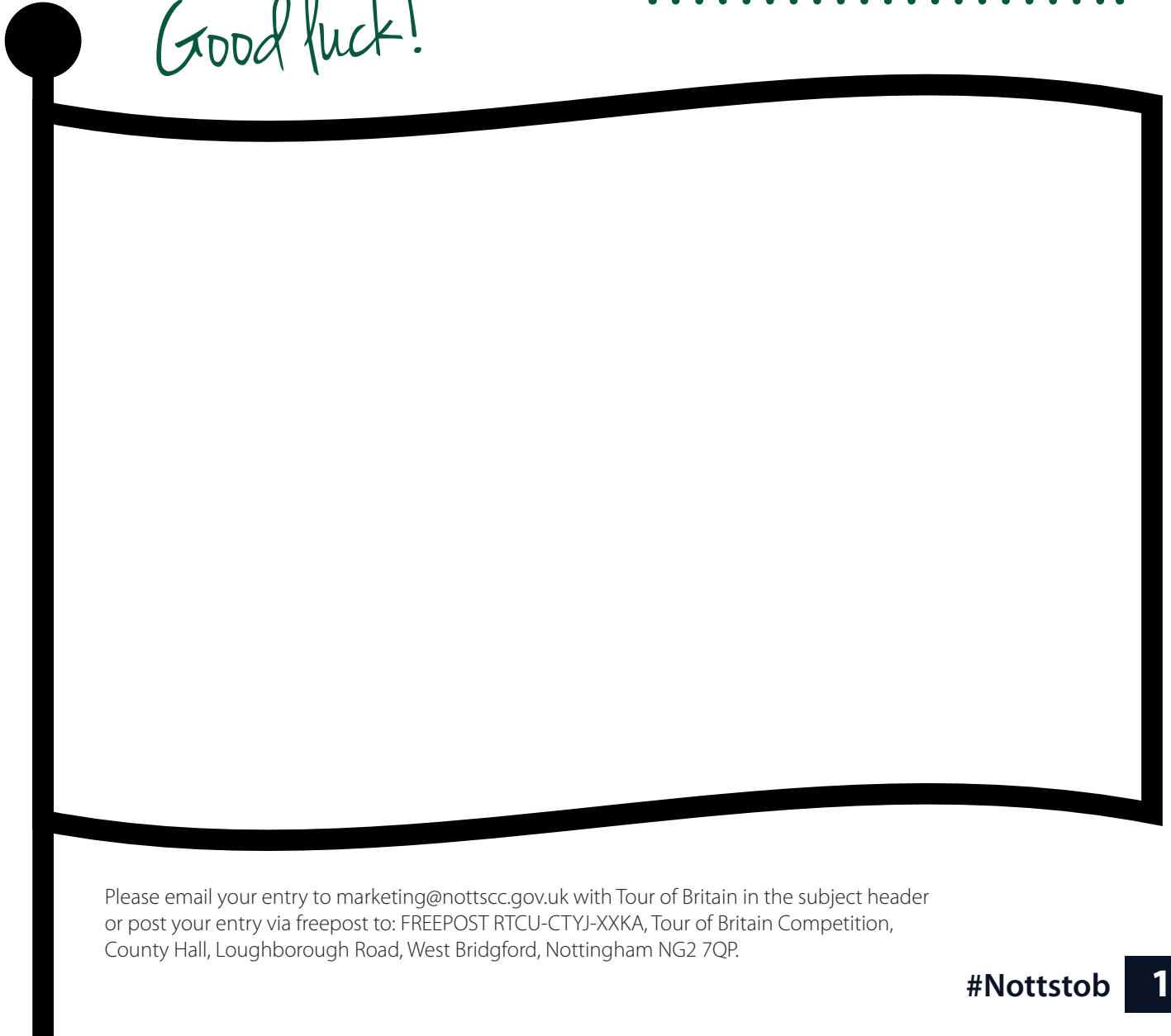


# Competition: Design the starting flag

Use the template to design a Tour of Britain Stage 4 starters flag. The winning entry will be made and used to start the race on the **6 September** in Mansfield. Please use this outline.

Name: \_\_\_\_\_  
Age: \_\_\_\_\_ School: \_\_\_\_\_  
Home address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Parent/Guardian signature: \_\_\_\_\_  
Contact no/email: \_\_\_\_\_

*Good luck!*

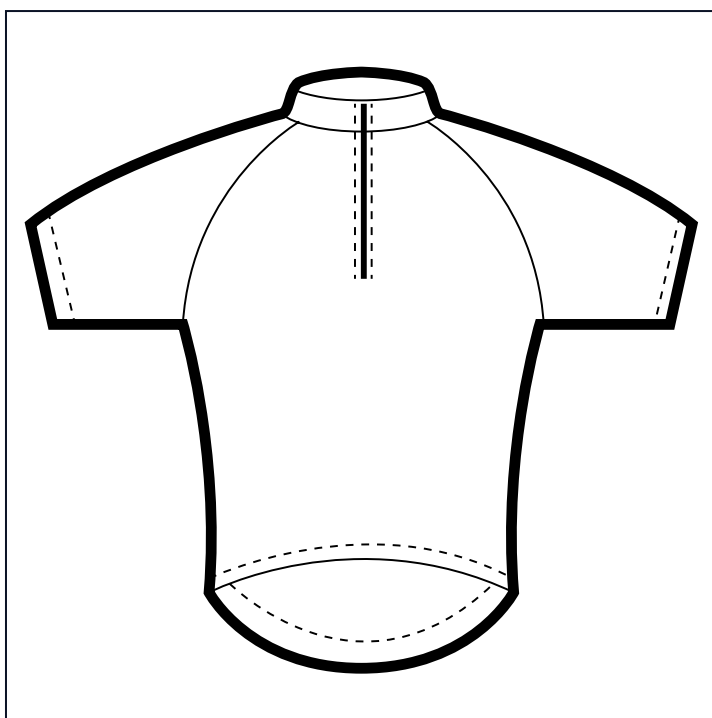


Please email your entry to [marketing@nottscg.gov.uk](mailto:marketing@nottscg.gov.uk) with Tour of Britain in the subject header or post your entry via freepost to: FREEPOST RTCU-CTYJ-XXKA, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP.



# Just for fun:

## Design your own jersey and wheel art



Design your own cycling jersey  
- the brighter the better.



Design your own wheel art.

Use an old bike wheel and decorate it to create a piece of art! These can then be displayed on your school to show your support for the Tour of Britain – and don't forget to share your pictures on your school's social media channels using the **#Nottstob** hashtag.



# Tour of Britain Quiz

**1** Where and on what date does the Tour of Britain begin?

**2** How many teams took part in the 2016 Tour of Britain?

**3** What speed can cyclists reach on a descent?



**4** How many kilometres is the entire race?

**5** How many kilometres in Stage 4?

**6** Who won the Tour of Britain in 2016?







**7** Which forest does Stage 4 pass through?

**8** What is a musette?



**9** How many counties does the 2017 OVO Energy Tour of Britain pass through?

**10** What was the highest climb in the 2016 Tour of Britain?



# Cycling & Tour terms

Can you find out the meaning of the words below?

	<i>My Guess</i>	<i>Actual Definition</i>
Peloton		
Broom Wagon		
Domestique		
Echelon		
Lantern Rouge		
Soigneur		
Tour		

## Useful links

There's plenty of information on the internet about the OVO Energy Tour of Britain and cycling in general. Here are just a few links to useful websites:

[www.nottinghamshire.gov.uk/tourofbritain](http://www.nottinghamshire.gov.uk/tourofbritain)

[www.tourofbritain.co.uk](http://www.tourofbritain.co.uk)

[www.experiencenottinghamshire.com](http://www.experiencenottinghamshire.com)



# After the race

## its legacy

Bringing the Tour of Britain to Nottinghamshire supports our aims to encourage more people to cycle.

Nottinghamshire County Council brings together a broad range of partners to promote cycling as a safe, effective, cheap, healthy and enjoyable activity for commuting and leisure, with a safe, high quality local infrastructure.

Nottinghamshire has more than 650 miles of countryside and urban cycle routes and some fantastic cycling specific facilities, including:

- » Cycle training in schools
- » Safety advice
- » Initiatives to get more people cycling to work
- » Cycle maintenance sessions

- » Campaigns and events throughout the year, such as cycle to work, Bike to School weeks and guided cycle rides

For information on other events, clubs and initiatives, visit:

British Cycling  
[www.britishcycling.org.uk](http://www.britishcycling.org.uk)

Sustrans  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

Sport England (English Sports Council)  
[www.sportengland.org](http://www.sportengland.org)

CTC, the National Cycling Charity  
[www.ctc.org.uk](http://www.ctc.org.uk)

## School Activity

Get your pupils to cycle Stage 4 of the Tour. This could be completed in schools as a one-off event or as a series of events over several days. Children/adults could bring their bikes to school and cumulatively cycle the total distance of the Nottinghamshire stage in the school playground or around the local park.

Nottinghamshire County Council would like to pay special thanks to Cheshire East Council for allowing us to use this fantastic resource. We would also like to thank OVO Energy Tour of Britain for their support in sourcing resources for this pack.



**ovc** energy

# TOUR OF BRITAIN



EDINBURGH TO KELSO  
SUNDAY 3 SEPTEMBER 2017

**1**

**2**

KIELDER WATER AND FOREST PARK TO BLYTH  
MONDAY 4 SEPTEMBER 2017

NORMANBY HALL COUNTRY PARK TO SCUNTHORPE  
TUESDAY 5 SEPTEMBER 2017

**3**

MANSFIELD TO NEWARK-ON-TRENT  
WEDNESDAY 6 SEPTEMBER 2017

**4**

NEWMARKET TO ALDEBURGH  
FRIDAY 8 SEPTEMBER 2017

**6**

WORCESTER TO CARDIFF  
SUNDAY 10 SEPTEMBER 2017

**8**

HEMEL HEMPSTEAD TO CHELTENHAM  
SATURDAY 9 SEPTEMBER 2017

**7**

THE TENDRING STAGE INDIVIDUAL TIME TRIAL  
THURSDAY 7 SEPTEMBER 2017

**5**



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