

Not Normal ?

An insight into doping
& the biggest **21** riders.

FROM LEMOND TO ARMSTRONG TO ULLRICH



EPO

JUST DON'T DO IT*

Cheat legal.**



*NE FAITES PAS ÇA
**Dopé en toute légalité.

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JAIMIE FULLER



Make no bones about it, Cycling is in crisis.

For far too long, the sport has been blighted by a series of doping scandals without there being any perceptible programme to seek out and challenge the cheats. In recent months, the latest crisis, the Lance Armstrong affair, has created headlines around the world and turned supporters into non-believers. The suspicion that surrounds almost ANY victory these days is palpable, but the inertia from those at the top suggests it's not about to change anytime soon. The fact that the same two men have been at the helm of the sport for the last 22 years during countless doping scandals says a great deal.

Fans, riders and officials have a right to expect the sport's governing body to lead and administer appropriately, of this there is no doubt. From recent events, it is clear the UCI and its officials have failed in their duties. Little wonder why the calls for President Pat McQuaid to step down, refuse to go away. We should all expect better.

The real inspiration for this magazine is centred around a singular value which is close to my heart. The True Spirit Of Competition is a mantra which, for me, sums up what sport should be about, and sadly what cycling currently lacks in the perception of the public. It is a statement my own sportswear company SKINS uses as our brand belief because it reflects a view that we believe everyone should take into 'battle' in all sports, whether there's money involved or not.

When it comes to the moment of competition, being paid to play, ride or run, or having a sponsor or an endorsement contract should make no difference whatsoever. As a company, SKINS produces performance enhancing apparel that is backed by science. This magazine is full of information backed by science. The message it sends, and the perspective it brings to the word 'integrity' is exactly why SKINS is proud to support this project. It takes a different and robust approach to reviewing what is needed and that in essence, is what we do at SKINS.

The world knows that many have tried to take shortcuts and been found out. The world also knows that, as a consequence, many more will remain undetected. This magazine attempts to highlight the truth behind the headlines and the depth of the problem within cycling. It also sets out to show that there IS a way forward and the words of WADA Director General, David Howman in his interview on page 10 are a salutary reminder of the expertise that's openly available for cycling to utilise. Sadly, at the time of writing, WADA continues to be spurned by the UCI.

During our anti-doping journey we founded a lobby group called Change Cycling Now. I was privileged to meet Antoine Vayer at the London summit and it was there that Antoine explained to me how everybody focuses on the doping when considering PED's (performance enhancing drugs) and very few look to the performance as a marker of doping. Along with his team Antoine has created a fascinating study of 21 riders' power output on mountain stages over 30 odd years and this magazine is the culmination of their hard work.

I am indebted to him and his team for having the enthusiasm, commitment and knowledge to turn his and our vision for this magazine into reality.

Antoine has been there, seen it, done it. As a cycling coach, he understands the business of human performance and the results seen in these pages are testimony to his dedication to the cause of drug free sport. He is a committed cycling man who regards the current situation as a painful experience but, like us, he is not scared of the truth. Like a recovering alcoholic, we cannot look to cure our ills until we acknowledge and understand our problem.

Antoine's work with the information contained within these pages has been extraordinary and reflect a man who is determined to see cycling heading back in the right direction and also for sport in general, to be the province of the fit, the competitive and free of performance enhancing drugs.

Jaimie Fuller
SKINS Chairman

Editorial

This magazine is called 'Not Normal?', a phrase coined by Lance Armstrong to identify suspicious performance. It took twenty-one years of hard work. Of overcoming a code of silence and butting up against walls of hypocrisy. So that an revolutionary yet decent idea might finally see the light of day, and for mindsets to change. We've gotten there. Here is the proof, 21 counts, 21 racers, a bit like the 21 "legendary" turns of the col de Alpe d'Huez. The same one Tour de France organizers have chosen to have professional cyclists climb not once, but twice this year. It's a beautiful opportunity. But does this great sporting event have anything to do with sports anymore? You, the audience, will decide.



What is doping? Here is the exact definition:

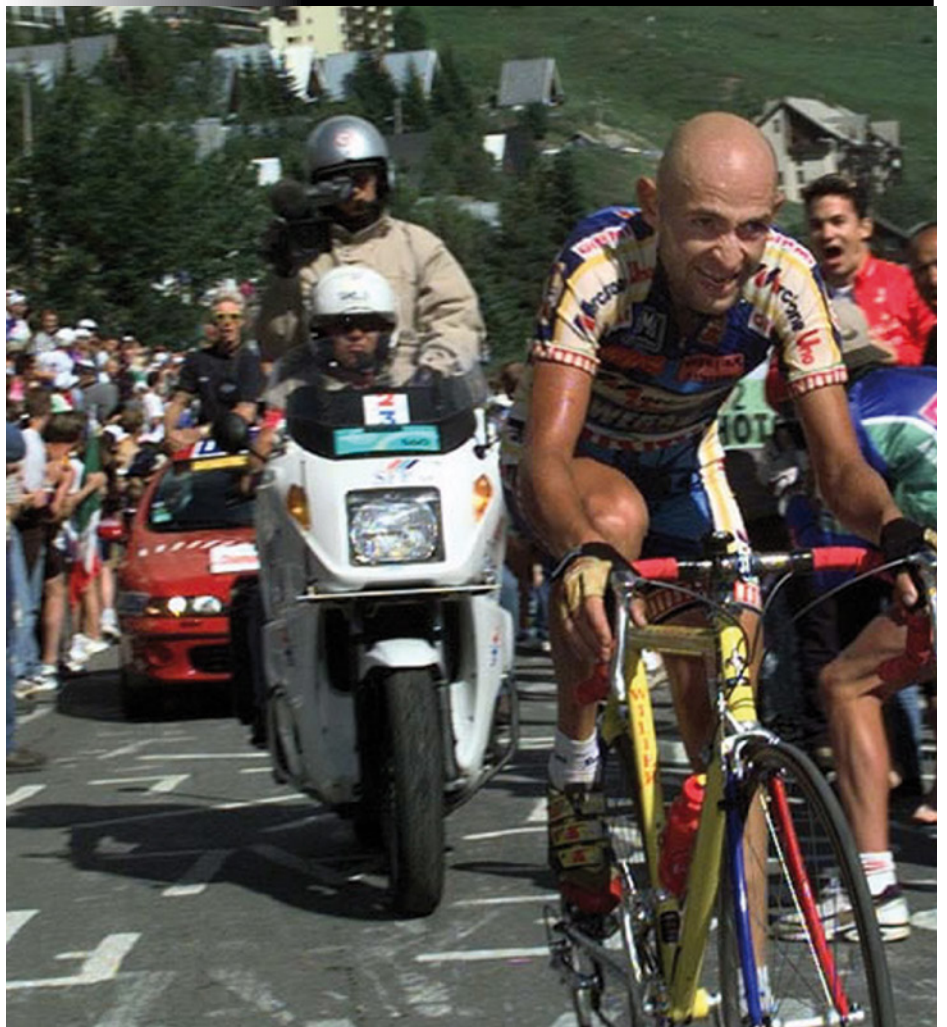
The use of substances or forbidden methods to improve physical or mental performance.

While everyone is obsessed with the first half of the definition, and while they blindly trust antidoping measures that are easily circumvented, this magazine focuses on the second half: performance.

Forget "I never tested positive". It needs to be replaced by "I was never clocked by a radar doing 430 watts standards in the final col of a long mountain stage." It's utterly more convincing. You'll understand why by reading this magazine.

It's just as convincing as the last thousand-page US Antidoping Agency report revealing the Armstrong scandal and just as convincing as the police and customs investigations which brought to light and brought to justice the "Festina" and "Puerto" scandals. The proof of the hoax lies in performance analysis and interpretation. Imagine a Christophe Lemaitre, first "white" man to break the ten second barrier in the 100 meters in track and field, running a 9.6 second sprint! You'd be ripping your hair out. In cycling, we can measure "Ben Johnsons" thanks to a unit of power: watts instead of seconds. I've been ripping my hair out for 21 years. So I made this magazine. You can see and measure the performances for yourself.

The mountain tells the truth and tells you who is doped. On cols, with little wind, no drafting, and established grades: those are the ideal conditions to calculate the muscle power of each rider according to his build and to install "radars" which we use to measure their power. This power, generated in watts, is the most reliable indicator of presumed doping. For the last twenty years, with my collabo-



rators, we have compiled data. I have interpreted them using a proven method. To compare the performances of a "lightweight" (Marco Pantani, 56 kg) and a "heavyweight" (Miguel Indurain, 80 kg), we base them on a "standard racer" of 70 kg. By calculating power generated in the cols we have been able to identify three levels of performance: the "Suspicious" threshold starting at 410 watts, the "Miraculous" threshold above 430 watts and finally the "Mutant" threshold above 450 watts. I ascribed a color to each threshold so that the magazine would read "visually". It is intended for the every day fan, for cycling authorities, and for scientists, with the aim of bringing clarity. We show how the Hinault-LeMond duo, despite their eight Tour victories between them, hand-in-hand winners in 1986, still took ten more minutes to climb the Alpe d'Huez, on a 13.8 kilometer grade, than riders like Pantani and Armstrong. They generated 15 % to 20 % fewer watts, even when taking into account the technical and training enhancements that have occurred over time. It makes no sense. We explain our method in the first few pages. We look at all the top finishers since 1982 and are thus

able to identify "Doping Eras". They correspond to different performances and different types of products and methods of different intensities. For the last twenty years, we set up radars, varying them according to race conditions. We explain the concept.

In many ways, this magazine is first-of-its-kind "data journalism".

We then profile 21 of the greatest riders of the last three decades. They are ranked according to "power" (see pg. 119), not unlike the 21 turns of the Alpe d'Huez, which all have a "historic" name. We give them another name and ascribe a color: **yellow, orange, or red**, symbolizing performances that are **suspicious, miraculous or mutant**.

Each of the 21 profiles is constructed the same way, with data from the rider's greatest performances in color, clocked by standard watt radars, his "Legend", his "Real Story", an extemporaneous article and a Luz cartoon, a "What He Said" column and an (often glowing) news round-up, symbolic of the obsequious media's attempt to collude with the "champions". We also profile several "average" riders from the peloton who might have deserved a

better finish.

And, as a ray of hope, we present our 2013 radars for the 100th edition of the Tour. There are six. Doping requires gullibility. You'll be able to judge interactively, as a simple spectator on your couch, with a stopwatch, as though you were clocking a Ben Johnson or a Christophe Lemaitre, like a scientist would. You'll easily be able to calculate possible levels of cheating, of lying and theft, depending on whether riders are green, yellow, orange or red. You can even test it out in person on the cols with your own bike, to get a true sense of the reality.

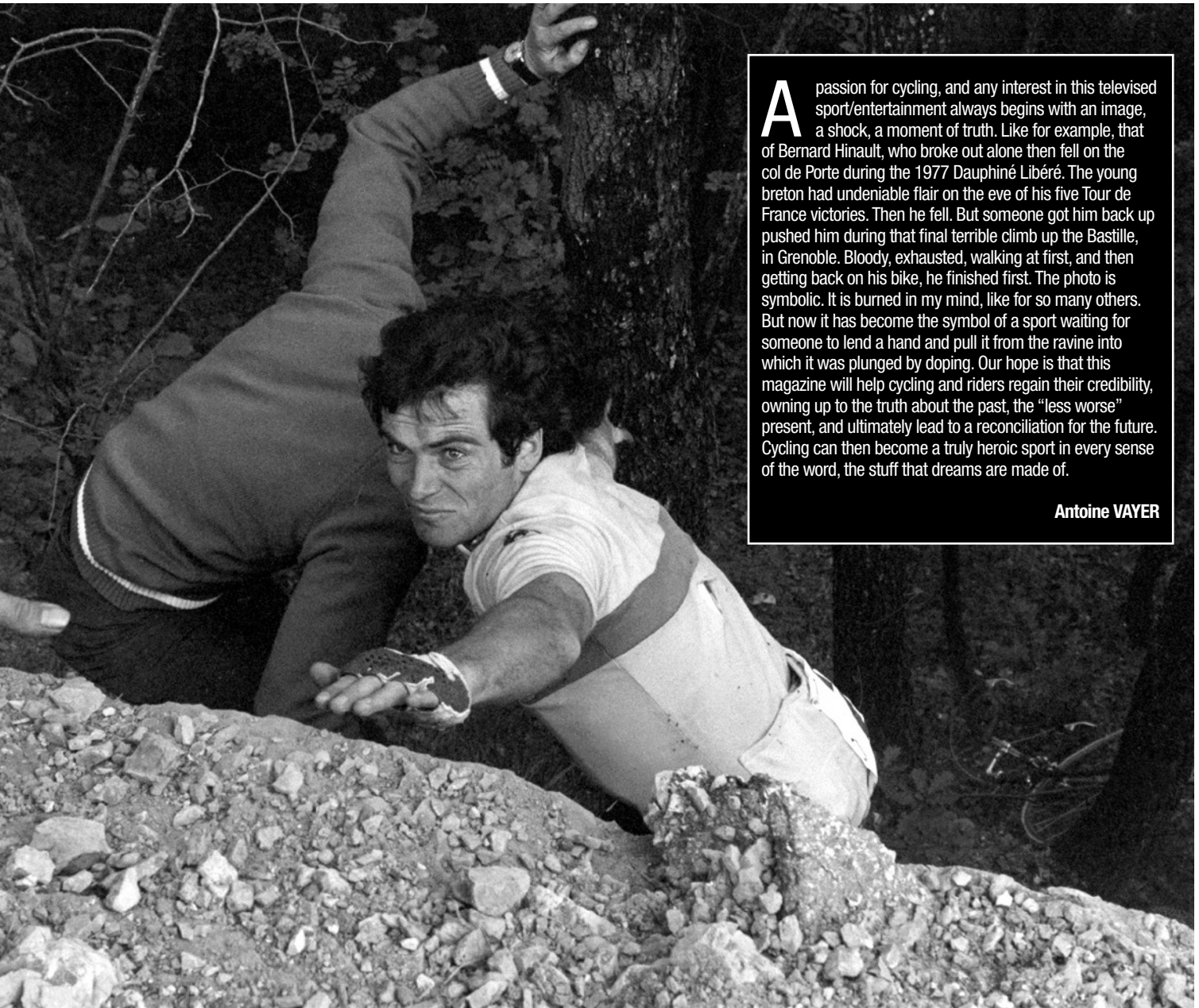
The science section should convince even the most skeptical and will address certain questions.

The magazine also features interviews of antidoping experts. Their stories are riveting.

Please visit our website <http://www.alternativedititions.com> after reading the magazine. It serves as an ideal and interactive complement. We want to hear from you.

I hope you enjoy your read. Have an excellent 2013 Tour, and follow it closely thanks to

NOT NORMAL?



A passion for cycling, and any interest in this televised sport/entertainment always begins with an image, a shock, a moment of truth. Like for example, that of Bernard Hinault, who broke out alone then fell on the col de Porte during the 1977 Dauphiné Libéré. The young breton had undeniable flair on the eve of his five Tour de France victories. Then he fell. But someone got him back up pushed him during that final terrible climb up the Bastille, in Grenoble. Bloody, exhausted, walking at first, and then getting back on his bike, he finished first. The photo is symbolic. It is burned in my mind, like for so many others. But now it has become the symbol of a sport waiting for someone to lend a hand and pull it from the ravine into which it was plunged by doping. Our hope is that this magazine will help cycling and riders regain their credibility, owning up to the truth about the past, the "less worse" present, and ultimately lead to a reconciliation for the future. Cycling can then become a truly heroic sport in every sense of the word, the stuff that dreams are made of.

Antoine VAYER

Fully-Loaded Mules

Male sanus in corpore inhumano: unsound in body, unsound in mind. Check out that “athlete”. The one “flying” (as we say in the jargon) up the cols of the 2009 Tour, at Arlais or the Mont Ventoux. He’s the perfect embodiment of the latest motto in sports. You’ll soon see why with just an ordinary stopwatch. At this point, why would anything change? Anyone can get away with the most outrageous of lies: racers, journalists, organizers. A flair for hypocrisy is now a requirement for getting on the road and getting in the ring... the one that’s starting to look more and more like a pharmacist’s aquarium, the one where the piranhas feed off their own excrement. Since the early 90’s, blood-doping products and methods, mixed with other toxic drugs (and which more and more former “winners” are owning up to), have helped top racers generate bike-power equivalent to almost twice that of a turn-of-the-century donkey hauling a full load. That’s power equivalent to a steam engine prior the invention of mechanical propulsion. “Donkeypower”, known also as a steam-donkey, is 250 watts. “Donkeypower” inspired the engineer Frédéric Poroleau and I to invent the concept of a 78-kilo “two-wheel standard”. It inspired us to break down and compare the insane performances we’ve been witnessing on the cols. It inspired us to create a new unit of measure, “cyclopower”: 410 watts. Cyclopower is the equivalent of a 9.7 second hundred-meter dash in track and field. Does the name Ben Johnson ring a bell? Let’s just say the peloton always includes, at the very



“Since the early 90’s, blood-doping products and methods, mixed with other toxic drugs (and which more and more former “winners” are owning up to), have helped top racers generate bike-power equivalent to almost twice that of a turn-of-the-century donkey hauling a full load.”

least, a handful of Ben Johnsons. They just happen to have less than 8% body fat, their muscles (intentionally) thinned out by corticosteroid abuse, which has become, for all intents and purposes, legitimate. “Cyclopower” is the unequivocal measure of doping,

which is now undeniable in professional cycling. Recall Sabino Padilla, Miguel Indurain’s Spanish doctor, who, starting in 1991, earned five straight victories. He beat even the stiffest competition in 1996, the year no less than eleven riders broke the

cyclopower barrier in the final cols. More than a few unknown donkeys blossomed into championship thoroughbreds on that occasion. Or in their day, Heinrich and Cecchini, who kept up the charade with similarly outrageous performances. 1998 is the exception. Pantani maxed out his prescription. He is regrettably no longer around to tell us what transpired that year. And then there is the good dottore Ferrari, who cemented his reputation beginning on 1999's "New and Improved Tour". But he ended up being outclassed by another doctor named Fuentes. On the pharmaceutical industry side, Amgen, the world's EPO experts, became sponsor of the Tour of California, with the hopes of outclassing the Tour de France. But Amgen now faces its own stiff competition from firms producing experimental micropeptides and muscle modulators, which bear only

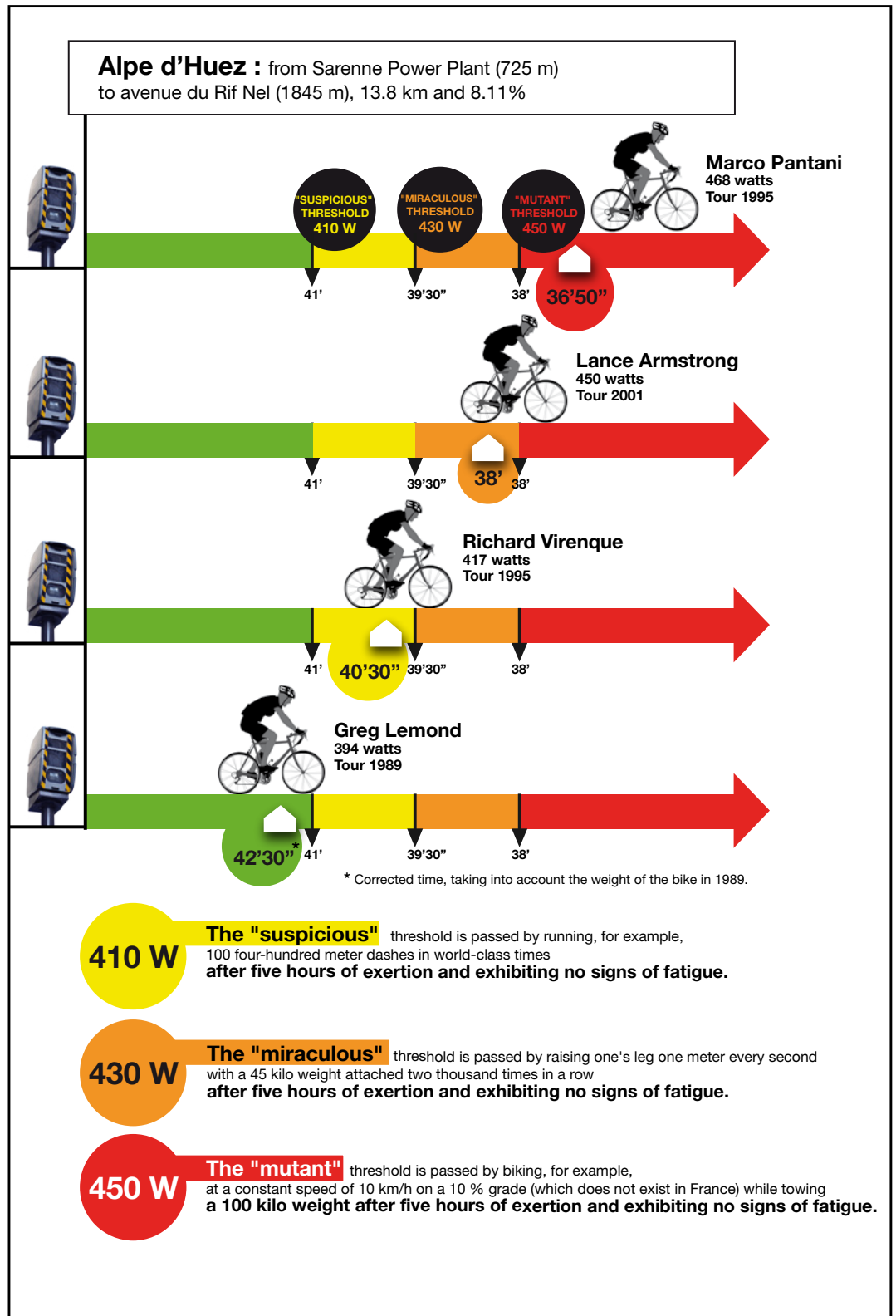
year, 33 riders climbed to San Martino di Castorz at 1.05 CP. In the final cols, seven leaders averaged 1.05 CP. How do we get these numbers? Just like you, sitting in front of our television. We start our stopwatch at a pre-determined point, where the 2009 Tour's difficulties begin. We stop it at the summit. Our measures

take into account obscure, but no less important parameters, such as frontal area, the coefficient of rolling resistance, slope grade, and average air density. It's amazing to identify "greatness" just sitting on a couch. The kind of greatness that breaks the 1.1 cyclopower barrier: 450 watts. That's the Tour for you. I'll skip

over other scientific considerations, which rely on knowledge of human physiology, like maximum VO₂, the endurance index, assorted biology, and so forth. Now you can say you actually witnessed "mutant"-level doping. Because it's back! Which means from now on, abnormal is the new normal. ♦



codenames for the time being. When riders pass a col, we can identify systematic doping. How? Consider: 40 racers passed the col d'Aspin in 2004 at 1.05 cyclopower (CP), a level we've identified as "miraculous". At the Giro d'Italia, the warm-up contest that



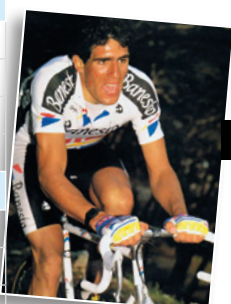


1982 to 1990 (Hinault-LeMond-Fignon)

Year	PODIUM	Average Power	Radars
1982	1 st : HINAULT	388	3
	2 nd : ZOETEMELK	Saint Lary 400	
	3 rd : VAN D. VELDE	Merlette 369	
	MG: VALLET	Alpe d'Huez 395	
1983	1 st : FIGNON	383	4
	2 nd : ARROYO	Peyresourde 323	
	3 rd : WINNEN	Puy de Dôme 402	*
	MG: VAN IMPE	Alpe d'Huez 421	
1984	1 st : FIGNON	409	5
	2 nd : HINAULT	La Ruchère 454	*
	3 rd : LEMOND	Alpe d'Huez 369	
	MG: MILLAR	La Plagne 410	
	Joux Plane 382		
1985	1 st : HINAULT		2
	2 nd : LEMOND	Avoriaz 407	
1986	1 st : LEMOND	381	4
	2 nd : HINAULT	Luz Ardiden 366	
1987	1 st : ROCHE	400	5
	2 nd : DELGADO	Mont Ventoux 412	*
	3 rd : BERNARD	Chalimont 411	
	MG: HERRERA	Alpe d'Huez 398	
1988	1 st : DELGADO	378	2
	2 nd : ROOKS	Alpe d'Huez 378	
	3 rd : PARRA	Luz Ardiden 361	
	MG: ROOKS		
	1 st : LEMOND	408	4
1989	1 st : LEMOND	407	3
	2 nd : FIGNON	Superbagnères 415	
	3 rd : DELGADO	Izoard 412	
	MG: THEUNISSE	Alpe d'Huez 394	
	St Nizier 409		
1990	1 st : LEMOND	407	3
	2 nd : CHIAPUCCI	Le Bettex 407	
	3 rd : BREUKINK	Alpe d'Huez 373	
	MG: CLAVEYROLAT	Millau 445	
Luz-Ardiden 401			

1991 to 1998 (Indurain-Riis-Ullrich-Pantani)

Year	PODIUM	Average Power	Radars
1991	1 st : INDURAIN	371	3
	2 nd : BUGNO	Somport 334	
	3 rd : CHIAPUCCI	Val Louron 359	
1992	1 st : INDURAIN	397	3
	2 nd : CHIAPUCCI	Alpe d'Huez 420	*
	3 rd : BUGNO	Marie Blanque 435	
1993	1 st : INDURAIN	407	4
	2 nd : ROMINGER	Sestrières 372	
	3 rd : JASKULA	Alpe d'Huez 383	
	MG: ROMINGER	Galibier 395	Alt +4%
	Isola 2000 390		
1994	1 st : INDURAIN	435	6
	2 nd : UGRUMOV	Pal 415	
	3 rd : PANTANI	St Lary 427	
	MG: VIRENQUE	Hautacam 470	*
	Luz Ardiden 415		
	Mont Ventoux 424		
	Alpe d'Huez 423		
Val Thorens 442	Alt+5%		
1995	1 st : INDURAIN	455	3
	2 nd : ZULLE	Avoriaz 433	*
	3 rd : RIIS	La Plagne 448	
	MG: VIRENQUE	Alpe d'Huez 448	
1996	1 st : RIIS	449	4
	2 nd : ULLRICH	Guzet Neige 470	
	3 rd : VIRENQUE	Les Arcs 410	
	MG: VIRENQUE	Val d'Isère 456	*
	Sestrières 450	*	
1997	1 st : ULLRICH	441	6
	2 nd : VIRENQUE	Hautacam 479	*
	3 rd : PANTANI	Azet 416	
	MG: VIRENQUE	Arcalis 474	
	Chaubouret 494	*	
	Alpe d'Huez 455	*	
1998	1 st : PANTANI	446	4
	2 nd : ULLRICH	Courchevel 374	
	3 rd : JULICH	Joux Plane 433	
	MG: RINERO	Peyresourde 450	
	Beille 437		
Deux Alpes 450			
Madeleine 446			



Radars and colors	Description
*	Hillclimb or against the clock
**	Long raid

In the list, performances with two stars are in red, even though the watts peak at 395 (e.g. Landis 2006, Joux Plane). On the other hand, some only have one star and are in orange, even though they exceed 450 watts (e.g. Armstrong 2004, Alpe d'Huez). The explanation for ascribing these colors can be found on pages 13 and 14. Even if the radars correspond to the category "Memorable Attacks" or "Race to the Top and Time Trial" the total wattage possible is not the same as on a col at the end of a long stage. The colors still convey the nature of the feat: suspicious, miraculous, or mutant. The majority of analyzed performances focus on major cols at the end of a stage. But we also included attacks and time trials or races to the top in the 21 profiles and then ascribed the appropriate colors.





1999 to 2005 (Lance Armstrong)

Year	PODIUM	Average Power	Radars
1999	1 st : ARMSTRONG 2 nd : ZULLE 3 rd : ESCARTIN MG: VIRENQUE	406	4
		Sestrières 420	
		Alpe d'Huez 407	
		Piau Engaly 385	
		Soulor 412	
2000	1 st : ARMSTRONG 2 nd : ULLRICH 3 rd : BELOKI MG: BOTERO	428	5
		Hautacam 455	
		Mont Ventoux 414	
		Izoard 437	Alt + 4%
		Courchevel 428	
2001	1 st : ARMSTRONG 2 nd : ULLRICH 3 rd : BELOKI MG: JALABERT	438	5
		Alpe d'Huez 450	
		Chamrousse 440	*
		Bonascre 455	
		St Lary 436	
2002	1 st : ARMSTRONG 2 nd : BELOKI 3 rd : RUMSAS MG: JALABERT	417	6
		Luz Ardiden 410	
		La Mongie 432	
		Beille 413	
		Mont Ventoux 415	
		Deux Alpes 430	
2003	1 st : ARMSTRONG 2 nd : ULLRICH 3 rd : VINOKOUROV MG: VIRENQUE	432	5
		Ramaz 419	
		Alpe d'Huez 407	
		Bonascre 445	
		Peyresourde 443	
2004	1 st : ARMSTRONG 2 nd : KLODEN 3 rd : BASSO MG: VIRENQUE	438	5
		Luz Ardiden 446	
		La Mongie 462	
		Beille 416	
		Chalimont 392	
2005	1 st : ARMSTRONG 2 nd : BASSO 3 rd : ULLRICH MG: RASMUSSEN	425	5
		Croix-Fry 416	
		Courchevel 435	
		Galibier 390	Alt +4%
		Bonascre 453	
		St Lary 423	
		Aubisque 425	



2006 to 2013 (Landis-Contador-Evans)

Year	PODIUM	Average Power	Radars
2006	1 st : LANDIS 2 nd : PEREIRO 3 rd : KLODEN MG: RASMUSSEN	395	5
		Marie Blanche 390	
		Pla de Beret 420	
		Alpe d'Huez 440	
		La Toussuire 330	
2007	1 st : CONTADOR 2 nd : EVANS 3 rd : LEIPHEIMER MG: SOLER	395	**
		Joux Plane	
		423	5
		Colombiere 419	
		Galibier 410	Alt + 4%
2008	1 st : SASTRE 2 nd : EVANS 3 rd : KHOL MG: SASTRE	415	5
		Beille 431	
		Peyresourde 436	
		Aubisque 419	
		Aspin 414	
2009	1 st : CONTADOR 2 nd : SCHLECK. A 3 rd : ARMSTRONG MG: PELIZOTTI	415	5
		Prato Nevoso 423	
		Bonette 400	
		Alpe d'Huez 430	
		439	5
		Arcalis 430	
2010	1 st : CONTADOR 2 nd : SCHLECK. A 3 rd : MENCHOV MG: CHARTEAU	439	*
		Verbier 491	
		P.STBernard 431	
		Colombiere 431	
		Ventoux 413	
2011	1 st : EVANS 2 nd : SCHLECK. A 3 rd : SCHLECK. F MG: S.SANCHEZ	417	5
		Avoriaz 415	
		Madeleine 394	
		Bonascre 432	
2012	1 st : WIGGINS 2 nd : FROOME 3 rd : NIBALI MG: ?	412	4
		Tourmalet 431	
		406	4
		Luz Ardiden 413	
		Beille 405	
2013	2 nd : ? 3 rd : ? MG: ?	415	3
		Galibier 410	Alt +6%
		Alpe d'Huez 397	
		La Toussuire 400	
		Peyresourde O 417	
		Peyresourde E 429	
		?	?
		?	?
		?	?
		?	?
		?	?
		?	?



SUSPICIOUS

MIRACULOUS

MUTANT

WADA Director General

DAVID HOWMAN

“I said in 2010 when the Armstrong enquiry started that we would still be talking about Armstrong in 2016.”



David Howman is the Director General of WADA and the cornerstone of the agency’s active fight against doping in sport. In an interview conducted on March 8th, David re-iterates WADA’s continued willingness to assist an apparently unwilling UCI in the wake of the Lance Armstrong affair.

“We are happy to help,” says WADA Director General, David Howman. “We are the international, independent body responsible for doping and anti-doping in the world and so when it comes to matters relating to doping in cycling we’ve got both independence and expertise to offer.”

And there, in two short sentences, Howman nails it. Ever since the USADA report brought the Lance Armstrong affair and Omerta to a global audience rather than just the cycling fraternity, WADA’s support and help has been available but rejected and cycling’s governing body has continued to preside over the slow strangulation of the sport. The UCI and its much maligned President, Pat McQuaid, have rejected an independent review of its own activities during the Armstrong scandal and the efficiency and transparency of its anti-doping procedures, blaming just about everyone else in the process.

The relationship between the UCI and WADA plunged into new depths in January, when the UCI’s ‘independent’ commission was swiftly disbanded. The UCI blamed WADA (and USADA) for the decision because they “refused to co-operate.”

The fact that WADA had merely questioned the true independence of an independent review panel whose guidelines had been provided by the UCI itself, appeared to be lost on the UCI hierarchy. And when WADA, USADA and the pressure group, Change Cycling Now challenged the commission’s terms of reference, the UCI refused to allow the ‘independent’ commission to re-evaluate them independently and responded by shutting the stable door BEFORE the horse could bolt.


Since then, says Howman, WADA has regularly stated its objectives, reminded everyone of its independence and offered assistance. He says: “All we’re doing is suggesting a decent and proper solution.”

“But if they feel it’s unacceptable, well that’s their decision. I’ve had 30 years at the bar as a barrister and I’ve been involved in a number of commissions of enquiry and investigation both in my country and internationally and they’re not difficult. You just have to make sure the commission has the appropriate authority and ability. There doesn’t have to be court hearings, they can be conducted in such a way that the evidence is gathered and put into a report. That’s something that could be done if people sat down sensibly and worked it through.”

WADA is, of course, an organisation with a code of conduct that is adopted across all sports, not just cycling. It is not responsible for cycling’s problems or for singularly finding its solutions, but evidence of WADA’s importance to the process of restoring cycling’s integrity is fairly obvious. On its own website, the World Anti-Doping Code is introduced with the words: One of the most significant achievements in the fight against doping in sport to date has been the drafting, acceptance and implementation of a harmonised set of anti-doping rules.

It’s a position, that confirms a mandate from world sport but the UCI is determined to continue with its own, isolated process of denial.

Howman says: “Over the years we’ve had individuals from the cycling world saying that Armstrong was not a doper, that he had never doped or would never dope and all those sorts of expressions. And I haven’t heard or seen any sign of contrition or any movement away from the stance since the USADA report was tabled.



“There’s been a huge amount of criticism and defamatory comment made about Travis Tygart and several others, including me. There’s been no apology or any acceptance of the situation that was reasonably obvious to outsiders. ”

So what happens now? With calls for Pat McQuaid and the former (now Honorary for Life) President Hein Verbruggen to resign and allow cycling to pursue a fresh start, Howman’s stops short of adding his, or WADA’s, weight to the argument. But there are some clues.

“That’s for the cycling people to decide,” he says. “But if you look at the doping history it’s not great. We were formed as a result of the Festina debacle in 1998. If you read descriptions of that and you don’t know the date that it was written, you would think it was written in 2013. You can only say now is an opportunity for the culture in the sport to alter significantly and those responsible for the sport are those responsible for changing the culture. That’s up to them and I don’t think it’s for us to comment on.

“What we can do as WADA, is put the systems in place if they want our help.

“The cycling world has to look at world opinion and decide for itself what they make of those at the helm. It’s entirely their prerogative. What the punter in the street wants is total transparency, full acknowledgement of the whole situation, including the fact they were wrong about Armstrong and the fact they wrongly castigated USADA. Then you can start. ”

So it’s not exactly a cosy relationship. The UCI’s closure of the independent commission in favour of a truth and reconciliation process it now proposes to run itself, suggested to many that the stable door was having a couple of extra bolts fitted. The propaganda war then took another turn when the UCI published a private e-mail exchange between Pat McQuaid and WADA President John Fahey, intended - apparently - to prove that WADA wasn’t interested in a Truth and Reconciliation process.

“My President has been at pains to point out we’d be happy to be engaged in an appropriate fashion but that just hasn’t happened,” says Howman.


“If you’re going to do this sort of work you’ve got to rise above slanging matches and get on with the real substance of what we’re about. I’m not frustrated with the UCI’s position, but I think I’m disappointed that the possibility of doing something that would’ve been good for the sport has been lost. That disappointment is extended because we were never consulted from the get-go and that’s something I can’t fathom.”

So as the UCI procrastinate, the weeks tick by towards the UCI’s next presidential election and cycling suffers ‘death by a thousand cuts’. The drip feed of admissions paints an ever more garish picture of how cycling has failed to staunch the flow. Armstrong was merely the obvious and publicly visible tip of a very deep iceberg.


“From our perspective life goes on as normal,” says Howman. “There are lot of separate enquiries going on. We’re getting close to 30 people who have come forward and acknowledged they’ve been doping over the years and they’re doing that to national agencies or government based ones rather than cycling federations. If a federation doesn’t pick up the issue then it’s done at national level.

“From time to time, there have been good examples of significant advances made in cycling but as soon as the Armstrong investigation came along and the UCI started criticising USADA it took on a different hue. We were thrown into a situation where a federation was castigating a national agency which was doing a superb job and was doing it under our code. Obviously we support what was being done under the code and we got in the middle of a firing match, on both an agency level and on a personal level. That’s very regrettable.”

“So WADA’s work goes on as cycling tussles with itself.”



**SKINS.
SUPPLIER
OF THE MOST EFFECTIVE LEGAL
PERFORMANCE ENHANCER
ON THE TOUR.**



“We can do things under the current code, but we can't go as far as a full amnesty because the code doesn't allow it so it needs to be a qualified immunity. What we also need is for those who are not athletes to come forward. Members of teams or members of national or international federations must feel free to give information to an enquiry so they're not putting their own futures in jeopardy. There are clauses in employment contracts that would need to be superseded by the need to deal with the truth and for that it's a qualified immunity rather than a full amnesty and that's what needs to be granted by a commission.

“But the substance of what's happened will still come out and people will see for themselves. If you look at Armstrong and how USADA went about their work, then it can be done again. There's the Johan Bruyneel case to go through yet. He's called for a hearing so there could be a lot of information to come out of that which could even be stronger than what's out there today.”

So WADA's work goes on as cycling tussles with itself.

“We're suggesting to all the national anti-doping agencies that they follow USADA and look at the issues they've got and do the same sort of thing,” says Howman. “They should offer qualified immunity on the basis of substantial assistance in accordance with the code and we will help with that. In fact, we already have. There've been enquiries in Holland and Denmark and they've provided information that will lead to more. So it will happen despite any resistance because that's the way the world works. We'll still be having this discussion in two years time because that's how long it will take but if there's an opportunity to do it quicker, it ought to be seized.”

So as inertia continues to prop up Omerta, does Howman feel that WADA are simply banging their heads against the UCI's locked stable door?

“We'll its the same door that could've been opened last year! We were never contacted, let alone asked for an expert view. Basically, we were put in the reject bin.

“I said in 2010 when the Armstrong enquiry started that we'd still be talking about Armstrong in 2016. I don't see any reason to deviate from that because of the case itself and because of an approach that has never changed. There are only a couple of things that can come along and alter that - and none of them are in our court.”

Since its foundation in 1999, WADA (the World Anti Doping Agency) has unified countries across the globe in the fight against doping in sport. It is an organisation that is funded equally by the sports movement itself through the IOC and governments of the world and its monitoring of the World Anti-Doping Code is supplemented by scientific research and education programmes.

Crucially, WADA needs to remain an independent organisation. It must be free from interference from International Federations, the IOC or any of the governments that fund it. The financial stakeholders must invest in WADA because they, too must be committed to the war on drugs. The message this should send is a strong one and WADA does an incredible job in maximising its income, but much more can be done. For a global operation that sees WADA collaborate and harmonise, regulate and unify, \$26million is a drop in the ocean and more support and autonomy is needed if it is to be even more effective.

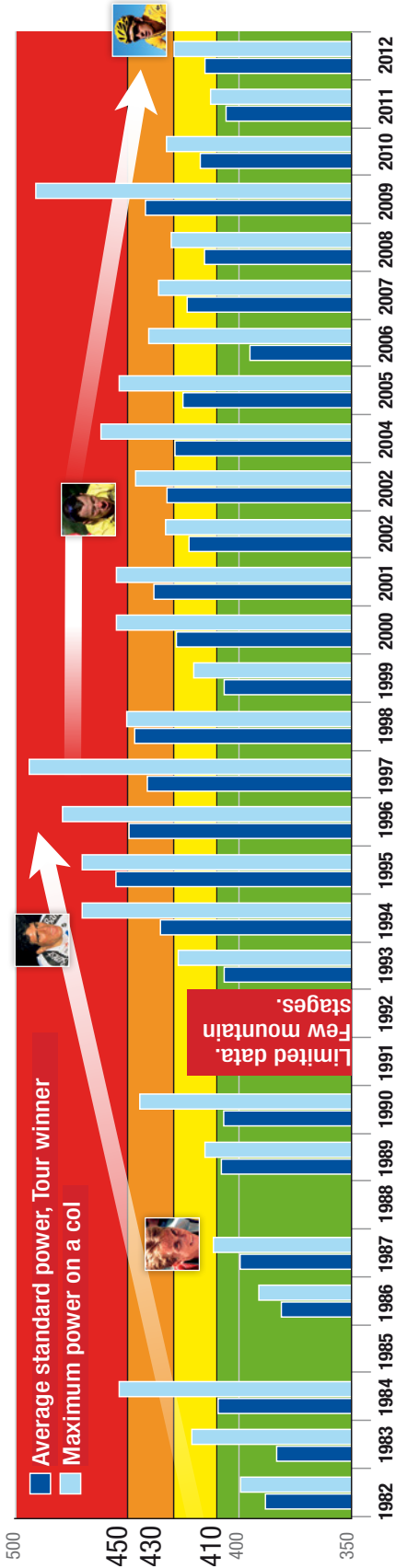
The key is to achieve that without a change to the existing ethos. Additional funding must be in exchange for continued independence and efficiency, not corporate management and institutional manipulation.

If we are serious, it is the only way.



Jaimie Fuller
SKINS Chairman

The Ages of Doping



Pre-EPO. Anabolic and corticosteroids. 1982-1990.

1991-1992

Golden Age of EPO & Co. 1993-1998

Armstrong Doping/Blood Products/EPO/Transfusions. 1999-2009.

Assorted. 2010-2012

SCANDALS	Pollentier (78)	Delgado (88)		PDM (91)	50% haematob	'Festina TVM, Blitz Italien', 'Rumsas. Oil for Drug-Cofidis, Puerto, Humanplasma	Contador Landis	Armstrong
ANTIDOPING					Donati (97)	'Cortico. SMLC- Détection EPO, 'Hamilton JO autotransfusion, 'Pasport biologique. HGW		
AGE AVERAGE		397 W		?	438 W		423 W	413 W
AGE MAXIMUM		454 W		?	494 W		491 W	432 W

1990's Superpowerfuls

Power	1994	1995	1996	1997	1998	1999
455 watts		Indurain				
450 watts	Pantani		Riis			
445 watts					Pantani	
440 watts			Rominger	Ullrich		
			Ullrich			
			Jalabert			
			Leblanc			
435 watts	Indurain	Zulle, Riis	Olano	Pantani		
430 watts	Virenque	Gotti	Luitenberger			
			Escartin			
425 watts	Leblanc		Indurain	Virenque		
			Duflaux			
			Ugrumov			
420 watts	Ugrumov	Virenque			Julich	
					Boogert	
415 watts		Chiappucci		Casagrande	Ullrich	
		Escartin		Riis		
		Jalabert				
410 watts						

2000-2005 Superpowerfuls

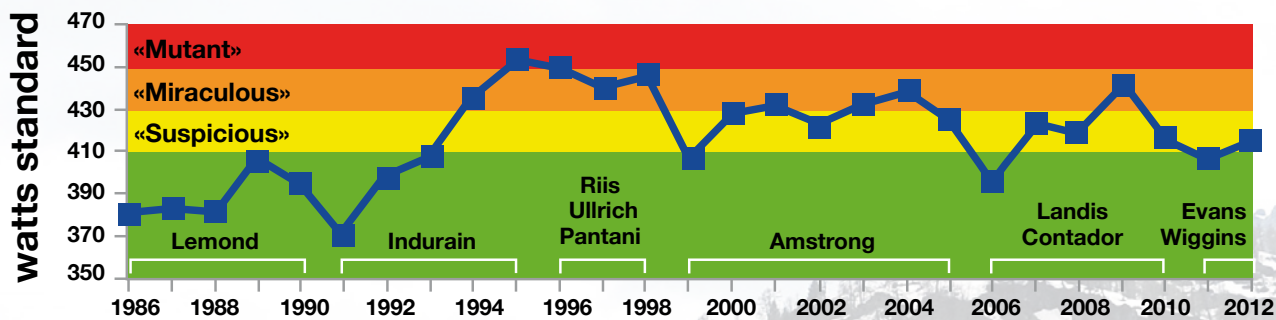
Power	2000	2001	2002	2003	2004	2005
440 watts		Armstrong				
435 watts						
430 watts	Armstrong			Armstrong	Armstrong	
				Basso		
				Vino		
425 watts		Ullrich		Mayo	Kloden	Armstrong
				Ullrich	Basso	
420 watts				Zubeldia		Basso
				Moreau		Rasmussen
						Mancebo
415 watts	Heras		Armstrong		Totchnig	Leipheimer
	Ullrich				Mancebo	Ullrich
	Virenque					
	Moreau					
410 watts				Beloki	Sastre	
					Azevedo	
					Ullrich	

2006-today Superpowerfuls

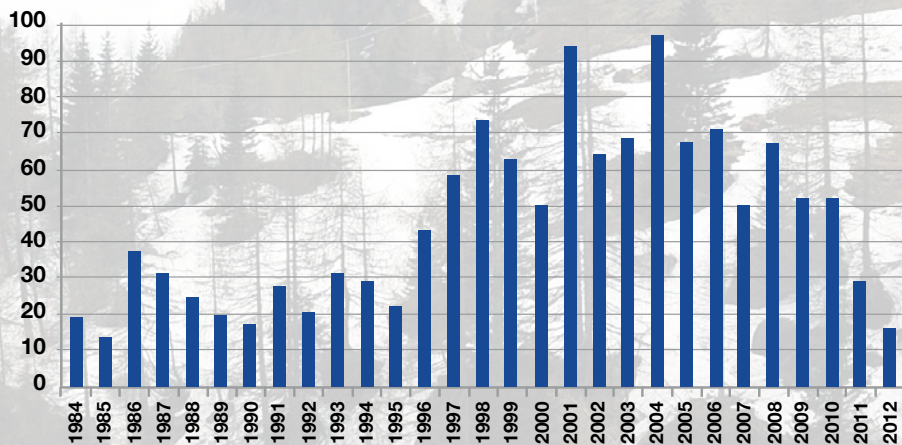
Power	2006	2007	2008	2009	2010	2011	2012
440 watts				Contador			
435 watts				A. Schleck			
430 watts				F. Schleck			
				Nibali			
425 watts		Rasmussen		Armstrong			
		Contador		Wiggins			
420 watts				Kloden			
415 watts	Sastre	Leipheimer, Soler	Sastre				Wiggins
					Schleck		Roome
							Nibali
410 watts		Evans	Kohl		Sanchez		Vdbroecke
			F. Schleck		Menchov		
					Gesink		



Tour de France winners' average standard power on col radars from 1986 to 2012



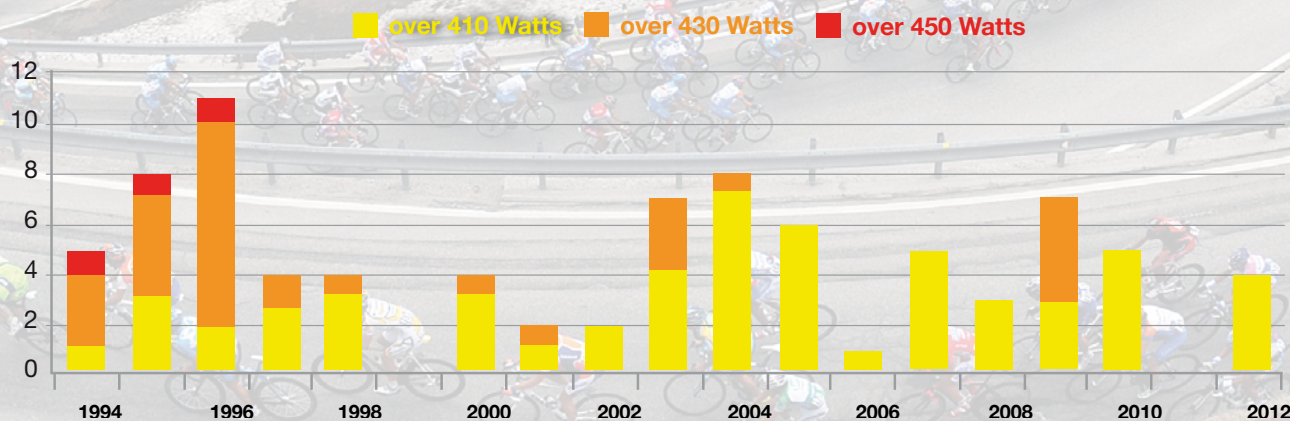
Number of doping cases per year Professional riders from 1984 to 2012



Number of doping instances recorded in the doping almanac published by www.cyclisme-dopage.com.

Are taken into account: all instances of doping having led to sanctions or rider admission, but also instances in which a rider escaped sanctions, as was the case with Lance Armstrong in 1999, when he tested positive for cortico-steroids. Beyond the specific numbers, the sheer scale of the trend is what stands out. And just as with crime numbers, it's worth keeping in mind that the chart reveals in equal parts enforcement activity (antidoping efforts) and doping activity. Several years are sometimes necessary to identify cheats.

Number of riders with averages above **410 WATTS** as clocked by Tour de France col radars from 1994 to 2012



Radars set according to race conditions, location within the stage and effort length.

We placed our radars at the following thresholds: "Suspicious" at 410 watts standard, "Miraculous" at 430 watts, and "Mutant" at 450 watts. They apply to efforts on the last col, after a more than 20 minute climb, during a mountain stage lasting more than 5 hours. But we placed other radars as well: for "hill races" with a single col or col time trials, as well as those dealing with breakaways. In each case, the watts threshold differs. Three years spent in the Festina doping "lab" witnessing its influences on on-the-road performance, on physical capacity (e.g. max V02) served to establish these thresholds. Few scientific studies exist on the effects of doping at different levels (product quantity AND quality), theoretically because of the health hazards they represent. The few that have been performed, confirm

the validity of our thresholds. Doped racers are the best "experts" and "labs" (EPO, anabolic steroids, growth hormones, corticosteroids, weight-loss products). Many have now admitted to using PED's. They have supplied computer files demonstrating the incredible effectiveness of doping products on performance, as well as on the power/weight ratio at both the physiological, psychological, and even technical levels. As a result, our radars have been set according to the great "wattage performances" accomplished by the most famous riders in terms of training at the following levels: 13% for suspicious, 9% for miraculous, 5% for mutant. In addition to the wattage increase, both in time trials and climbs, it should be noted that thanks to PED's, improved performance is generally sustained 50% longer.

Example: Whereas an undoped rider can exert 410 watts of power for 15 minutes, given thorough doping, the same rider can achieve 451 mutant watts for 30 minutes. These thresholds are generous. In 1999, even in spite of his EPO doping, Lance Armstrong did not show up on some of our radars. He did not need to exert that many watts to win. But he could have. That year, his mutant "opponents" (Ullrich, Pantani etc.) failed to show, in all likelihood, fearing the police in the wake of the 1998 "Festina" Tour. This scandal led riders to "refine" their doping, to change their protocols by incorporating other undetectable methods. But not undetectable to performance radars...

* Effects of erythropoietin administration in training athletes and possible indirect detection in doping control. Med Sci Sport Exerc 1999. Audran M, Gareau R, Matecki S. (+ 9% V02 max) * Prolonged administration of recombinant human erythropoietin increases submaximal performance more than maximal aerobic capacity: <http://link.springer.com/article/10.1007/s00421-007-0522-8>. * Lien : <http://www.sportsscintists.com/2007/11/effect-of-epo-on-performance-who.html> .(+ 13% de

puissance) /. * Effect of rhEPO administration on serum levels of sTfr and cycling performance. Med Sci Sport Exerc 2000. Birekeland KI, Stray-Gundersen J, Hemmersbach P. (+ 7% V02max en un mois) . * Lien : <http://miketnelson.blogspot.fr/2008/07/does-epo-enhance-performance.html>. *Runner's World. 2013. Amby Burfoot. (6% de gain en prf chrono). <http://www.runnersworld.com/race-training/study-epo-effective-long-lasting>

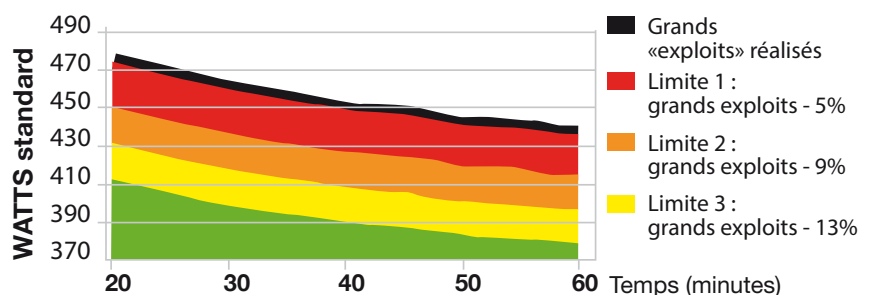
Great performances on final cols (> 20 mins) on long mountain stages



RIDER	YEAR	COL	WATTS standar	Time
Pantani	1994	Alpe d'Huez	461	0:37:15
Indurain	1995	La Plagne	448	0:45:40
Pantani	1995	Alpe d'Huez	468	0:36:50
Ullrich	1997	Arcalis	474	0:22:55
Pantani	1997	Joux Plane	447	0:32:55
Pantani	1998	Monte Campione	458	0:47:35
Pantani	1998	Beille	437	0:43:30
Ullrich	1998	Madeleine	446	0:52:50
Armstrong	2000	Hautacam	455	0:36:25
Armstrong	2001	Alpe d'Huez	450	0:38:00
Armstrong	2003	Luz Ardiden	446	0:35:33
Armstrong	2004	La Mongie	462	0:23:15

Effort Duration (mins)	"Feat" achieved	Limit 1 : feat - 5%	Limit 2 : feat - 9%	Limit 3 : feat - 13%
20	473	449	430	411
25	465	441	423	404
30	458	435	416	398
35	453	430	412	394
40	448	425	407	389
45	445	422	404	387
50	440	418	400	382
55	438	416	398	381
60	435	413	395	378

Suggested Limits for final cols of long mountain stages (> 20 min)



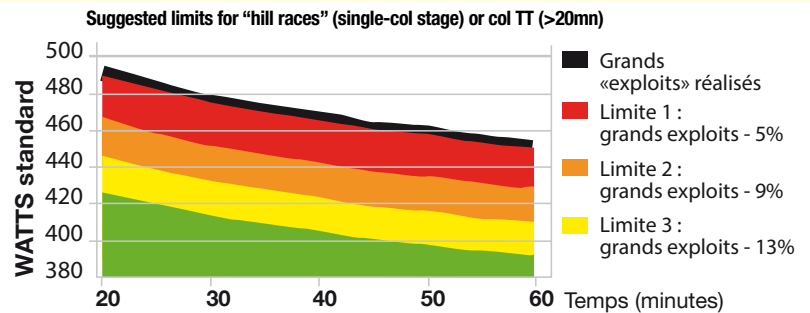


RADARS
Time Trial

Great performances during single-col stages or during time-trials with cols (> 20 mn)

RIDER	YEAR	COL	WATTS standar	Time
Indurain	1994	Hautacam	470	0:35:26
Pantani	1995	Flumserberg	483	0:25:00
Berzin	1996	Val d'Isère CLM	448	0:52:00
Riis	1996	Hautacam	479	0:34:35
Pantani	1997	Alpe d'Huez	466	0:36:55
Jalabert	1997	Lagos de Covadonga	478	0:24:29
Pantani	1998	Piancavallo	489	0:35:21
Pantani	1999	Oropa	477	0:23:12
Pantani	1999	Madona di Campiglio	490	0:20:00
Armstrong	2004	Alpe d'Huez CLM	456	0:37:36
Basso	2006	Monte Bondone	461	0:46:15
Contador	2009	Verbier	491	0:20:55

Effort Duration (mins)	"Feat" achieved	Limit 1 : feat - 5%	Limit 2 : feat - 9%	Limit 3 : feat - 13%
20	490	465	445	426
25	482	457	438	419
30	475	451	432	413
35	470	446	427	408
40	465	441	423	404
45	460	437	418	400
50	457	434	415	397
55	453	430	412	394
60	450	427	409	391

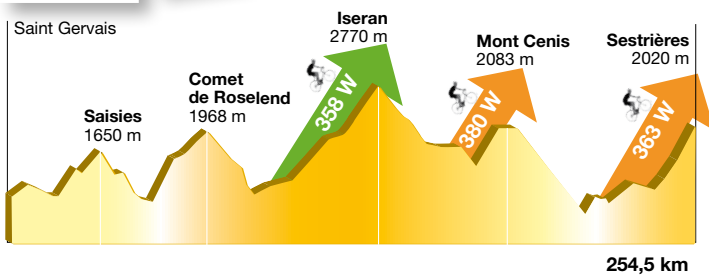


RADARS
break out solo

Riders break out solo then maintain between 360 and 410 watts over several cols with no visible fatigue! Such performances are as absurd as a final col at the end of a stage at 450 watts. These breakaways are hence labeled with the appropriate "Radar" color. They often lead to a best climber jersey. They are often achieved after a day of "rest" during which injections "feed" muscles. They help riders "crank it out" for over six hours past four cols, at upwards of 400 watts, without any excess "effort". Here, we analyze 6 "great" breakaways.



Chiappucci 1992

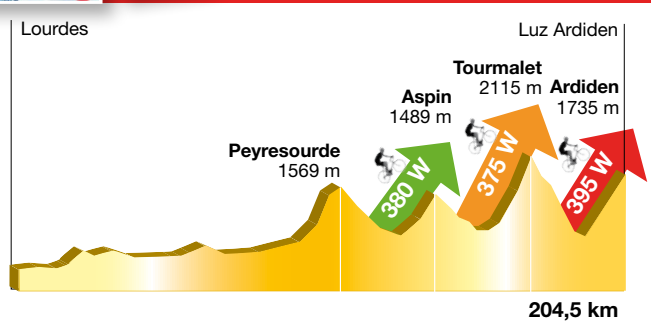


Raid CHIAPPUCCI	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 1992	Cormet Roselend	X			X
Team Carrera Jeans	Iseran	336	5,17	358	0:23:22
SESTRIERES. 1st	Mont Cenis	355	5,46	380	0:28:00
	Sestrières	340	5,23	363	0:27:07

Chiappucci Passes Iseran summit alone in the lead, with 2'23" lead ahead of the Virenque group and 3'45" on the Tour favorites (clocked at end of col). He is alone at Mont Cenis summit with 3'30" lead ahead of Indurain and Bugno, who are counter-attacking. He takes stage after riding solo over 125 km from Iseran.



Virenque 1994

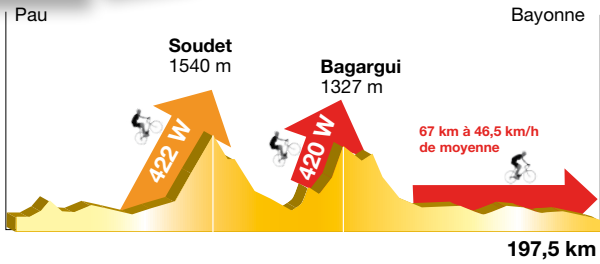


Raid VIRENQUE	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 1994	Peyresourde	X			X
Team Festina	Aspin	363	5,58	380	0:33:30
LUZ ARDIDEN. 1st	Tourmalet	357	5,49	375	0:42:35

Virenque Attacks on col de Peyresourde. Takes lead at Aspin summit, just ahead of his breakaway group. He is alone at Tourmalet summit, with 5'50" leads on Pantani, who is counter-attacking. He shakes off Pantani during climb to Luz Ardiden and maintains a lead of over 4'.



Hamilton 2003



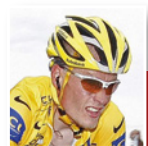
Raid HAMILTON	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 2003	Soudet	380	6,13	422	0:40:00
	Bagargui	378	6,1	420	0:28:11
Team US Postal BAYONNE. 1st					

Hamilton takes off by himself on climb to Bagargui. Finishes solo: 67.5 km in 1 hr 27min at 46.5 km/h.

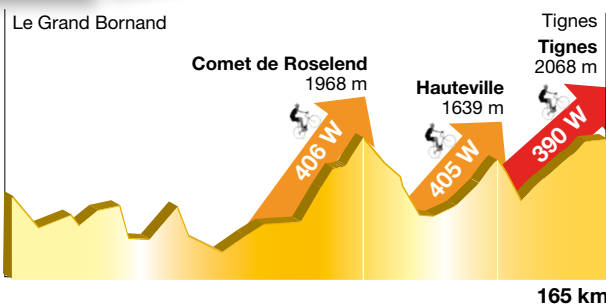
In his book, "The Secret Race", Hamilton shares the BEFORE & AFTER of EPO and Testosterone doping.

	Weight - % body fat	Time, Col Madone	Hémato-Hemoglo	WATTS/kilo	Standard Watts
Before EPO+TESTO (30/03/2000)	63.5 kg- 5.9 %	36mn03s	HR : 43 - H 14.1	5.84 w/kg	400 WATTS
After Doping (31/05/2000)	60.8 kg 3.8%	32mn32s	HR : 50- H 16.4	6.45 w/kg	440 WATTS
Improvement	-4,25%	- 10%	+16% - +16%	+ 10,5%	+10%

Record times on col de la Madone: Lance Armstrong 30'47" in 1999, Tony Rominger 31'25" in 1994



Rasmussen 2007

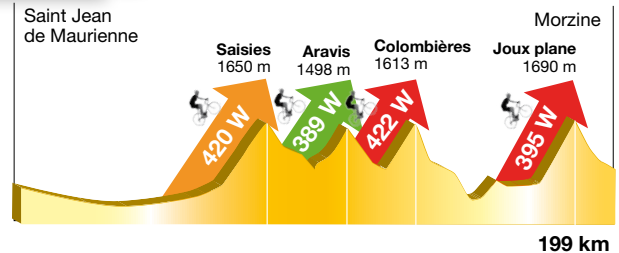


Raid RASMUSSEN	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 2007	Cornet Roselend	353	5,98	406	0:33:00
	Hauteville	353	5,98	405	0:34:21
Team Rabobank TIGNES. 1st	Tignes (barrage)	340	5,76	390	0:31:26
	Tignes (fin)	340	5,76	390	0:12:16

Rasmussen Leads counter-attack and gains 2'55" on favorite just on the climb to col de Meraillet, before Roselend. Catches up to the morning breakaway before the summit. The peloton is 5' behind. Continues at more than 400 standard watts. Only Colom and Arroyo are able to keep up. 6'15" ahead of peloton at Hauteville summit. Goes it alone on climb to Val d'Isère. Headwind. He wins the stage with 2'47" lead on Mayo, who'd gone on counter-attack.



Landis 2006

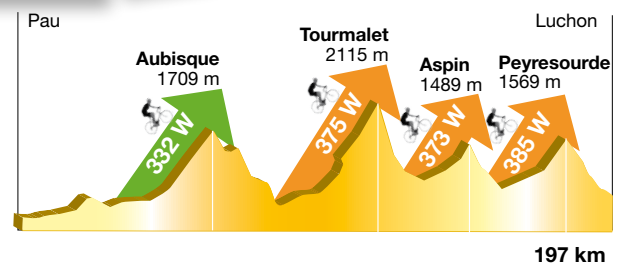


Raid LANDIS	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 2006	Les Saisies	407	5,99	420	0:36:30
	Aravis	378	5,56	389	0:16:49
Team Phonak MORZINE. 1st	Colombière	409	6,01	422	0:27:43
	Joux Plane	384	5,65	395	0:36:57

Landis Attacks 130 km from the finish line. His teammates lead the way at a remarkable pace. Landis accelerates for 11' at 460 standard watts on the first part of the Saisies! He rides solo and catches up to the morning breakaway. He opens a bigger lead on the peloton: 4'30" at the Aravis summit. Patrice Halgand is the only one still ahead. At the Colombière summit, Landis has an 8'30" lead on the peloton, which is headed up by Pereiro's (the yellow jersey) teammates. He is alone out front. Landis maintains a high speed all the way to the finish line. He stays 5 minutes ahead of Sastre, who tried to catch up starting at Morzine.



Voeckler 2012



Raid VOECKLER	Cols	Actual Power	W/KG	Power, 78 kg Standard	Time
Tour de France 2012	Aubisque	316	4,79	332	0:43:38
	Tourmalet	357	5,41	375	0:55:46
Team Europcar LUCHON. 1st	Aspin	355	5,38	373	0:15:28
	Peyresourde	366	5,55	385	00:26:21

Part of the morning breakaway, Voeckler accelerates in the second half of the climb to Tourmalet, Brice Feuillu barely manages to keep up. He keeps a solid pace on the way to Aspin with Feuillu. He goes it alone at Peyresourde and takes stage at Luchon. 1'28" ahead of Sorensen at the summit.

Editorial

Stéphane Mandard,
head of the Sports Desk of Le Monde.

The legend, put to the watts test



"We didn't know", "we had no evidence"...
Following the revelation of the Armstrong scandal, most of the Tour de France followers opted to use the ostrich defense rather than take some of the media's responsibility in

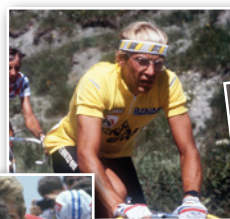
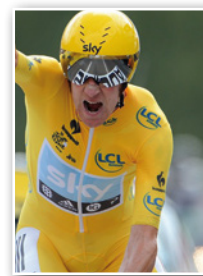
the creation of a legend, which shattered with the publication of the US Anti-doping Agency's report. During the American's long reign, Le Monde often felt very alone in questioning this quaint fairy tale.

The journalist's responsibility is not to tell stories which entertain, but to ascertain their exactitude using his/her own skills. The "sports" journalist, who is not – yet, at least – able to administer doping tests after a stage finish or to perform searches of riders' rooms, still holds one powerful weapon: his/her capacity to astonish, and to call into question.

In the face of the triumphs and repeated feats since the famous "Tour Reborn", as it was dubbed in 1999 after the Festina scandal, one indicator remains particularly useful in identifying the scale of the hoax: power generated – in watts – by the road warriors of the Tour on their way up the different cols. It is the reason why, since 1999, Le Monde has worked with Antoine Vayer and has had him examine the peloton's performances. This 100th edition will be no different. After each of the 2013 Tour's mountain stages, we will publish the results of the radars installed by Antoine Vayer and his partner Frédéric Portoleau. The last few years, a number of riders were clocked well over the speed limit. But they weren't all caught by the highway patrol. It's a shame the International Cycling Union chooses not to use this method of calculation to prove doping indirectly. Then again, it's hardly compatible with the mythology of the Tour.

21 Riders:

- 19** Greg LeMond (winner Tour 86, 89, 90)
- 24** Thomas Voeckler (4th Tour 2011)
- 28** Bernard Hinault (winner Tour 78, 79, 81, 82, 85)
- 32** Laurent Fignon (winner Tour 83, 84)
- 38** Cadel Evans (winner Tour 2011)
- 42** Christophe Moreau (4th Tour 2000)
- 46** Richard Virenque
- 52** Bradley Wiggins (winner Tour 2012)
- 56** Christopher Froome (2th Tour 2012)
- 60** Alejandro Valverde (6th Tour 2007)
- 66** Laurent Jalabert (4th Tour 95)
- 70** Andy Schleck (2th Tour 2009 and winner 2010)
- 76** Alexander Vinokourov (3th Tour 2003)
- 82** Floyd Landis ("winner" Tour 2006)
- 86** Ivan Basso (2th Tour 2004, 2005)
- 90** Lance Armstrong (winner Tour en 99, 2000, 2001, 2002, 2003, 2004 et 2005)
- 98** Alberto Contador (winner Tour 2007, 2009, 2010)
- 102** Miguel Indurain (winner Tour 91, 92, 93, 94, 95)
- 108** Jan Ullrich (winner Tour 97)
- 112** Bjarne Riis (winner Tour 96)
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Not Normal?

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En cours



Greg LEMOND	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 1984 3rd - 23 years old	La Ruchère TT. Gives up 1'54» to Fignon	407	5.99	425	00:28:19	1
	Alpe d'Huez	X				3
	La Plagne. Loses 1' to Fignon	384	5.65	398	00:47:08	3
	Joux Plane. Clocked on end of col.	365	5.37	382	00:18:20	5
	Crans Montana. Clocked over 9 kms.	403	5.93	417	00:25:50	2
	Average	390	5.7	406	00:29:54	
Tour de France 1985 2nd - 24 years old	Avoriaz. Fast climb chasing Hinault	412	6.06	426	00:28:09	3
	Luz Ardiden. Could have climbed faster: Hinault was leader Automatic pedals and carbon frame starting 1986	365	5.37	378	00:42:40	3
Tour de France 1986 1st - 25 years old 	Marie Blanque. Hinault attacks, as teammate, loses 5'.	376	5.53	390	00:21:11	2
	Superbagnères, 1st. Takes 4' back from Hinault, solo	374	5.5	387	00:28:55	4
	Col de Granon. Breakaway with Zimmerman	376	5.53	391	00:41:10	3
	Alpe d'Huez 2nd. Lets Hinault win, hand-in-hand	336	4.94	354	00:48:00	3
	Average	366	5.4	381	00:34:49	
Tour de France 1989 1st - 28 years old 	Hunting accident in 1987 Cauterets. Short climb, not included	416	6.12	431	00:11:38	2
	Superbagnères. Left behind by Fignon in final km	399	5.87	415	00:29:02	4
	Izoard	398	5.85	412	00:24:25	2
	Alpe d'Huez. Left behind by Fignon 4 km from finish	381	5.6	394	00:43:34	3
	Saint Nizier. Left behind by Fignon 3km from summit	396	5.82	409	00:33:53	1
	Average	394	5.8	408	00:32:44	
Tour de France 1990 1st - 29 years old 	Le Bettex	394	5.79	407	00:22:12	3
	Alpe d'Huez. Breakaway with Delgado	355	5.22	373	00:45:45	3
	Millau Causse Noire. Short climb.	431	6.34	445	00:18:05	1
	Luz Ardiden. Gains time on Chiapucci. Indurain follows him	387	5.69	401	00:39:44	3
	Average	392	5.8	407	00:31:26	
Tour de France 1991 7th - 30 years old	Somport. Group climb, relatively slow	342	5.03	346	00:40:40	2
	Val Louron. Left behind at col d'Aspin. New generation takes power, led by Indurain					5
	Alpe d'Huez. Beaten by Bugno, who beats Huez record	400	5.88	415	00:41:43	3

BEST TOUR DE FRANCE: 1989, 408 watts 80 kg standard

BEST PERFORMANCE: 1990, LUZ ARDIDEN 39'44» at 401 watts 80 kg standard

 **Suspicious**  **Miraculous**  **Mutant**

▶ Greg LeMond won the Tour de France three times at the end of the 1980's. He demonstrated his talent for staged races at a young age, taking the Tour de l'Avenir, then the Dauphiné at age 22. Dominated by Fignon in 1984, then at Bernard Hinault's service in 1985, he only took his first Tour de France in 1986 with 381 watts of average power for an 80 kg standard with cycle. His relatively low average power on final cols, even for that era, can be explained by high energy expenditures before final cols. Bernard Hinault was particularly on the attack that year.

▶ After his hunting accident in 1987, he came back to form to take the Tour de France in 1989 and 1990 with, respectively, 408 and 407 watts on average.

▶ After 1991, LeMond was overtaken by the new generation. In lesser physical condition, he would deliver no more high-level performances.

« The Legend »



▶ **Born June 26th, 1961 in Lakewood, California.**

Starts his sports career as a skier. With money saved, buys his first bicycle in 1975 to stay in shape in the off-season. Rapidly reveals his talent and begins cycling competitively in 1976. Rises quickly and moves to Europe in 1978. Bronze medalist at the junior World Team Time-Trial Championships in 1978. In 1979, bursts on the scene by taking junior US and World Road Cycling Championships in 1979 and the bronze medal at the junior World Team Time-Trial Championships.

▶ Wins Circuit de la Sarthe in 1980, professional race open to amateurs. Attracts attention of

FINISHES ON MAJOR TOURS:

▶ Tour de France : 8 races, 3 wins (1986, 1989, 1990), 2nd in 1985, 3rd in 1984, 7th in 1991, 2 withdrawals (1992, 1994)

▶ Vuelta a España: 1 race, withdrawal in 1983

▶ Giro d'Italia: 6 races, 3rd in 1985, 4th in 1986, 39th in 1989, 105th in 1990, 2 withdrawals (1991, 1992)

« The Legend »



Cyrille Guimard at Ruban Granitier Breton. Signs professional contract with Bernard Hinault's Renault team for 1981 season. Following year, wins Tour de l'Avenir and a silver medal at the World Road Cycling Championships.

- ▶ In 1983, continues meteoric rise, taking Critérium du Dauphiné Libéré (after Pascal Simon's disqualification for doping) then becomes world road champion. His consistency wins him first-

place in Super-Prestige Pernod, a points-based world ranking for the season.

- ▶ First Tour de France in 1984. Finishes third behind teammate Laurent Fignon, while Bernard Hinault moves to La Vie Claire team. First American to finish in the top three.

- ▶ In 1985, signs with La Vie Claire for record sum. Helps Bernard Hinault win the Giro d'Italia while also finishing third. On the Tour de France, holds back in the Pyrenees and helps Bernard Hinault, who wins fifth Tour de France. LeMond finishes second. Hinault promises to return in '86 to help him win.

- ▶ 1986 is LeMond's year of triumph on the Tour de France, ahead of a seemingly ambivalent Hinault. The two riders cross the finish line at Alpe d'Huez hand-in-hand, apparently reconciled. In Paris, becomes the first non-European to win the Tour de France.

- ▶ April 20, 1987, suffers a hunting accident. Riddled with hunting buckshot, his season is over before it starts.

- ▶ Returns in 1988 with PDM team, far from his 1986 level. Wins no races. In 1989 signs with middling ADR team from Belgium. Starts season quietly, in spite of second place in last time-trial on Giro d'Italia. On Tour de France, makes splash in Dinard-Rennes time-trial with triathletes' handlebars. Takes yellow jersey. In next stages, battles ferociously with Laurent Fignon. Takes Tour victory on time-trial between Versailles and the Champs-Élysées, 8 seconds ahead of the Frenchman, the closest finish ever. Concludes season by becoming world road champion once more.

- ▶ In September 1989, signs record new contract worth 5.5 million dollars over three years with French team "Z". Start of season is hampered

by mononucleosis. Nevertheless takes third Tour de France by slowly catching up to the Italian, Claudio Chiappucci, who managed an incredible breakaway with three other riders at the start of the Tour.

- ▶ 1991 is the beginning of the end. Unable to follow the best, he finishes 7th in the Tour de France, which is won by a young Miguel Indurain. In 1992, suffering from exhaustion, he withdraws in the Alps. He does not line up in 1993 and withdraws again in 1994.

- ▶ Hampered by MELAS syndrome, likely due to the onset of lead poisoning from the 35 pieces of lead that stayed in his body after his hunting accident, retires from professional racing at the end of 1994.

- ▶ His career over, becomes a businessman. Focuses on his company "LeMond Bikes", created in 1986.

- ▶ The arrival of another talented American, Lance Armstrong, brings him indirectly back to cycling when in 2001, he openly criticizes his ties to Dr. Michele Ferrari. Armstrong does everything to discredit and silence LeMond. A lawsuit and the pressure from Armstrong is said to cost LeMond upwards of 100,000 dollars a year in legal bills.

- ▶ In 2006, LeMond expresses his disappointment with Floyd Landis, after he tests positive following his victory in the Tour de France. Plays an important role in getting Landis to confess, which will ultimately lead to the fall of Lance Armstrong, now Greg LeMond's sworn enemy.

- ▶ Following Landis and Armstrong's disqualification, Greg LeMond becomes once more the only American to have won the Tour de France. In December 2012, as the head of the "Change Cycling Now" movement, he declares his candidacy for president of the International Cycling Union.

« The Real Story »

Greg LeMond

Greg LeMond arrives in Europe in 1980 at the age of 19. He comes from a country with as yet no cycling culture. He is therefore spared what Pat McQuaid, UCI President, will later qualify as a "culture of doping". He joins Cyrille Guimard and Bernard Hinault's Renault team rather than Peugeot, which had also made him an offer. According to LeMond, he had heard that Peugeot was very laid-back with regards to doping. At the same time, Cyrille Guimard hires another American, Jonathan Boyer, who explains he'll need to "load up" if he wants to succeed.

In 1983, LeMond is declared winner of Dauphiné Libéré Critérium instead of Pascal Simon, who is disqualified for doping. As Dr. De Mondenard underscores, LeMond, considers himself the rightful winner since he considers the Frenchman Simon as a cheater.

In June 1984, LeMond spends a very short night on the Tour de Colombia with his roommate Laurent Fignon, who is high on cocaine and unable to sleep. At the end of the season, LeMond leaves Renault and joins Bernard Hinault's La Vie Claire, headed up by Paul Koechli, famous in the peloton for his strong stance against doping. He wins the 1986 Tour de France with the team. LeMond and Hinault finish the Alpe d'Huez stage hand in hand as the winners. In their prime, Pantani or Armstrong would have left them more than 10 minutes behind on the 13.8 kilometer climb.

In 1989, hampered by his low blood iron levels, he resolves to perform three iron injections during the Giro d'Italia as authorized by antidoping regulations. At the time, LeMond rides for the Belgian ADR team, whose doctor, Yvan Van Mol, is accused of having prescribed steroid and growth hormones during the 90's.

In 1991, LeMond characterizes the change

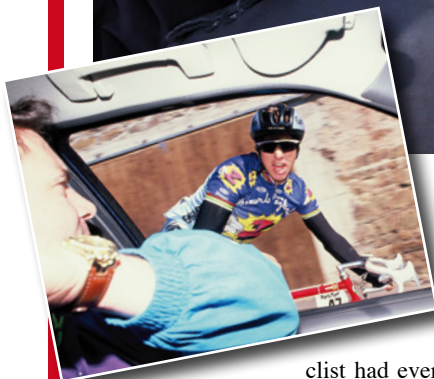
as "obscene". When he arrives in July in full health, he feels unbeatable. He must be rapidly disillusioned. The peloton goes through France at an incredible pace. He doesn't understand. He finishes 7th in Paris, completely drained. EPO has become rampant on the Tour.

In 1993, Greg LeMond's Gan team physician is Dr. Belloccq, an advocate of hormonal readjustment, a method of care which has been relegated by the arrival of EPO. Philippe Casado, LeMond's teammate at Gan, harangues his manager Roger Legeay after a discussion with a Spanish rider: "Here's what the others are taking: testosterone, EPO, growth hormones... So if you want results stop threatening us with pay cuts and hire a doctor!" Greg LeMond retires.

The 1992 Tour DuPont, in the United States, is his only victory during the 1991-1994 period. He is considered by many to be the last clean winner of the Tour de France.



ALBERTO, by Greg LeMond prove to me we can believe you



Sunday, July 19th, during the climb to Verbier, Alberto Contador, set a new speed record: he covered the 8.5 km climb (a 7.5 % average grade) in 20 minutes 55 seconds. No Tour cyclist had ever made the climb that quickly. How

does one explain this kind of performance? According to the latest data published in *Libération* by Antoine Vayer, former Festina trainer and recognized performance specialist, the Spanish cyclist needed a VO2 max (maximum oxygen consumption) of 99.5 ml/mn/kg to achieve this kind of performance.

To my knowledge, this is something no athlete has ever achieved, in any sport. It's a bit like having a gorgeous Mercedes leave the dealership, line up on a Formula 1 track and then win the race. Something's not right. It would be interesting to find out what's under the hood. Could a clean rider climb this fast and generate this much power at Verbier? Perhaps. If the studies led by Antoine Vayer are correct, Alberto Contador would be the first human being to achieve this kind of performance.

If we admit the validity of physiological stress tests, of VO2 max and the various mathematical equations that measure athletic performance, then it behooves Alberto Contador to prove that he is physically capable of achieving this feat without resorting to performance-enhancing substances. Given the recent history of our sport, there is room for doubt. Which should give us pause about these extraordinary performances. It's why the skeptic I've become would like to ask Alberto Contador to convince us.

SKEPTICAL

I would like to know his real VO2 max. By knowing it, we could explain how he became the fastest climber in the history of the Tour. The future of doping tests no longer goes through blood and urine tests, it includes the measure of each individual's physiological limits. To establish a reliable profile, we would have to start making evaluations when juniors first get on their bikes.



Like the biological passport, which allows us to track a racer's hematological evolution over time, it would allow us to keep an eye on the evolution of their VO2 max. By measuring the power generated by riders as well as their VO2 max, we could establish the equivalent of the DNA profiles used to identify criminals. I don't know Alberto Contador's actual scores, just as I don't know the weather conditions (notably, the wind) during the Verbier stage. I won't make any judgments without further information.

During the 2000 Festina trial, in Lille, testimony brought to light the fact that riders with a VO2 max of 70 could increase it as high as 90. This represented such a significant increase in performance that no clean rider could compete. If we had used the VO2 max evaluation, we might have caught the intensive use of EPO and blood transfusions in the peloton long before it became rampant in cycling. This is why I remain skeptical in the face of any performance that remains too good to be true. *Greg LeMond is the first American cyclist to have won the Tour de France, winning the competition in 1986, 1989 and 1990.*

- "I don't want to hear about "drugs", I never took any and I'm not about to start, trust me. (...) "(Le Journal du Dimanche, 25/01/1981, quoted by Jean-Pierre De Mondenard - Dictionnaire du dopage, p. 721)
- " Jacques [Boyer] and I bike for health reasons. Cycling is great for staying in shape. If we can make a living doing it then that's great. "(L'Equipe, 19/02/1981)
- "I can say that the majority of riders don't touch that kind of stuff. (...) "(Samuel Abt, l'incroyable Greg LeMond, Ed Presses de la Renaissance, 1990, page 156 ; quoted by Jean-Pierre De Mondenard - 33 vainqueurs face au dopage)
- "I had no desire to join Peugeot because I'd heard they were very laid-back about doping. (...) I don't know if it's true. "(Samuel Abt, l'incroyable Greg LeMond, Ed Presses de la Renaissance, 1990, page 96,97 ; quoted by Jean-Pierre De Mondenard - 33 vainqueurs face au dopage)
- Regarding the 1983 Dauphiné Libéré: "With a case like this, the guy who beat you probably couldn't have if he hadn't taken illegal substances. That's why I consider it a real win. "(Samuel Abt, l'incroyable Greg LeMond, Ed Presses de la Renaissance, 1990, page 63 ; quoted by Jean-Pierre De Mondenard - 33 vainqueurs face au dopage)
- "There are no miracles in cycling, there's always an explanation. (...) Because of everything that's happened in the last ten years, Armstrong's victories aren't the same as Hinault's five Tours." (Le Monde, quoted by Ici.fr, 15/07/2004)
- Regarding Dr. Michele Ferrari: "A cancer." (quoted by Jeremy Whittle Bad Blood The secret life of the TDF, page 57, 2008, Yellow J.P)
- "I remain skeptical of any performance that seems to be too good to be true." (LeMonde.fr, 23/07/2009)

...What they said »

- **Andy Hampsten, former teammate:** "Greg has put himself into personal and business difficulties by speaking out and getting involved with the issue of drugs in today's cycling. Voluntarily placing himself in this position shows me honesty and bravery far beyond what most of us could muster. Lemond could instead follow the cycling world's expectations for past champions and sit around "a fumer le pipe" ('chilling' in cycling slang) in silence. But, his legitimate concern for the health and lives of today's athletes and future riders drives him to do what he can to return cycling to a healthy level. I want to see the same. Since the early 90s both doping and the medical excesses placed upon riders' health have gotten out of control." (dailypeloton.com, 24/07/2004)
- **Jacques Augendre,** journalist and Tour historian: "The last Tour where I really got excited was in 1989 with the Fignon-LeMond battle all the way to the Champs-Élysées. That's the limit for me. Afterwards, where athletic credibility is concerned, it gets very complicated." (Tempêtes sur le Tour, Pierre Ballester, 2008)
- **Stephen Roche,** former Tour de France winner: "LeMond and Van Impe also tested positive, I'm almost sure of it! There were stories about it. (...)"

(04/06/2008)

- **Cyrille Guimard,** his former directeur sportif: "Greg had a significant advantage. He was always savvy with the media. He didn't push anybody around and always went their way. He could cast his spell over anyone. It was his "political" side, American style. We had to wait for him to quit riding for him to speak out and to discover the joys of bluntness. What he said about Lance Armstrong a few years ago, for example, was both smart and pertinent. "(Dans les secrets du Tour de France, 2012, p. 262)
- **Cyrille Guimard,** his former directeur sportif: "At no point did Greg LeMond win a Tour by going on the attack and leaving his opponents behind. His only barometers were his smarts and his endurance. And he knew how to keep calm regardless of the situation. Don't they say you never win a Tour by accident? He won three. "(In Les secrets du Tour de France, 2012, p. 263)
- **Pat McQuaid,** UCI president: "I would ask him: 'What have you done for cycling in the past 25 years?' The answer is nothing." (cyclingnews.com, 13/12/2012)

THE MEDIA

"Impossible is not American." - L'Humanité, 24.07.1989

"The yellow jersey had a long road back." - Le Figaro, 24.07.1989

"Greg LeMond: Victory by the skin of his teeth." Pèlerin Magazine, 28.07.1989

"Greg LeMond, the natural." - Le Figaro, 17.11.1990

"Greg LeMond: a masterful Tour." - Le Figaro, 23.07.1990

"LeMond: "Five Tours, it can be done." L'Equipe, 20.06.1991

"LeMond, the time for transparency." - Le Parisien, 27.03.1992

« My opinion on my performance »

Have you used forbidden performance-enhancing drugs and/or methods during your career?

I have not.

If not, how do you explain your ability to beat or keep up with racers who have admitted to doping?

I believe strongly that there are several important issues that made me unique, lucky in many ways, and fortunate.

Four : Talent, choice, culture, and ego. I explain:

TALENT : I do believe that I had one of the best genetics in cycling. Great mitochondria from my mother, naturally high oxygen intake, high Vo2 max relative to my competitors, and a unique drive that brought me from the United States to Europe to compete. In addition I had a powerful mental drive that allowed me to be hyper focused as a racer. I also believe that I was a very smart and tactical racer. I was competitive from the day I got on a bike. The transition from amateur to professional racing was seamless. In

fact I think that in 1979 and 1980 I was racing better than my first year as a professional, this is when my age was 17 and 18. This might have been due to de-conditioning before the season due to my wedding. The most difficult part of racing for me was racing in races that were cold, rainy, and too be honest depressing. Homesickness was another factor that limited my early performance. During the first 3-4 years foreigners seemed to have an excess of viral and bacterial infections probably due to new environment. I was an US immigrant.

« My opinion on my performance »

CHOICE: The choice or non choice, I am talking about goes back to my parents, my upbringing, and what my family expected out of me. Cheating in sports, school tests, taxes, was not acceptable in my family. My mother was a big fan of the Olympics and from a naïve family perspective we believed in the purity of sports when I got into cycling. We did not imagine that athletes would actually cheat to win because they would only be cheating themselves. This was my mentality when I got into racing and it was never a question to try and cheat to win.

CULTURE: In addition to the EGO I believe that the culture a rider grows up in influences the rider greatly. I had no knowledge of the culture of cycling, of the history and belief that if you were going to race as a professional then you had to doping. You would have to assume that I was already on drugs by the first few years of racing, actually the first year of racing. This would presume that my family, the environment, the culture encouraged doping. This was the furthest from the truth. The sport of cycling in the USA, a "small" sport in 1978, did not have the history of doping as the sport did in Europe. I am convinced that when it comes to serial cheating that it is either the result of the environment, parents or friends either discouraging doping or an environment that encourages doping, meaning teams, doctors, coaches convincing the rider that everyone is taking it why should you take the drugs-reinforcing that it is OK to cheat. There are some that are serial cheaters and for me those people are more sociopathic cheaters. I was fortunate that I entered cycling at a period in the sport where I don't believe that the drugs that riders that they might have been taking made little different. If it did then I would never know. Ten years after turning professional things changed dramatically with the introduction of drugs like EPO.

One last thing that can keep a rider from doing something like doping is shame. I will admit that there was a part of me that did not want to be famous or well known. I had a childhood secret that I never made public until 2007. The fact that I was sexually abuse played a major role on me not wanting to dope. For many crazy reasons I did not want to be in the news. Wining was hard enough but had I been caught with a positive. At that time in my life I don't believe that I would have survived a positive that would be publicly exposed. This was a big deterrent. Cycling was he one positive point in my life. If I lost that felt that I would have lost the one positive thing about me.

EGO: One of the biggest issues that can cause riders to cheat to improve has a lot to do with ego. One of the diseases of sport, also in life,

is that many driven people believe that they have the same talent as the other person, both physically and mentally. Many riders cannot accept that someone is just better than the other. This starts a vicious cycle of doubt, skepticism, and distrust.

This factor, that others are not as good as the other rider, could be one of the factors that riders dope. The less talented riders believe that the other riders, the one's with more talent, better genetics, must be cheating. They tell themselves that there is no way that the other rider is that much better than himself. The rider then starts to believe that the only way that the other rider is beating them is due to drugs. This gives the less talented rider the excuse to dope. The rider

way many professional riders considered training seriously. I was fortunate to have great coaches in my early career both of who gave me a solid background in training based upon science and physiology. I did little "junk" training. I was very good at peaking for big events and it was largely due to the fact that I knew how to overload my body from training to making sure that I was properly recovered before my next hard work out. Cyrille Guimard and Paul Kochli played a major role in auctioning me on the proper training.

I was the best rider in the world at 18 and won nearly every major race that I entered. This continued into my professional racing career. I never believed that I was not capable of winning a race. If you look at



then justifies why he is doping, "just to keep up and level the playing field".

Personally I never met a rider in racing that I did not believe was better than me, in any event, with the exception of the Velodrome sprint and a very good sprinter. If I wanted to concentrate on a specific event I believed that I could win it or be competitive in it. Even though my early results as a 19 year old were not as good as Hinault I gave my self I break because of lack of experience not because I believed that Hinault better than me or because I thought he was doping. In fact I never thought that my lack of results were the results of other doping. I always looked my training, rest, being sick or not sick, etc.

I took training seriously and not in the

my career, from 1976 through 1990 I don't believe that you would see any variation in my performance. I believe that at age 18, 1979, I was equally as strong as my first year professional where I finished 3rd in the Dauphine Libere behind when I won Circuit de la Sarthe.

My "palmares" confirms that. I decided to write a little bit of my history: when I started, what the sport was like in the USA, what my performance was from my first race through to my professional career. This part ON WEBSITE : www.alternativedititions.com. Look LEMOND's "portrait".

The end of that part on website is : 1990 1st Tour de France. 1991-1994 rapid decent in performance.

Continues on p.144

Thomas VOECKLER	Cols and stage wins	Actual Power	watts/kg	Standard Power 78 kg	Time	Stage Cols
Dauphiné 2004 19th - 25 years old	Mont Ventoux CLM	374	5.67	392	01:02:39	1
Tour de France 2004 19th - 25 years old Team Brioche La Boulangère	La Mongie. With yellow jersey	369	5.59	383	00:27:14	2
	Beille. Keeps yellow jersey a few seconds	356	5.39	369	00:50:22	6
	Chalimont. Cedes yellow to Armstrong	X				
	Alpe d'Huez CLM	368	5.58	383	00:43:30	1
	Croix Fry	343	5.2	357	00:33:30	5
Average		359	5.4	373	00:38:39	
Tour de France 2010 76th - 31 years old Team Bouygues Telecom	Avoriaz	355	5.38	375	00:35:40	2
	Madeleine	X				4
	Bonascre	X				2
	Bales, 1st. Breakaway at suprising level, new record	377	5.71	390	00:37:00	2
	Tourmalet	X				3
Dauphiné 2011 10th - 32 years old	Collet d'Alleverd. Great performance!	405	6.14	426	00:34:03	4
Tour de France 2011 4th - 32 years old Team Europcar	La Toussuire	X				2
	Luz Ardiden. Wears yellow jersey since Massif Central.	389	5.89	408	00:38:06	3
	Beille. Confirms his standing by keeping up with the best	381	5.77	400	00:47:15	5
	Galibier. Excellent climb, keeps jersey	387	5.86	407	00:23:51	3
	Alpe d'Huez. Breaks down alone in the Galibier.	354	5.36	372	00:44:35	3
Average		378	5.7	397	00:38:27	
Tour de France 2012 26th - 33 years old	Grand Colombier. 1st	350	5.30	370	00:50:23	2
	La Toussuire	X				4
	Peyresourde West, 1st. See «Breakaways»	369	5.59	387	00:26:21	4
	Peyresourde East. Record with 442 watts to col de Menté.	X				3



BEST TOUR DE FRANCE: 2011. 397 watts standard
BEST PERFORMANCE: 2011. LUZ ARDIDEN 38'06" at 408 watts standard

 Suspicious **Miraculous** **Mutant**

- ▶ Prior 2010, and with the exception of the 2004 Tour de France, when he defended the yellow jersey in the mountains, Voeckler was never really a climber.
- ▶ The first signs of his transformation date back to the end of the 2010 Giro, in which he finished 12th in the challenging stage that concluded at the summit of Passo di Tonale.

- ▶ He finished 4th on the 2011 Tour de France developing 6 % more power on the final cols than in 2004. In 2012, he took the best climber jersey and two mountain stages, including one in spectacular fashion at Luchon.



« The Legend »



► **Born June 22nd, 1979 in Schiltigheim.** Thomas Voeckler grows up in Alsace, then Martinique, where his parents move when he turns 7. Rides in his first race at age 11. Returns to continental France at age 17. He joins sports-études at la Roche-sur-Yon then joins Vendée U amateur team run by Jean-René Bernaudeau. Interns in 2000 then goes pro in 2001 with Bonjour team also run by Bernaudeau and with whom he remains faithful.

Wins for first time in 2003 at the Classic Loire-Atlantique then on Tour du Luxembourg of which he takes two stages and, ultimately, the overall. Then wins a stage on Tour de l'Avenir.

► Makes a name for himself in 2004 by becoming French champion. A few days later, dons the yellow jersey on the Tour de France. Keeps it through Pyrénées. In Paris, finishes in the top 20. After this stunning year, develops more discreetly, with occasional moments like during Route du Sud, during which he wins a stage and the overall in 2006.

► In 2007, he wins at Grand Prix de Plouay, on the ProTour, ahead of Thor Hushovd and Danilo Di Luca. Truly remarkable. The following year, takes Circuit de la Sarthe and Grand Prix de Plumelec. In 2009, takes it up a notch, taking l'Etoile de Bessèges followed by Tour du Haut-Var. Returns after fracturing clavicle on Paris-Nice. Takes challenging Trophée des grimpeurs and a Tour de France stage, riding solo.

► Becomes French champion again in 2010. Wearing blue, white and red when he takes 15th stage of Tour de France, riding solo, after having left the breakaway group in Port de Balès. At end of season, wins Grand Prix cycliste de Québec, on Pro Tour. His race smarts and his instinct work wonders in this type of race.

► In 2011, wins first stage of the Tour méditerranéen then the overall on Tour du Haut-Var, two stages of Paris-Nice, the Cholet-Pays de Loire race, the Tour du Trentin and a stage and the overall on the Quatre Jours de Dunkerque. On the Dauphiné Libéré, takes advantage of his excellent shape to take 10th

place in the overall. In the Tour de France, he takes the yellow jersey in the Massif Central. 2011 Voeckler is not the same as 2004. Outdoes himself in the mountains. Continues to claim he cannot win the Tour, but France continues to dream. Under pressure from Contador and Andy Schleck, overdoes it on the Galibier and loses the jersey. In Paris, finishes 4th.

► In 2012, wins Flèche brabançonne with style and places nicely on the Classics: 8th on Tour des Flandres, 5th on Amstel Gold Race and 4th on Liège-Bastogne-Liège. Questionable a few days from the Tour start due to knee pain, he starts off quietly. But wins at Bellegarde ahead of Michele Scarponi and Jens Voigt and takes best climber jersey in the process, his objective all along. Raises his arms once more during first Pyrenees stage. Thus takes polka-dot jersey and brings it back to Paris. Thomas Voeckler concludes season with 7th place at World Championships.

FINISHES ON MAJOR TOURS:

- Tour de France : 10 races, 4th (2011), 18th (2004), 66th (2007), 67th (2009), 76th (2010), 89th (2006), 97th (2008), 119th (2003), 124th (2005), 26th (2012)
- Vuelta a España: 1 race, 101st (2005)
- Giro d'Italia: 4 races, 23rd (2010), 89th (2009), 135th (2011), withdrawal (2007)

« The Real Story »

Thomas Voeckler

has never tested positive. In fact, in 2010, the UCI gave him a suspicious grade of 0/10. Young Thomas Voeckler never hesitated to speak up and condemn doping. In 2007, he is still actively engaged, participating in round tables against doping in cycling organized by the French Ministry of Health, Youth and Sports.

His mentor, Jean-René Bernaudeau was nevertheless one of Dr. Mabuse's patients and once considered antidoping tests on criteriums to be "an infringement on the right to work". Thomas Voeckler also consulted Dr. Fabio Bartalucci, whose name showed up during the "Blitz" on the 2001 Giro d'Italia, during which more than 80 people were indicted. That same year, Noan Lelarge was banned from the Bonjour team and the Giro d'Italia after testing positive for corticosteroids.

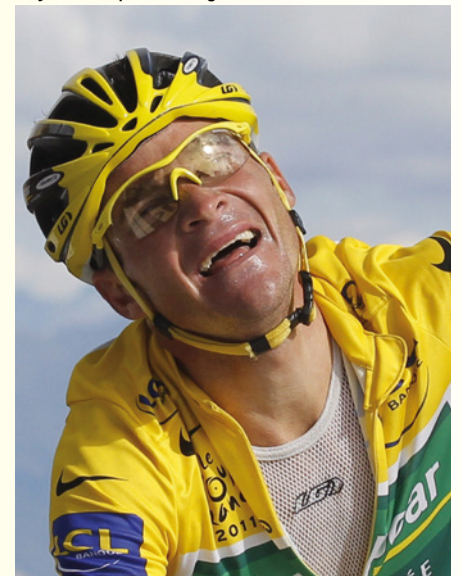
We clocked Voeckler at 426 watts during the 2011 Dauphiné, the year he broke out. He was then doing 11 % better than his best performances in 2004. On the Tour de France, that same year, he was a bit below at 6 % better than in 2004, hovering around 410 watts. In 2012, he climbed four straight cols at between 375 and 390 watts,

without weakening and while still being able to accelerate to leave his opponents behind. Surprising, if not suspicious.

His faithfulness to the Europcar team, founding member of MPCC (Movement for Credible Cycling) in 2007, under the name Bouygues Telecom, is a guarantee of his integrity. Nevertheless, the team is still the target of rumors and condemnations of certain other riders such as during a union meeting at Saint-Amand-les-Eaux, on the eve of the 2012 French Championships. Some spoke out regarding their surprise at seeing the knees of the Europcar team's riders alternate between creaky and high-precision on the road to summits. Anthony Charreau stopped riding for eight days with collapsed levels of cortisol, a possible but not confirmed sign (and denied) use of corticosteroids. Jean-René Bernaudeau first suggested a knee injury as the reason... before retracting his statement. Thomas Voeckler was long questionable for the Tour de France before galloping like a stallion and winning the best climber jersey.

That the Paris District Attorney's office opened a preliminary investigation regarding the team a few months earlier, did not do them any favors. Investigators suspected the use of IV's and cortico-

steroids. Even if such practices are banned by the WADA and the MPCC, they bear no legal weight. The investigation should soon be closed without any further proceedings.



SHLECK'S RIGHT, the poison is still at work

by Antoine Vayer



Schleck, the banned dooper, is right: the Tour is still poisoned. It has been for a long time, and the venom is still in full effect. To see how, just compare riders' power in watts. We focused on four in particular this year. The first one's the killer. It belongs to the darling, Voeckler, who, like his clone, the

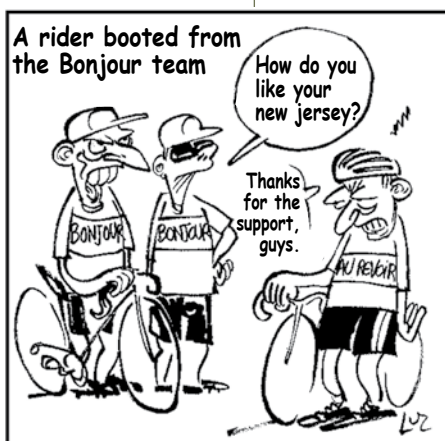
Festina-era Virenque, made off with the polka-dotted best climber jersey and stole the hearts of the French. "Saint" Thomas, can, at will, and unbeknownst to his barely-discernible-from-his-shins calf muscles, like the Richard of yore, mount a mountain attack at a nearly constant 375-390 watts over four cols without ever tiring, and all while accelerating at will. He was first at Aubisque, Tourmalet, Aspin, Peyresourde and finished in 5 hours 32 minutes 2 seconds. After winning the stage, he was still fresh as a daisy, even after 197 km at an average speed of 35.59 km/h. The Pau-Bagnères-de-Luchon stage is a Tour classic (1980, 1983 and 1998). In 1998 – in the midst of the Festina scandal – Marco Pantani had let Massi win in 5 hours 49 minutes 40 seconds for 196.5 km at 33.72 km/h: that's almost 2km/h slower! The next day, Thomas beat another benchmark, at the col de Menté, 9.3 km at 9.1 %. In 28 minutes 20 seconds, with 442 watts of mutant power, he entered his name in the record books, finishing on a 300 m plateau after an 8 % grade. In that instance, he more closely resembled Rasmussen-Contador in their prime. On to the second notable comparison, the knock-out. With 430 average watts, the Tour favorites climbed the col de Peyresourde in 26 minutes 45 seconds, just like back in the day. From Saint-Aventin on, they were a mere 34 seconds behind Contador and Rasmussen's unreal time from

2007 (23 minutes 26 seconds) who had kept at it with a series of sprints like so many injections. Froome and Wiggins then accelerated in the final climb to Peyragudes. They generated 470 watts for 7 minutes 33 seconds (2.95 km at 7.93 %). Froome waited for Wiggins, but he could easily have reached 500 watts. If he ever stops holding back to wait for his leader, he could join the ranks of the all-time greats: Pantani, Armstrong, and Contador.

The third comparison is the laughter. It belongs to a banned and "better than before" rider (with credit going to Virenque for the moniker, pilfered from his book title). Valverde won at Peyragudes with a performance identical to Vinokourov's in 2007. Five years apart, the two riders climbed Bales and Peyresourde with the same power, first with 385 watts then 405 watts for the two cols. Vinokourov, who broke out along with the morning attack, like Valverde, won solo at Loudenvielle. The Kazakh was then banned for a blood transfusion.

The final comparison is a thriller. In 2011, after a sixteen year scramble powered by junk, we finally have reason to celebrate. At long last, a Tour with no riders over 410 average watts in the last cols of mountain stages, in other words, above the poison detection level. Or not. Four of them actually broke

the barrier: Wiggins, Froome, Nibali and Van den Broeck, with 415 watts. In other words, the top three, with 410 watts for the 4th. We can't wait for 2013 and the Contador Comeback after his infamous tainted meat scandal! Not so sure we'll have found the antidote by then.



• **2005 "Regarding doping,** I have my opinion but I'm not going to openly state a position. It doesn't necessarily help change things. There are many riders who are clean, and they tell themselves that the guys who got caught really hurt our legs in the past, and that's maddening. But if we focus too much on doping, we stop moving forward. I keep thinking that you can stay clean and still have an honorable career. " (cyclismag.com, 03/11/2005)

• **2007 When asked why the French didn't support Filippo Simeono versus Lance Armstrong:** "Out of fear of reprisals. (...) Lots of riders didn't want to jeopardize their future by making Discovery angry. " (L'Equipe, 30/09/2007, quoted by La Grande Imposture, Jean-Pierre de Mondenard, page 98)

• **Regarding the biological passport:** "This passport is indispensable. We've already given blood. It won't be a problem, just more complete. We need sanctions against the cheaters. " (latribune.fr, 23/10/2007)

• **"You can't just be afraid of the watchdog,** you have to believe in it and to love the sport above all. " (DNA, 24/10/2007)

• **2009 "I'm lucid. I didn't add 100 watts in each leg.** But I'm reaching 30 and my best years. I want to take advantage of it. " (Ouest France, 03/2009, quoted by cyclismag.com, 08/03/2009)

• **2011 Regarding Lance Armstrong:** "I have enormous respect for what he did on the athletic level, winning seven Tours de France. " (lequipe.fr, 18/07/2011)

• **Regarding Jeannie Longo's missed tests:** "Where those three missed tests are concerned, Jeannie Longo is unforgivable. In my own case, in

August, I twice said to myself: f***, I forgot to do the paperwork on my location. When they call you back to order, you have to pay a little more attention. " (AFP, 25/09/2011)

• **2012 "I figured out very early on that cycling was not a place** where you could express your convictions 100 %. I can't just say everything I think. So I don't end up all by myself, I learned to deal with a form of hypocrisy. " (L'Equipe, 28/02/2012)

• **"I'm at a level I never reached before.** I don't know how to explain it... I've discovered a high altitude ability even though I always used to say, if it's over 6 %, then it's too much climb for me. " (L'Equipe, 28/02/2012)

• **"When I was younger, I would stand up and cry out against injustice,** without having any effect whatsoever, except attracting problems and making enemies. It wasn't helping any and I talk a lot less about it [doping] because a rider who speaks up has everything to lose, and right away comes across as a cry-baby. In the last few years, cycling has changed. On the Tour, on cols, it's not the same. (...) You just have to look at guys' faces at the finish line on mountain stages and compare it with 2004, 2005, 2006, etc. It's not the same thing. (...) When you look at the Tour de France's standings, there isn't a single one that's valid since 1999 except maybe Sastre's... You have to roll with it, that's what I always say. Since the last few years we're on the right track. (...) You always talk more about the few doped riders instead of the majority of clean riders. Today it's better, but is that a good thing? I don't know. It's getting better and better. There was a lot of room for improvement ... " (ouestfrance.fr, 25/01/2013)

...What they said »

• **2009 Jérôme Pineau:** "A guy like [Thomas] Voeckler is media friendly, he puts on a good show. But he's pretty far behind Sylvain [Chavanel]. " (lejdd.fr, 20/07/2009)

• **2011 Pat McQuaid:** "Saturday, in Luz-Ardiden, I was happy to see that no one was capable of leaving him behind, happy to see that his teammate, Pierre Rolland, was at his side and that the favorites were all at the same level. A change may be happening, we may be gaining in credibility. You know, I never thought it was necessary to dope. The problem is convincing some managers that it's in fact possible, because you have to believe in the winners. " (L'Equipe, 20/07/2011)

• **Dr. Armand Mégrét:** "I've known him since he turned pro, and I've never had any problems with him. He has above average mental and physiological capacities. That he's still so effective at age 32 doesn't shock me, as long as

the progression is consistent. On the contrary, we know that as riders age, their physical capacities tend more to an effort more suitable for mountains than for sprinting. " (leparisien.fr, 24/07/2011)

• **2012 Philippe Gaumont:** "That sounds like Madiot or Bernaudeau or Voeckler. " "We have nothing to do with any of that. " "Hope nothing bad happens to you guys. " (lavoixdunord.fr, 29/10/2012)

• **Sébastien Turgot:** "What he's been doing for the last two-three years is just incredible. " (velochrono.fr, 14/12/2012)

THE MEDIA

"Thomas Voeckler strikes the Tour's fancy." – Le Monde, 19.07.2011

"The Tour announces the rebirth of French cycling." – Le Monde, 25.07.2011

"Indomitable Voeckler." – Le Sport vélo, 2012, n° 16, June

"The peloton is going in the right direction"

(statements recorded by David Opoczynski). – Le Parisien, 05.07.2008

« My opinion on my performance »

This is not the first time people wonder about my performances and I can conceive it, even if it hurts, because I sometimes doubt myself about those of some riders. However, I am quite surprised that this questioning is built, as often, on uphill cycling timings or power "calculations", because it seems logical that the actual power developed by a runner can not be exactly known unless the bicycle is equipped with a device aimed to measure power. An external calculation of timing or power is too subject to non-measurable

factors : rider's actual weight at the relevant time (for info, my ideal weight is 67kg), weather (particularly wind direction...), presence of other riders allowing to benefit from slipstreaming, rider's aerodynamic, etc...

My goal is not to try to convince all the people who are asking questions about me of my integrity. My goal is and always has been to achieve the best possible results according to my ethical beliefs, who do not tolerate doping, and if this state of mind has allowed

me sometimes to beat cheaters, many times it is the latter which deprive honest runners victories, or at least distort the race. As I can not prevent questioning from certain people, I wish to thank you nonetheless to have let me express myself, even though I am well aware that in the current context, it is difficult to believe the word of a sportsman, inasmuch as one could be fooled or bluffed by cheaters.

Thomas Voeckler



Bernard HINAULT	Cols and stage wins	Actual Power	watts/kg	Standard Power 80 kg	Time	Stage Cols
Tour de France 1978 1st - 24 years old Team Renault Gitane	Saint Lary	367	5.65	395	00:32:42	2
	Puy de Dôme TT. Beaten by Zoetemelk (16'23», 430 watts).	370	5.69	400	00:17:56	1
	Alpe d'Huez. Clocked over 5.25 km at the finish	358	5.51	385	00:15:13	2
Tour de France 1979 1st - 25 years old 	Superbagnères TT, 1st	402	6.18	432	00:26:40	1
	Avoriaz TT, 1st. His greatest athletic feat on the Tour	412	6.34	440	00:33:00	1
	Alpe d'Huez	360	5.54	386	00:44:49	4
Tour de France 1981 1st - 27 years old Team Renault Elf	Saint Lary. Good climb, 2nd behind Lucien Van Impe	361	5.55	388	00:33:12	2
	Le Pleyne, 1st. 1st class Hinault, solo after a breakaway	393	6.05	420	00:14:33	4
1982 Giro d'Italia 1st - 28 years old 	Monte Campione, 1st. Gains 3' on Contini. 9.8 km at 8.23 %	414	6.37	445	00:35:00	1
Tour de France 1982 1st - 28 years old 	Saint Lary. Tired by Giro, he manages and controls in the mountains	371	5.71	400	00:32:25	2
	Merlette	344	5.29	369	00:20:30	4
	Alpe d'Huez	365	5.62	395	00:43:54	2
	Average	360	5.5	388	00:32:16	
1983 Vuelta a España 1st - 29 years old 	Navalmoral, 1st. Hinault upends the race Knee surgery in 1983	345	5.31	368	00:08:31	3
Tour de France 1984 2nd - 30 years old Team La vie Claire 	La Ruchère TT. Gives up 33» to Fignon	409	6.29	442	00:27:25	1
	Alpe d'Huez. Breakdown. Clocked over 6.9 km (1345m-1845m)	307	4.72	332	00:23:23	3
	La Plagne. Gives up 3' to Fignon. «Suicide» attack before la Madeleine.	354	5.45	380	00:48:59	3
	Joux Plane	X				5
	Crans Montana. Laurent Fignon has his way with him.	390	6	417	00:25:50	2
	Average	365	5.6	393	00:31:24	
Tour de France 1985 1st - 31 years old 	Automatic pedals starting 1985					
	Avoriaz. One of his greatest breakaways on the Tour, with Herrera	380	5.85	407	00:28:58	3
	Luz Ardiden. In bad shape following fall Saint Etienne	340	5.23	366	00:37:50	3
Tour de France 1986 2nd - 32 years old	First carbon frame					
	Marie Blanque. At head of race with Delgado	358	5.51	384	00:21:27	2
	Superbagnères. Breakdown, breakaway after descent from Tourmalet.	326	5.02	349	00:31:34	4
	Col de Granon. Left behind by LeMond in Isoard, knee pain	344	5.29	370	00:43:10	3
	Alpe d'Huez, 1st. Hand in hand with LeMond	326	5.02	353	00:48:00	3
Average	339	5.2	364	00:36:03		

BEST PERFORMANCE: 1979. AVORIAZ CLM 33'01» at 440 watts 80 kg standard
BEST TOUR DE FRANCE: 1979 (no average value available)

Suspicious **Miraculous** **Mutant**

« The Real Story »

Bernard Hinault

When people point the finger at cycling in matters of doping, Bernard Hinault pushes the arm in the direction of other sports. Nevertheless, Bernard Hinault, was never above suspicion. His fall in the '77 Dauphiné led Roger Piel, a rider manager, to state that Hinault was "not in a natural state." The young Bernard Hinault, like most of his colleagues, was tolerant of doping. When his teammate Gilbert Chaumaz, twice tested positive during the 1979 Tour de France, he signed a letter, along with other team members, to the CEO of Gitane, to protest the non-renewal of Chaumaz's contract. In the midst of the 1979 Tour de France, he is suspected of ties to the famous Dr. Bernard Sainz, also known as Doctor Mabase, a much-decried phony doctor Guimard, a close acquaintance of Cyrille Guimard. Bernard Hinault also later becomes a patient of Dr. François Belloccq, an advocate of hormonal rebalancing, the practice of giving hormones (cortisone for example) to an athlete to help him recover his "normal" levels. When he is forced to withdraw from the 1980 Tour de France because of tendonitis, Bernard

Hinault rails against antidoping tests which "make it difficult, if not impossible to treat yourself properly". Doctor Miserez (the Tour's head doctor) is nevertheless able to treat him with cortisone injections. Later, Doctor Miserez further embarrasses Hinault by stating that those same cortico-steroids may have been the cause of his famous tendonitis. In 1982, while participating in critérium series, he refuses to submit to tests. Normally, there are no tests during these events: la FFC and its medical commission clearly forbid it. That is, until someone decided to test the Critérium de Callac on July 27. An absence of test (which counts as a positive test) is established for Hinault and several others. They are suspended one month and fined 1,100 Swiss Francs. The FFC chooses not to enforce the sanction. In 1984, Bernard Hinault founds the La Vie Claire team with coach Paul Koechli and dead-set against doping. As boss, Hinault firmly states his convictions: "No dopers in my house," he says. Nevertheless, in 1985, he hires the Dane, Kim Andersen, who tests positive the first of seven (six according to different sources) times, four of which

occurred while Hinault was still riding with the team. As boss, Hinault does not suspend Andersen the rider.

Bernard Hinault is always the first to condemn any suspicion, like during the PDM scandal in 1991, when he defended the team and called on riders to boycott journalists. When Francesco Moser was accused of engaging in blood transfusions, he claimed he wasn't not certain it was tied to doping. However, he is much fussier when discussing Christophe Bassons: "Bassons was wrong to say he was clean and the others dirty. He sleeps in a hypobaric chamber. (...) That's where doping starts, even if oxygen is as natural as you can get." In the years 2000, as pelotons stuffed themselves with EPO and other blood transfusions and many riders condemned "have and have-not cycling", Bernard Hinault lambasted those "who make too much money but not enough effort" whose directeurs sportif are "a bunch of yahoos who ought to go back to school". Never mind that Cyrille Guimard points out that the badger "hated training and always did the bare minimum".

- ▶ Bernard Hinault likely peaked between 1979 and 1982. Given the incomplete data about his performance, it is impossible to demonstrate this using average power estimations from major 3 week Tours.
- ▶ Over this period, certain feats nevertheless merit highlighting: his exceptional climb to Avoriaz in 1979 at 440 watts (80 kg standard), his victory at Pleyne in 1981 (420 watts 80 kg standard) and his climb to Monte Campione in the 1982 Giro (445 watts 80 kg standard).
- ▶ After knee surgery in 1983, he probably returned to his best level on the 1985

Tour de France. His greatest late career performance in the mountains remains his breakaway with Luis Herrera up to Avoriaz. For his last Tour in 1986, his relatively low average power on the final cols is likely explained by his attacking style. He attacked far from the finish a number of times.

« The Legend »

▶ **Born November 14th, 1954 in Yffiniac (France)**, Bernard Hinault becomes a club cyclist in 1971 and quickly becomes a local terror. The next year, he is French Junior Champion.

▶ Completes his one year military service, then becomes French individual pursuit champion. Turns pro in 1975 joining Team Gitane-Campagnolo headed by Jean Stablinski. Takes first stage in Circuit de la Sarthe. At season's end, Stablinski is replaced by Cyrille Guimard.

▶ In 1976, wins several first-class races: Circuit de la Sarthe, Paris-Camembert, Tour d'Indre-et-Loire, Tour de l'Aude, Tour du Limousin and a stage in l'Etoile des Espoirs. Ranks first in Prestige Pernod, what is now the Coupe de France.

▶ With a win at Gand-Wevelgem in 1977, Bernard Hinault takes his first classic. Repeats a few days later in Liège-Bastogne-Liège. Becomes legend at Dauphiné Libéré. Alone at the head of the race, falls into a ravine. Is put back on his bike but has to set foot on the ground on the final climb. He wins all the same. His former training partner, Georges Talbourdet nicknames him the badger: "You stick a shovel in his face and he eats the shovel". At the end of the season, takes Grand Prix des Nations, a timed event he will win five times.

▶ After finishing 2nd in 1978 Paris-Nice, takes



the Critérium National. Wins first major tour with La Vuelta, after winning four stages and the prologue. Becomes French champion after a solo ride of 55 km.

▶ In the Tour de France, takes first 60 km time-trial, then bests Michel Pollentier and Joop Zoetemelk in the mountains. Tops them in the second 72 km time-trial and takes the yellow jersey definitively.

▶ In 1979, wins Flèche wallonne again then prepares for Tour de France by dominating the Critérium du Dauphiné libéré, winning four out of nine stages.

▶ The Tour de France is an Hinault-Zoetemelk duel. After taking two time-trials, completes his victory by winning the Champs-Élysées stage ahead of the Dutchman, who is 13 minutes behind in the overall. Closes the season by winning the Giro di Lombardia after a 60 km solo breakaway.

▶ Realizes a feat during Liège-Bastogne-Liège in 1980. In the snow, breaks away 80 km from the finish, 9 minutes ahead of closest competitor. Then, takes Tour de Romandie. Lines up for first Giro d'Italia, and wins it. On the Tour de France, withdraws at Pau, even though he is wearing the yellow jersey following tendonitis in his knee.

▶ Hungry for revenge, the badger returns to

competition the finest way possible by dominating the World Championships that take place in Sallanches, France.

▶ Wearing a rainbow jersey, and following an epic race, takes the 1981 Paris-Roubaix. Then the Amstel Gold Race. On the Tour, dominates completely, the 2nd place rider is more than 15 minutes behind.

▶ Pulls off Giro-Tour "double" in 1982, after taking 4 stages in Italy and 3 in France, as well as the prologue. In 1983, wins the Grand Prix Pino Cerami and the Flèche wallonne. Takes second Vuelta a España in spite of persistent knee pain. Needs surgery and passes on the Tour de France. His ties with Cyrille Guimard are frayed. Hinault sets out on his own and creates La Vie Claire team, with financing from Bernard Tapie and coaching from the Swiss Paul Koechli.

▶ During the Quatre jours de Dunkerque in 1984, Bernard Hinault wins his first race with his new team. In the Dauphiné libéré, finishes 2nd. On Tour de France, hasn't gotten back to his previous level. The young prodigy, Laurent Fignon wins. At the end of the season, wins Giro di Lombardia, the grand prix des Nations and the Trophée Baracchi (with Francesco Moser).

▶ Bernard Hinault is no longer just a rider. Helps the Look company, the ski bindings specialist, develop the revolutionary automatic pedal.

▶ In 1985, takes third Giro d'Italia and fifth Tour de France, in spite of a fall at Saint-Étienne and a fractured nose. Bernard Hinault receives Légion d'Honneur that winter.

▶ In 1986, attacks every day, and unnerves his young teammate and leader, LeMond. Bernard Tapie steps in to force Hinault to bury the hatchet. The two men cross the finish line at Alpe d'Huez hand in hand. Bernard Hinault finishes 2nd. Concludes career by taking Coors Classic in Colorado.

▶ Becomes a breeder in Brittany and also takes on responsibilities within the ASO, the company that organizes the Tour de France. Was also national coach from 1988 to 1993.



FINISHES ON MAJOR TOURS:

- ▶ Tour de France : 8 races, winner (1978, 1979, 1981, 1982, 1985), 2nd (1984, 1986), 1 withdrawal (1980)
- ▶ Vuelta a España: 2 races, winner (1978, 1983)
- ▶ Giro d'Italia: 3 races, winner (1980, 1982, 1985)

PUNISH THE LORDS

by Antoine Vayer



Since the beginning of the century, sports have logically evolved along with our improved understanding of the human body. Having now become a cultural phenomenon (as is the case with popular lifestyles), it is beholden to a logic that stands every chance of leading us astray (given the sheer number of people involved), and little chance of going back without the intervention of politicians, the media and the greater public.

Over time, our understanding of the how the human body works has gone through different stages of "bio". First there was the mastery of biomechanics, then biology, and now biomedicine. The bionic era will soon become the reflection of values that are destructive rather than fulfilling.

It is linked directly to that unchecked barbaric economic liberalism, which brings in more and more money to a smaller and smaller number of people. Are we meant to accept this as a given, without ever pausing to reflect on or react to the problems upstream? Should we uncritically take pleasure in sporting spectacles the likes of "professional wrestling", put together by the merchants of the temple, televised and sponsored by network television, which make little sense – if not common – and is neutered in the interests of profit-making? Sport is not the exclusive property of the elite. Its mass practice is enthralling and vital. It lets energy flow down from the head to the legs, giving expression to turned-in anger in its most unviolent form. It brings a certain balance, close to the man made of muscles, of nerves connected to the brain and to hormones. It achieves physical well-being, upon which rests mental well-being. If high-level sport is to speak to the younger and more naive generations and to the easily manipulated fan, then it needs to convey transparent democratic values rather than a false image of glass shards, disease, and excess.

For the aspiring professional athlete, it has become necessary to keep quiet and stay in line, bowing to the totalitarian decisions which are for all intents and purposes "the norm". Out of weakness and convenience, and in the absence of proper supervision – which has been equally quiet – he understands that he can quickly and painlessly, and with little other recourse, start doping (a drug with no known equal, it actually enriches its consumer) to reach the level to which he aspires. "Every man for him-

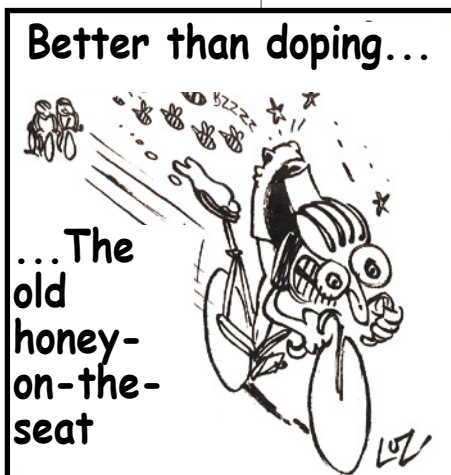
self" suddenly becomes a philosophy. It's easy to be exploited and to keep quiet with the knowledge that one is going to get paid.

The Munchausen Syndrome has often been mentioned as of late. It describes parents whose excess medical treatment of their children ultimately leads to their children's death. By extension, and metaphorically speaking, if there is a first and obvious goal, it is to better govern, and ultimately to replace, the "lords" who organize the sport and who seem to suffer from this very syndrome, but with the athletes as victims, who after all are just big children... They live for the status quo, the best way to stay in power. But, as we now know, there is a huge public health issue at hand and a failure to regulate. The "lords" in question are easily recognizable thanks to their stated position: "hurry up and wait".

Sport is both too noble and too wounded for us to trust it with these false "officials", who are above the law, who confuse incompetence, laxness, seriousness and cynicism. The second wish deals with the media and their formidable ability to inform. They should investigate athletic achievement honestly, fully and scrupulously, rather than blindly serve the needs of the few! They should focus on true efforts and real thrills – even of those that don't finish first – and should always expose, in order to enlighten the disappointed but now wiser audience in order to bring transparency back to the sport. The beauty of the true feat may then return. Fans will rekindle their passion for the sport. The joys and the thrills will be that much greater.

The third wish concerns all the different forms of politics involved in sport. Supervision should be afforded the same consideration as actually engaging in the sport. Let us hope that everywhere, from East to West, those demanding common sense, currently seen as rebels, might come to embody the institution. The only way to alleviate suspicion and to foster well-being is obvious. It is merely a question of willpower.

What if the year 2000 marked the dawn of a century in which in sport, and the struggle for ideas became sacred, more so than money and power? It would be a winning proposition for all. It is time for true healthy skills, for creations. The time has come for real men and true athleticism, and for true delight.



- **1978** "I was tested at least twenty times and I was never positive." Roger Piel insinuated that I used other substances. If I take anything, I don't do it alone and I don't take just anything. I'm definitely not the only one." (L'Equipe, 05/01/1978)
- **1983** "Doping is like stealing someone else's bread." (J.P. de Mondenard - 1983 - Dopage: la rançon de la victoire - Sciences et avenir, cité par P. Laure - Le dopage - p. 198)
- **1986** "I often saw cheating and doping, but this world needs serious reform so they can finally stop saying that competitive cycling is a sport for druggies. Cyclists are forbidden from taking substances that are given to babies that are only a few months old. We need to forbid amphetamines, but the rest is more a question of quantity not quality. (...) Steroids and hormones, which are forbidden by regulations, can be good for cyclists if they're taken under medical supervision. Hormones for example, help conserve mineral salts." (Cyclisme International, 11/1986)
- **1989** "If you have a coffee in the morning, you're already doped." L'Equipe, 11/4/89, quoted by J.P. de Mondenard in Le Dictionnaire des substances et procédés dopants en pratique sportive - Ed. Masson 1991 - p. 59)
- **1999** Regarding Christophe Bassons and his troubles with Lance Armstrong: "Bassons was wrong to say he was clean and the others dirty(...). He said the others were in it for the money. But if he was writing articles, he was getting paid for it, right? I read that he was getting three times as much for criteriums, so he's not as clean as he says." (L'Equipe 24/07/1999 - as reported in Sport & Vie n°56 de Sept/Oct 1999)
- **2002** "If cycling teams did things the right way, no rider who doped would ever find work again." (Le Télégramme, 28/05/2002)
- **2011** To the question: "Were you ever tempted to [dope] ?": "I don't see why you'd be tempted to the extent that you have a capacity to do the same without anything. What would I have gotten out of it? Nothing more, except I might not be in the condition I'm in today. So I didn't do it." (Bernard Hinault – Dernier roi du vélo, Emission Empreintes, 2011)

...What they said »

- **1989** Phil Anderson: "During the climb to Pla-d'Adet with Hinault, I offered him some Coca-Cola, because he was my idol. But he got angry and almost threw it in my face. All the sudden it wasn't the same guy who was in the poster on my wall." (L'Equipe, 19 July 1989, cité dans Le bêtisier du Tour de France, Serge Laget, 2010)
- **2008** Philippe Bordas, author and journalist: "I have a hard time talking about Hinault, whom I admired so; he is emblematic of a weak era. The introductory episode was fundamentally heroic, but thereafter Hinault falls within the sorry limits of the contemporary. (...) In Summer he hands out bouquets and handshakes at Tour finishes. Something Anquetil, Merckx or Coppi would never have done." (Forcenés, Philippe Bordas, 2008)
- **2009** Jean-François Bernard, former teammate: "I laugh when I hear Bernard Hinault say the French don't train. It's a good thing for him Joël Marteil was there to get him to train. Everyone knows how he hated it." (L'Equipe, 13/07/2009)

- **Laurent Fignon**: "It seems absurd to me today to want to make people believe you never took anything." (L'Equipe, 01/07/2009, cité par www.slate.fr, 03/07/2009)
- **Jérôme Pineau**, rider, regarding Hinault's comments about the French: "Hinault isn't happy, maybe even a little bitter. If we're all "chumps", then let him stay home! Even better: since he knows the recipe so well, why doesn't he take a team and turn them into champions. He claims we train badly but it's an insult to all those who work with us and are more competent than he is with regards to training." (Le Journal du Dimanche, 20/07/2009)
- **2012** Cyrille Guimard: "He hated training and did the minimum." (Dans les secrets du Tour de France, 2012)

THE MEDIA

"Chevalier of the Légion d'Honneur"

"Champion of the Champions" in L'Équipe: 1978, 1979, 1980, 1981

"Bernard Hinault's Glory Tour." –VSD, 24.07.1986

"Champion of champions 1980. King Hinault, as seen by the people." - L'Équipe, 30.12.1980

"Hinault makes it five." –L'Equipe, 22.07.1985

"Bernard Hinault doesn't like familiarity, the [French] IRS, compassion, antiquated regulations and urine tests." - Paris-Match, 05.10.1984

« My opinion on my performance »

Bernard HINAULT, was once my hero. He was the kind of role model that dared you to dream (see: my editorial). He made me want to cycle competitively. For a year, he even sponsored a scholar-athlete program I once managed. But, like so many in "the business", he probably still believes that expressing doubts and speaking out about doping is tantamount to "killing cycling", contrary to what Michel Rieu believes (see: pg.133). Reached by email, then by phone on April 15th 2013, he talked about an

"outrage" and later, absolutely livid, asked "how can you calculate watts from your couch?!" Then he hung up. The answers can be found in this magazine. In fact, he could even do it by himself. In 2007, at 9:34 am, Bernard "Badger" Hinault, acting as a representative of the ex's I had skewered in a Libération article in July (see: pg.114, "In the world of cycling, the inevitable ex"), called to threaten me: "we're ex's", "things are going to get ugly for you if you keep writing this garbage." He had

called "anonymously", from a payphone, whose number is 0237240453. I recognized the voice right away. My role model had become a symbol of what one might call an omerta, a cycling camorra. Every year, he presides over stage-finish prize ceremonies and over the yellow jersey pomp and circumstance. Without asking himself any questions. And by forbidding that any ever be asked.

Antoine Vayer



Laurent FIGNON	Cols and stage wins	Actual Power	watts/kg	Standard Power 80 kg	Time	Stage Cols
Tour de France 1983 1st - 23 years old Team Renault-Elf-Gitane	Peyresourde. Struggles, left behind by Pascal Simon and Delgado.	300	4.55	323	00:26:10	4
	Puy de Dôme TT	380	5.76	402	00:42:31	1
	Alpe d'Huez. Clocked at end of col. With Van Impe and Delgado	395	5.98	421	00:24:10	5
	Avoriaz TT. Over 9 km. Total effort 36'. Keeps yellow jersey	366	5.55	385	00:24:46	1
	Average	360	5.5	383	00:29:24	
1984 Giro d'Italia 2nd - 24 years old	Val Gardena. Attacks during steep portion (4.8 km at 6.8 %)	397	6.02	420	00:12:48	1
	Campolongo, 1st. After long breakaway, over 4.97 km at 5.84 %	378	5.73	400	00:12:25	4
Tour de France 1984 1st - 24 years old	La Ruchère TT, 1st. Ahead of Herrera. Clocked over 10 km, total of 42'	429	6.5	454	00:26:51	1
	Alpe d'Huez. 2nd, intense struggle with Hinault from Laffrey.	348	5.27	369	00:23:23	3
	La Plagne, 1st. Exceptional climb at end of long stage	386	5.85	410	00:46:01	3
	Joux Plane. Clocked at end of col (5.2 km 1227m-1691m)	359	5.44	382	00:18:20	5
	Crans Montana, 1st	405	6.14	429	00:25:13	2
	Average	385	5.8	409	00:27:58	
1986 Vuelta a España 7th - 26 years old	Achilles heel surgery in 1985					
	Sierra Nevada. Pino 385 watts, 2' less than Fignon	332	5.03	350	00:28:38	
1987 Vuelta a España 3rd - 27 years old	Automatic pedals starting in 1987					
	Cerler. Good Vuelta. 1st at Avila, solo	X				
Tour de France 1987 7th - 27 years old Team Systeme U	Navacerrada. Over 4.6 km (1485m-1858m). Long stage, 5 hrs.	356	5.39	378	00:15:09	3
	Alpe d'Huez. Good climb. Finishes right behind Herrera	372	5.64	400	00:43:00	4
1989 Giro d'Italia 1st - 29 years old	La Plagne, 1st. Stage victory at sprint over Fuerte	348	5.27	369	00:55:30	3
	Joux Plane	356	5.39	379	00:39:30	5
1989 Giro d'Italia 1st - 29 years old	Tre Cime Di Lavaredo. 2nd behind Herrera. Total effort, 25'	389	5.89	417	00:10:10	
	Monte Generoso TT. Not a good day, rain. Herrera 28'30"	402	6.09	426	00:30:15	1
Tour de France 1989 2nd - 29 years old	Cauterets. Short effort.	406	6.15	430	00:11:38	3
	Superbagnères. Leaves LeMond in last km and takes yellow jersey	396	6	419	00:28:50	4
	Izoard. Gives up 13» on climb to old town Briançon.	381	5.77	408	00:24:38	2
	Alpe d'Huez. Leaves LeMond behind 4 km from summit	379	5.74	409	00:42:15	3
	Saint Nizier 1st. Solo to Villard after an attack at Saint Nizier	391	5.92	413	00:33:38	1
	Average. Loses Tour on final TT on Champs Elysées	387	5.9	412	00:32:20	
Tour de France 1991 6th - 31 years old Team Castorama	Falls on Giro and out of shape on Tour de France, withdraws					
	Somport. Climbs with peloton	337	5.11	346	00:40:40	2
	Val Louron. 7 hrs, 5 cols, Fignon struggles behind Chiappucci and Indurain	350	5.3	362	00:20:30	5
	Alpe d'Huez. Never climbed Huez so quickly, short stage.	400	6.06	424	00:40:57	3
	Average	362	5.5	377	00:34:02	
Tour de France 1992 23rd - 32 years old Team Gatorade	Marie Blanque. 15'24» over 4.05 km (575m-1035m)	409	6.2	435	00:20:00	1
	Sestrières. Finishes more than 7' behind Chiappucci. 9.9 km at 6.26 %.	340	5.15	360	00:28:08	5
	Alpe d'Huez. Gruppetto after attack on col du Galibier	X				4

BEST PERFORMANCE: 1984, LA PLAGNE 46'01» at 410 watts standard
BEST TOUR DE FRANCE: 1989, 412 watts 80 kg standard



Suspicious



Miraculous



Mutant

« The Real Story »

Laurent Fignon

When he joins the Renault team, Laurent Fignon understands that doping is everywhere in cycling, including in his team.

When did Laurent Fignon start doping? He won't say. He tells the story of the 1984 Vuelta a Colombia, during his third year as a professional, when he and three of his teammates "have at their disposal" several grams of cocaine. Not to dope. Just to have fun. He has so much fun that he is in outstanding shape and takes the last stage. All the Colombians are also using coke and no one is found positive.

In 1987, he tests positive for amphetamines during the Grand Prix de Wallonie. It's an unfortunate incident for a young champion. With Cyrille Guimard, they trot out a timeless excuse: an ill-intentioned person gave the rider a tainted bottle of water. In L'Equipe, Jean-Marie Leblanc, journalist and future Tour de France director is furious. He is revolted that anyone would try to pull the wool over their eyes. Fignon is suspended one month with probation. In his

book, *Nous étions jeunes et insouciantes* (We Were Young and Carefree), published in 2009, he maintains his innocence and blames two Belgian labs for manipulating his results.

At the end of 1987, a year heavy in medicinal ups and downs, Laurent Fignon tries a new substance at the Grand Prix des Nations, which he later refuses to name. He comes to regret it, as he ends up blocked. In 1988, war is declared. With the Tour de France approaching, the use of unannounced tests is brought up. Laurent Fignon is one of the most vehement when condemning this outrage: "I am absolutely against preventive testing. We're already tested during the race. How about at night in our bed, why not while we train? Let's not push it. (...) If this pre-Tour testing is established, I won't go. Never, never." The two-time Tour winner will ultimately go. And withdraw just as quickly.

The next year, still not over having lost the Tour de France by 8 seconds, he has a moment of weakness: he admits having used amphetamines during training to bolster his courage. Rotten luck, he tests positive at the Eindhoven

Grand Prix a few days later. He is suspended once more. Laurent Fignon forgets to talk about the most important point: why were amphetamines readily available?

In 1992, he exiles himself to Italy and joins Gianni Bugno's Gatorade team, headed by Gianluigi Stanga, assisted by Claudio Corti and medically supervised by Doctor Conconi. Stanga quickly pushes Fignon to take EPO and will soon be subject of a police investigation in 2001. Claudio Corti also pushes Fignon to take EPO. As for Doctor Conconi, he made blood transfusions popular by preparing Francesco Moser the world hour record. Fignon claims he never took EPO. We can believe him. The risks weren't worth it for a rider at the end of his career.

As a consultant, Laurent Fignon did not make antidoping his number one topic of conversation. He was often particularly accommodating, for example with Lance Armstrong and Alberto Contador. Gravely ill, he nevertheless dropped a bomb in July 2009: "It seems a little lame today to try to make people believe you never took anything."

- ▶ Laurent Fignon won the Tour de France at age 23, on his first time out, in 1983, with 383 watts on average. He delivered his best performance at Alpe d'Huez, where he was able to follow Belgian climber Van Impe.
- ▶ The following year, he was unstoppable on the Tour de France with 409 watts on average. He beat Hinault by more than 10 minutes.
- ▶ In 1985, he was hit with health problems. He needed surgery on his Achilles tendon.
- ▶ In 1987, he showed signs of a return to form with a stage victory at La Plagne

- on the Tour de France and a 3rd place finish on the Vuelta.
- ▶ He returned to top form in 1989 with 412 watts on average on the Tour de France (2nd behind LeMond) and winning the Giro.
- ▶ He then went through ups and downs. He fell on the Giro, then withdrew from the Tour de France in 1990.
- ▶ He climbed the Alpe d'Huez in 40mins 57secs in 1991 and finished 6th in the Tour de France.

« The Legend »

▶ Born August 12th, 1960 in Paris.

Laurent Fignon wins the very first race he rides in, in 1976. Two years later he is Île-de-France junior champion.

▶ Guimard hires him for the 1982 season with the Renault team, whose leader is Bernard Hinault. Immediately, he wins the Critérium International. Then, right after, he helps Bernard Hinault to victory on the Giro d'Italia. The following year, on the Vuelta a España, he is once more Hinault's ideal wingman. When Hinault pulls out of the Tour, Fignon seizes the opportunity. He dons the yellow jersey at Alpe d'Huez then takes the final time-trial. He wins the race in Paris before even turning 23.

▶ He takes second place in the 1984 Giro, in which Moser is greatly helped by a series of misfortunes. Filled with fierce determination, he



becomes French champion and lines up for the Tour de France. He doesn't let Hinault's return intimidate him either. Fignon crushes the Tour with six stage victories. He wins for the second year in a row. After having won the Semaine cycliste internationale and l'Etoile de Bessèges's prologues and also the Route du Sud, the Laurent Fignon train goes off the tracks in the Spring of 1985. He needs Achilles tendon surgery.

▶ In 1986, he creates the Système U team with Guimard. Even if he takes the Flèche wallonne, his first classic race victory, he struggles to get back in the swing of things. After a victory in the team time-trial, he withdraws from the Tour de France, due to a fever. Later in the season, he fractures his clavicle.

▶ In 1987, he finishes 3rd in the Vuelta a España.

But during the Tour de France, he is forced to muster everything he has to scrounge a victory at La Plagne and finish 7th in the final overall standings. In the Grand Prix des Nations, he is humiliated, losing 12 minutes. The accidental death of this teammate and friend Pascal Jules in November hits him especially hard.

▶ In 1988, he takes Milan-San Remo then finishes third in the Paris-Roubaix. But in the Tour de France, he is off his game: left behind by his teammates in the team time-trial, he withdraws a few days later. A win in the Tour de la Communauté Européenne is hardly consolation.

▶ In 1989, he wins Milan-San Remo again, and solo, no less. He wins Italian support by taking the Giro d'Italia. On the Tour, he battles Greg LeMond, who makes an incredible comeback after his hunting accident. With a 50 second lead on the morning of the final time-trial, which finishes on the Champs-Élysées, he is almost assured of winning. But an injury to his buttocks keeps him from finding a proper position. With an 8 second lead, LeMond destroys Fignon, who will never quite recover. Fignon finds some solace at the Grand Prix des Nations in which he sets a new record.

▶ The next two years, he only wins the Critérium International, the 6 Jours de Grenoble and a stage in the Giro di Puglia, as well as a 6th place finish in the '91 Tour.

▶ He attempts one last comeback in 1992, joining the Italian Gatorade team. He wins a stage of the Tour de France going from Strasbourg to Mulhouse, on a 100 km solo breakaway. It is his last feat.

▶ He then moves into race organization and starts a line of cycles bearing his name. He wins the hearts of fans thanks to his insightful commentary as a consultant for Eurosport, then France Télévisions.

▶ He fights a losing yet noble battle with cancer, which he opts to make public. He passes away on August 31, 2010 in Paris.



FINISHES ON MAJOR TOURS :

- ▶ Tour de France : 10 races, winner (1983, 1984), 2nd (1989), 6th (1991), 7th (1987), 23rd (1992), 4 withdrawals (1986, 1988, 1990, 1993)
- ▶ Vuelta a España: 3 races, 3rd (1987), 7th (1983, 1986)
- ▶ Giro d'Italia: 6 races, winner (1989), 2nd (1984), 15th (1982), 37th (1992), 2 withdrawals (1990, 1991)

HARD TO BEAT UP on your own broadcast

by Antoine Vayer



At Colmar and Pontarlier, televised cycling just got cinematic. The 14th is Saint-Barteau's day, the new France Télévision consultant (1) and former winner of the Trophée des espoirs at age 17 at Cerisy-Belle-Étoile in Normandy. He also hit the jackpot on July 14th in Marseille in 1989, this time as a "pro". Some even say that had this "little prince" been given the juice back in 1984, when he donned the yellow jersey fourteen days, he would have kept it on all the way back to Paris. Then again, they did have the bright idea to hand him the microphone to add some flourish to the public television network. So he didn't lose everything. Happy name day Vincent! And now three days of handing out gold stars to the neediest before the mountain stages hit. The leaders already know where they stand. And the rank and file know what to expect. Certain immune systems are already breaking down. Here come the first cases of being sick, of having tendinitis and "freak-outs". Your dad gave you up when you were a child? Traumatic, but invigorating on your bike and just plain traumatic, when you give up at the 121st kilometer. Since Dunkerque, the pace has been very fast, even exhausting for some. It's much harder than before. They know it, just as they know they won't finish. Might as well "go all out" and try to grab some laurels. Show off a bit. Get on TV. Get the journalists, commentators, and consultants talking. Everything's fairly diluted on television. It's the art of fake self-control. The line between lying and holding back. How much you talk about a subject is generally directly proportional to your stake in it. It's hard not to sing the praises of the images that you paid so much for in the first place. Patrick Chassé, 36 years old, is a commentator for Eurosport. He covers races year-round. After getting weak-kneed in 1999, he now calmly talks about his job: "Since 1998, it's true we kind of feel like carnival barkers. I remember when I started, it was more of a game than a job. We would do a Zitroner [ed. note: famous French commentator]. It doesn't bother me anymore. I thought about it. I consider myself a journalist writing for page 3 of l'Équipe [ed. note: France's number one sports daily], writing up the race summary, making it come alive." Eurosport buys the state channel's feed which is then rebroadcast

all over Europe, commented on live, and cuts to commercial at the same time all over Europe. "When you're going live, doping is irrelevant. We work with facts. Do you talk to the bus driver while he's driving? We call the team manager during our broadcasts. Not to talk about doping and get in their face, that's not our job." Patrick Chassé works with his own "E Street Band" made up of former riders. He just lost Barteau, but kept Fignon, two-time Tour winner and brave new Paris-Nice organizer. Fignon is new blood amidst the organizers, as the simmering conflict with the Société du Tour continues to brew. Fignon knows that the 2001's Tour fortunes are directly tied to the survival of his own race, which Frigo won at the start of the year. The other acolyte is Jef Bernard. In 1987 he

became a media darling when he destroyed the second Mont Ventoux time trial. At the top of "bald mountain", he was theatrically greeted by Tapie, owner of Jef's team, and by Chancel, then the reigning television commentator. Chancel even shed a few tears: "He's my son in spirit!" But his peers thought different. The peloton deemed him too young and too arrogant and ganged up on him. He lost everything that was promised to him: money, glory, jersey. He never really got over it. Patrick Chassé relies on them "not to play hosts and to try and erase the gap between what we see and what we know but just let people make up their own minds." Like, for example, when one of them says "I've never seen a guy climb the Pordoi col on the Giro in low gear" or "it's the first time he finishes top 30 in a time trial in an altered state." He thinks it's eloquent enough. "We come at it from an information point of view. Unfortunately, we don't do any reporting, there's no room for debate." As far as enthusiasm goes,

he claims to find the same thrill: "It's different. Now we make light of things quite a bit." Television killed all secrecy, the magic of imagination. There won't be anything left of sailing if cameras follow you around the world. Making light is probably the only choice left when everything is ridiculous, a shade of past happiness, before the age of self-awareness. "Qui nescit dissimulare, nescit regnare", he who knows not how to feign, knows not how to reign.



1-07-2001 L'Humanité

- **1995** "At Gatorade, we had five doctors. (...) In France, it always looked a little funny." (L'Equipe, 20/07/1995)
- **1998** "We have to stop saying: we're going to stop doping. We won't. It won't happen. It's not just with cycling, but other sports too, where there isn't much done about it. Cheating exists everywhere in society (...)." (Le Monde, quoted by Sylvie Voet in De la poudre aux yeux, page 105)
- **2005** Regarding L'Equipe newspaper's revelation of Lance Armstrong's doping on the 1999 Tour de France: "It's too old a story. 1999? I don't give a fuck. What's the point?" (Libération, 24/08/2005)
- **2006** Regarding Floyd Landis's positive test on the Tour de France: "I'm very sad to find out that the winner of the Tour tested positive and that the Tour would have completely changed had he not been there." (lequipe.fr, 27/07/2006)
- **2007** Regarding Michael Rasmussen: "It looks like he doesn't breathe

(...) [or at least] just once at the top and once at the bottom." (France 2, as reported by cyclismag.com - 22/07/2007)

- **2009** Following his revelation that he had cancer: "In 1991 (...) Indurain won his first Tour. Was he on EPO? I suppose. (...) It was generalized in 1993." (Le Journal du Dimanche, 14/06/2009)
- "I'm not ashamed of what I did. I did what I had to do, without overdoing it. I did my job. And in this job, there's cheating." (Le Journal du Dimanche, 14/06/2009)
- **To justify his decision to talk:** "If doping has always existed, then in the end we are all responsible, each at our own level, for what happened in 1998 with Festina (...)." (L'Equipe, 01/07/2009)
- **On Lance Armstrong:** "I don't know what he did, but I don't see why he didn't do what everybody else was doing..." (L'Equipe, 01/07/2009)

...What they said »

- **1998** Alain Vernon, journalist: "For having covered five Tours de France, I've come to understand that lying is second nature in this world. During my investigation, I thought a few would consent to share their opinion with me. But the only ones willing to talk were those who were done with cycling and weren't expecting anything anymore. I approached Laurent Fignon, who was still riding. He told me he had nothing to say to journalists who were still asking those types of questions." (L'Express 23/07/1998)
- **2008** Thierry Adam, journalist: "Let's just say that Fignon doesn't refuse to discuss the question, I think he's fairly open about it. You can talk about it, he doesn't mindlessly defend his positions. He doesn't just toe the party line on doping." (Tempêtes sur le Tour, Pierre Ballester, 2008)
- **2009** Bernard Hinault, former teammate, regarding the book *Nous étions jeunes et insoucians* (We Were Young and Carefree): "It's not because he did

stupid things that everybody else did the same thing. And can we please stop talking about doping. I'm sad, Laurent didn't deserve that." (Laurent Fignon - La dernière échappée, Jean-Paul Vespini, 2010)

- **2010** Raphaël Gémiani, former rider, after Laurent Fignon's death: "I don't understand why we systematically talk about doping when a cyclist has cancer. He's a man like any other, does everyone who has cancer ride a bike and dope? Of course not." (Laurent Fignon - La dernière échappée, Jean-Paul Vespini, 2010)
- **2012** Cyrille Guimard: "Laurent never took anything but a little cortisone and of course some amphetamines during criteriums." (In *Les secrets du Tour de France* - p228)

THE MEDIA

"Laurent Fignon, Tour Idol." - Télé Star, 01.07.1989

"Bravo Fignon!" - Le Pèlerin, 1984, n° 5304, 29 July

"Ichah Robert .- Laurent Fignon: avant-garde rider." - France-Soir magazine, 10.11.1984

"Fignon, New Cycling, Year One." - Libération, 23.07.1984

"Fignon, the peloton's intellectual." - Le Figaro TV, 20.06.1987

« My opinion on my performance »

Incomparable Eras

As Cyrille Guimard says, "riders have always 'taken care of themselves'", which is a subtle way of introducing the word "doping" into the vernacular, without ever forgetting that attempts at performance-enhancement are tied to the advent of cycling, and to its excesses. Laurent Fignon, himself, admitted it to me. The two-time Tour winner was a regular cortisone user (for big events) and amphetamines (for rallies and training). Does such a confession mean that we are to rank the Parisian as one of the worst cheats ever? I don't think so. Laurent did not take part in the 90's era abuse, when EPO, growth hormones, and blood transfusions, took cycling into the cynical age of ultimate excess, that

age born of blood and genetics-obtained body transformation, which realized the most nightmarish predictions of bio-power. A sea change had occurred. Until then, no stimulants whatsoever had ever turned beasts of burden into thoroughbreds! To be clear, science had never jacked up a sub-champion to the point of competing with one of the greats: Coppi, Hinault, Anquetil, Merckx, Fignon, or Lemond! Until the EPO years, the exceptional ones were essentially legitimate. Doping was "home-made" and generally "empirical". Starting the mid-90's, that was no longer the case. The cold calculation of labs transformed individuals into pedaling machines. Fignon himself was disgusted by this reality. From my point view, these two "worlds" have nothing in common. Hence, beware

disorienting conflation and "compressions" of time. The unadulterated orgy of scientific doping of the most recent generations has destroyed the winners' lists and any sense of proportion. The Great Ones are now trapped in years of lead. Utter meaninglessness. Absolute horror. The writer Philippe Bordas' turn of phrase remains, in my mind, the most apt way to explain the mutation: "Doping was laughable and the feats were massive. What are we to think of doping that's become massive and feats that have become laughable?"

Jean-Emmanuel Ducoin,
writer and journalist, co-author
with Laurent Fignon of
"We Were Young and Carefree".
His latest book is "Go Lance!"





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Cadel EVANS	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
2002 Giro d'Italia 14th-25 years old Team Mapei	Pordoi. Tails Frigo and takes overall lead.	403	5,93	416	00:30:24	4
	Folgaria. Memorable collapse. Loses 15 minutes in 7.5 hours.	290	4,26	300	01:10:40	4
2005 Tour de France 8th-28 years old Team Davitamon-Lotto	Courchevel	397	5,84	407	00:45:04	2
	Galibier	381	5,6	390	00:51:20	3
	Saint Lary	369	5,43	379	00:33:35	6
	Aubisque	380	5,59	389	00:38:35	3
	Average	380	5,6	390	00:38:41	
2006 Tour de France 4th-29 years old	Pla de Beret	400	5,88	410	00:25:12	2
	Alpe d'Huez. Good, but gives up almost 2 minutes to Landis and Kloden	410	6,03	420	00:40:15	5
	La Toussuire	400	5,88	410	00:45:21	3
	Joux Plane.	377	5,54	385	00:38:02	4
	Average	397	5,8	406	00:37:13	4
2007 Dauphiné 2nd-29 years old.	Télégraphe. With Moreau and Piepoli at the end of very difficult stage	418	6,15	428	00:31:13	5
	Forclaz de Montmin. Measured on part of the La Forclaz col	408	6	418	00:14:50	2
2007 Tour de France 2nd-30 years old Team Predictor-Lotto	Galibier	388	5,71	402	00:49:32	3
	Bielle. 1 min 52 sec more than Contador and Rasmussen	400	5,88	410	00:46:09	2
	Peyresourde	406	5,97	421	00:24:06	5
	Aubisque	402	5,91	417	00:31:36	5
	Average	400	5,9	414	00:34:57	
2007 Vuelta a España	Cerler. Measured on two climb stretches 4.05 + 2.09 km	403	5,93	413	00:20:53	3
2008 Paris-Nice 31 years old	Mont Ventoux (Mont Serein) 1st. Remarkable for the month of March	414	6,09	426	00:40:40	1
2008 Dauphiné 2nd-31 years old Team Silence-Lotto	Salève	392	5,76	402	00:23:00	1
	Joux Plane	400	5,88	412	00:35:50	1
	La Toussuire	385	5,66	397	00:32:37	3
	Average	392	5,8	404	00:30:29	
2008 Tour de France 2nd-31 years old	Aspin. Another good Tour de France	404	5,94	415	00:30:40	2
	Hautacam	398	5,85	408	00:39:47	2
	Bonette	390	5,74	400	01:08:13	2
	Alpe d'Huez	393	5,78	403	00:41:45	3
	Average	396	5,8	407	00:41:04	
2009 Paris-Nice 32 years old	Montagne de Lure	393	5,78	402	00:35:47	1
2009 Dauphiné 2nd-32 years old	Izoard	357	5,25	365	00:26:33	1
	Saint François Longchamp	396	5,82	408	00:35:34	3
	Average	379	5,6	389	00:31:53	
2009 Tour de France 30th-32 years old	Arcalis	413	6,07	423	00:25:21	2
	Verbier. Gives up only 1 min 26 sec to Contador	441	6,49	452	00:22:21	2
2009 Vuelta a España 4th-32 years old	Aitana. Measured at end of col (6.1 km-1030 m -1510 m)	400	5,88	411	00:17:43	3
	Velefique. Excellent performance under beautiful conditions	420	6,18	429	00:33:22	3
	Pandera. Rain.	401	5,9	411	00:24:22	1
2010 Giro d'Italia 5th-33 years old Team BMC Racing	Monte Grappa	389	5,72	400	00:56:35	1
	Zoncolan. Left behind by Basso	388	5,71	399	00:42:04	4
	Plan de Coronas. Measured on first part of CLM	391	5,75	402	00:21:11	1
	Mortirolo. Brutal end of Giro	383	5,63	394	00:46:18	2
	Average	388	5,7	399	00:41:32	
2010 Tour de France 26th-33 years old	Avoriaz. Takes lead in the overall, but loses 8 mins next day	405	5,96	415	00:33:22	2
2011 Dauphiné 2nd	Collet d'Alleverd. Yikes!	428	6,29	438	00:33:14	4
2011 Tour de France 2nd-34 years old	Luz Ardiden. Yikes again!	403	5,93	413	00:37:46	3
	Beille	395	5,81	405	00:47:15	5
	Galibier. Behind Andy Schleck. Finish at Galibier peak.	400	5,88	410	00:23:45	3
	Alpe d'Huez. Handles Andy Schleck	387	5,69	397	00:42:10	3
	Average	396	5,8	406	00:37:44	
2012 Tour de France 7th-35 years old	Grand Colombier	375	5,51	388	00:49:49	2
	La Toussuire. Struggles, not as strong as 2011	372	5,47	385	00:46:28	4
	Peyresourde Ouest. Left behind at start of climb	327	4,81	337	00:29:25	4

BEST PERFORMANCE: 2006 Alpe d'Huez 40 min 15 s at 420 watts standard

BEST TOUR DE FRANCE: 2007, 414 watts standard



Suspect



Miraculous



Mutant

- ▶ After a first experience in mountain bike, Cadel Evans started as a professional cyclist on road in 2001, at 24. The following year, he took the leadership on the Giro after a great stage in the Dolomites mountains. The next day Evans suffered of a memorable weakness and he was only able to produce 300 watts in the long climb up to Folgaria.
- ▶ He started on the Tour de France in 2005 and ranked at the 8th place with an average 390 watts produced. His results on the Tour de France were very

good between 2006 and 2008 when he produced in average 406, 414 and 407 watts. He waited until 2011 to finally win the Tour de France at age 34, with an average power of only 406 watts.

- ▶ It is likely that the blood passport program reduced some of Evans main competitors' potential.

« The Legend »

▶ Born February 14th, 1977 in Katherine, Australia.

▶ Starts his career in mountain biking in 1993. Immediately makes a name for himself, winning the Australian championships. Succeeds at the international level as well, winning the 1998 and 1999 World Cups.

▶ Tries road racing in 1999, as a trainee with the Saeco team, led by Guido Bontempi. But waits for the Sydney Olympics to take place, in his home country, before making the switch to road racing. Concludes his mountain biking career with 7th place at the Olympics.

▶ **2001** is his real start in professional road racing. Wins twice with the Saeco team: the Brixia Tour and the Austria Tour. His climbing talents are immediately noticed. Recruited by the prestigious Mapei - Quick Step team and taken under trainer Aldo Sassi's wing. In 2002, wins a stage in the Tour Down Under, before taking the pink jersey on the Giro d'Italia four days from the finish. Blacks out and collapses the next day. Finishes 14th overall.

▶ Signs with T-Mobile for the 2003 and 2004 seasons. But falls on several occasions. Suffers three separate fractured clavicles in the same season and hardly competes at all. The following year, in spite of a victory in the Austria Tour, struggles to return to form.

▶ **In 2005**, joins Davitamon - Lotto. Finishes 8th in an Armstrong-dominated Tour de France. In hindsight, and



given the various recent admissions of doping, many consider him to have been the real winner of that year's Tour.

▶ **In 2006**, wins the final time trial in the Tour de Romandie, beating out Alberto Contador and taking first place overall. But in the Tour de France, in spite of a strong showing, is overwhelmed by Floyd Landis. In Paris, finishes 5th overall. Without having doped, he claims.

▶ **In the 2007** Dauphiné Libéré, finishes second behind the Frenchman Christophe Moreau. During the Tour, is

dominated by Rasmussen in the mountains, by Vinokourov and by Contador in the Albi time trial. After Rasmussen is banned, still holds out hope he can take the yellow jersey at the final time trial. But comes up 23 seconds short. Openly expresses his doubts about the winner. "He's such a strong rider. When he has a chain problem that leaves him 30 seconds behind, he can not only catch up to the peloton, he can keep attacking", he says, with just a hint of subtext.

▶ The following year, wins the Dauphiné. In the Tour de France, after having worn the yellow jersey, finishes second once more, behind Carlos Sastre.

▶ In spite of this setback, sets his sights on the 2009 Tour de France. After a stage victory in the Dauphiné, breaks down during the Tour. Tensions become evident within his team. Finishes 30th. Makes up for it at the end of the season with a third place finish on the Vuelta and by becoming world champion at Mendrisio.

▶ Wearing the rainbow jersey and having switched to BMC team, triumphs in the 2010 Flèche Wallonne before tackling his first Giro. Finishes fifth after winning a stage and taking the points jersey.

▶ On the Tour, takes the yellow jersey at Morzine, but loses it on the following stage, when he fractures his elbow. Finishes 26th in Paris.

▶ **2011 is his year.** Takes the Tirreno-Adriatico, then the Tour de Romandie and finishes second in the Dauphiné. Places from the very first stage of the Tour, and wins at Mûr-de-Bretagne. Plays wait-and-see with the other favorites all the way to the Alps. Thanks to the final time trial in Grenoble, takes the yellow jersey the night before the finish in Paris. First Australian to win the Tour de France, crowning achievement of his career.

▶ **In 2012**, wins Critérium International, which includes a stage win. Wins another stage in the Dauphiné Libéré. But shows his limits in the Tour de France. Suffers stomach problems in the Pyrénées and is unable to keep up. Finishes a disappointing seventh in Paris.

▶ Plans to ride until 2014.

TOUR PRIZES:

- ▶ Tour de France: 8 appearances, 1 victory (2011), 2nd (2007, 2008), 4th (2006), 7th (2012), 8th (2005), 26th (2010), 30th (2009)
- ▶ Vuelta a España: 4 appearances, 3rd (2009), 4th (2007), 60th (2004), 1 withdrawal (2003)
- ▶ Giro d'Italia : 2 appearances, 5th (2010), 14th (2002)

« The Real Story »

Cadel Evans

In 2000, his agent, Tony Rominger, former 60-minute record-holder, and trained by Dr. Michele Ferrari at the time, makes contact with his preferred doctor to have the Australian undergo tests. Cadel Evans claims that his ties to Ferrari were limited to this single meeting and that doping was never brought up. "My only goal at the time was to evaluate my capacity to become a road racer. Ferrari's opinion was well-respected at the time by teams and their managers, and could therefore help me open doors. There was never any talk of doping between us, nor any indication of anything illegal. I never had any contact with him after the test and I had had none prior" he explained in 2012.

Evans left Saeco after his first year as a professional. He joined Mapei, where he was taken on by Aldo Sassi, who had a reputation for not using doping in his training. We nevertheless clocked him at 448 watts in the climb to San Giacomo on the Giro, very near

the 450 watt "mutant" threshold. Thereafter, he only reached this level once (452 watts on the Verbier during the 2009 Tour). He hovered more around 420 watts, and often between 390 and 410 watts, which for us indicates that he did not dope.

Like any racer, Evans' teams were not spared their share of doping scandals, like on the 2002 Giro, during which his leader, Stefano Garzelli, was forced to hand over the reins of the Mapei team to him. On the BMC team, Thomas Frei tested positive for EPO in 2010. Just before the 2011 Tour, Sven Schoulteten who for the last year served occasionally as trainer is stopped at the Liège airport in possession of 195 doses of EPO. He claims they are for his "personal use".

Evans wins a Tour de France during which no rider was clocked at over 415 watts. He himself tops out at 413 watts at Luz Ardiden, the first mountain stage. He receives Anne Gripper's blessing, then head of UCI's Antidoping Department and in charge of the biological

passport. "I analyzed his results for the last few years and I have the feeling that there were never any problems or doubts with Cadel" she explains a few days after the finish.

Is Cadel clean? Maybe. To help us really know, he could, like Ivan Basso since his return, publish data from his training along with his blood tests. But he hasn't.

In fact, he says little about the subject, honoring the standard peloton code of silence, and very rarely complains about his rivals' misdeeds. "It's not my job to lead the fight" he says. The Australian rider prefers to let observers read between the lines, such as when he declared, following Floyd Landis' La Toussuire feat in 2006: "That's the most incredible performance I've ever seen." Or following Alberto Contador's feat on the Verbier in 2009: "All the riders are laboring up the hill and the Spaniard looks like he's on flat road." One day, perhaps, we will see a rider speak out against doping. And, feeling swindled, will press charges against those who he thinks robbed him. That rider will not be Cadel Evans.

THIS YEAR,

par Antoine Vayer

no rider was clocked at an average of more than 410 watts in mountain stages



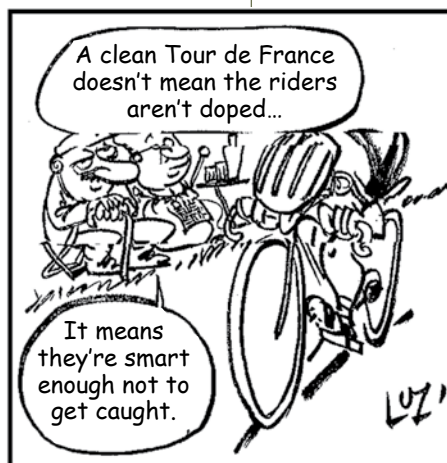
So, 2011, at long last the year of the “New and Improved Tour”? Heralded so many times before and postponed every single time since 1998 and the Festina scandal? On the eve of the Paris finish, what are we to think of this year’s Tour? To answer the question, let’s look at the data from the radars we set up, once again, to measure the power generated (in watts) by riders in the cols. In the Pyrenees, there were no 450 watt mutants and no 430 watt miracles like the last few years (*Le Monde* 19 July). Merely a few strong lads at 410 watts, the threshold for “categorical” doping in the final col of a mountain climbing stage. The journey through the Alps brought to light a few cases of speeding. During the 18th stage (more than 6 hours of cycling and three cols between 2360 and 2744 meters), Andy Schleck broke Lance Armstrong’s old record in the Izoard. Between the church of Arvieux and the summit, he bested by 1 minute and 12 seconds the American’s time from 2000, when Armstrong left Pantani in his dust. From Brunisard to the summit (6.95 km at 7.21%), he also took out Miguel Indurain’s record by 1 minute and 10 seconds. Taking into account the hypoxia effect that occurs above 1500 m, we can estimate the Luxembourg rider’s performance to be 423 watts. Then, in the Lautaret, with a headwind of 28.6 km/h, Andy Schleck bore down on his pedals for a run of greater energy exertion than that of Floyd Landis’ surreal 2006 feat, year in which the American was forced to give up his yellow jersey after testing positive for testosterone. Finishing second, Andy’s brother Frank signed the Schleck family name to another record by climbing the southern face of the Galibier in 23 minutes and 37 seconds (416 watts). The Dane Rasmussen, banned from the Tour in 2007, had held the record since 2006. At the Galibier finish (4.4 km at 6.75% at an altitude of more than 2600 m), Cadel Evans was clocked at 423 watts, still taking hypoxia into account. Three riders finished just behind him, each at over 410 watts in the final col.

No sign of the mutants

So, in 2011, there were no 450 watt mutants to report on the Galibier. Still, 88 riders, including Jérémy Roy, zero-doping journeyman, crossed the finish line 35 minutes and 40 seconds late, after having climbed the col d’Agnel at 360 watts, the Izoard at 320 watts and the Galibier at 269 watts. No “gruppetto” had been so hors délai in some time. We then move

on to a breakdown of the particularly short 19th stage, in which the Télégraphe and the north face of the Galibier were tackled in the early going of the stage. On the Télégraphe, Alberto Contador’s cold muscles – his knee magically healed in a single night and already clocking 460 watts for 20 minutes on the col de Manse before arriving at Gap – pedaled 47 seconds faster than the 2007 record-holders (Evans, Piepoli and Moreau): 30 minutes and 26 seconds at 23.6 km/h on average, for a 12 km climb with a 7.09% grade. With Andy Schleck right behind him, he pushed all the way to 444 watts. The Luxembourg rider beat Soler’s 2007 record between Saint Michel de Maurienne and the north Galibier Tunnel by 31 seconds. Then came the final col at the Alpe d’Huez. With Sanchez at 41 minutes and 6 seconds (405 watts), Contador at 41 minutes and 36 seconds (despite his 23 minutes at 426 watts over 7.35 km and 9.05%), Evans at 42 minutes and 11 seconds and Rolland at 42 minutes and 3 seconds, we were clearly a long ways from Pantani’s 36 minutes and 50 seconds in 1995 (470 watts) or Armstrong’s 37 minutes and 36 seconds in 2004 (455 watts). In even better news, our zero-doping climbing standard, Jean-Christophe Péraud, was clocked at 388 watts at the Alpe d’Huez (42 minutes and 40 seconds). He averaged 387 watts on the Tour’s four test cols, on par with Hinault, LeMond, and Fignon. Ranked eleventh in the overall, can he entertain thoughts of winning the Tour one day? We’ll have to wait and see. Many leaders from this year, like those from Radioshack (Armstrong’s former team) and like Vinokourov, went down even before the mountain battles. Voeckler and his 411 watts at the stage finish on the south face of the Galibier, his 433 watts on the Télégraphe and his stalling on 7% grades in the early going of the Galibier north face stage, failed to finish in the top three. Laurent Jalabert, doing television commentary, called it a “sorry sight”. But the best news came out of the last col

results. This year, no rider was clocked at more than 410 average watts in the test cols at stage finish (Luz-Ardiden, Plateau de Beille, Galibier, and Alpe-d’Huez). In 2010, there were five. Between 2000 and 2010, there were at least four. Between 1994 and 1998, there were more than six. The last time no Tour rider was clocked at more than 410 watts on the cols at stage finish was 1999. It was the very first “New and Improved Tour”. The rest, of course, is history: years later, traces of EPO were found in seven-time winner Lance Armstrong’s urine.



- **2007 After Contador's 2007 Tour victory:** "He's such a strong rider. When he has a chain problem that leaves him 30 seconds behind, he can not only catch up to the peloton, he can keep attacking." (Close to flying - Cadel Evans - Editions Hardie Grant Books 2009)
- **2010 After Alberto Contador tested positive during the 2010 Tour de France:** "I'm going to wait for the final analysis before making up my mind." (Communiqué de presse, 30/09/2010)
- **2012 After Lance Armstrong's ban:** "Behind the news, hysteria and sensationalism, I hope that people remember that the events being uncovered mostly occurred seven or more years ago, amongst a minority of those involved in a sport which has already changed and moved on. (...) For those who are disappointed with the situation right now: do not despair, do not abandon us now we are in our best years, preparing things for our most important moment yet - the future..." (cadelevans.com.au, 24/10/2012)
- **"As a clean athlete and to be accused of being a drug cheat,** personally it's very offensive and very hard to take. Maybe those people have a thing or two to learn about commitment, hard work, dedication and how far people can go with natural ability." (cyclingnews.com, 18/11/2012)

...what they said »

► **2008** David Millar : "I believe him because his career has progressed steadily. But it would be better if he gave us something to go on, like Franck Schleck, whose last two years' of blood tests we can look over. It's a shame Cadel can't demonstrate to everyone that he's clean. In cycling, when you're innocent, it's even more important to justify it. Cadel needs to prove he's clean." (jdd.fr, 20/07/2008)

► **2011** Anne Gripper, then head of Antidoping at the UCI : "I had insight into his results for a few years and I just feel that there has never been an issue or a whiff of suspicion with Cadel" (cyclingnews.com, 09/08/2011)

THE MEDIA

"Evans, an old-fashioned winner." – *Le Sport vélo*, 2011, n° 8, September

"I'm more human" – *Sport foot magazine, cycling special edition*, 16.06.2011

"Gentleman Evans." – *Le Sport vélo*, 2011, n° 6, July

"Evans, the young man and the yellow-colored glasses." – *Nice-Matin*, 16.07.2008

"Cadel Evans, strong and steady." – *Official TDF Program 2008*

"Cadel Evans, the zero-risk policy." – *Télé Star*, 30.06.2008

« My opinion on my performance »

Dear ,

I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-

enhancing drugs and/or methods during your career?

If so, what would you deem to be the percent increase in performance?

In what ways? Physical? Psychological? Technical?

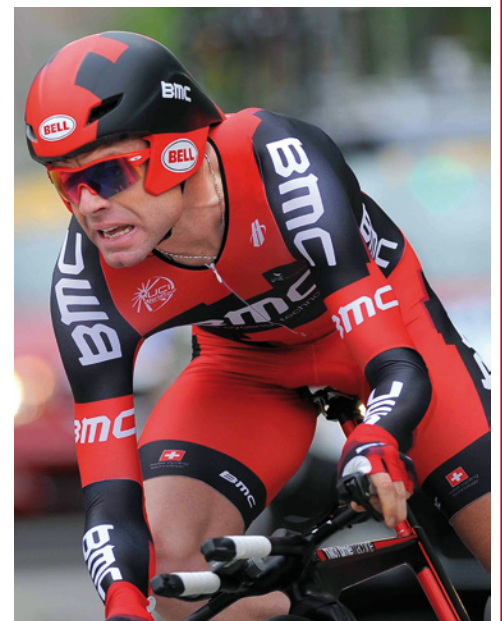
If not, how do you explain your ability to beat or keep up with racers who have admitted to doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.

Regards.

CADEL declined to respond to the questions asked.





Christophe MOREAU	Cols and stage wins	Actual Power	watts/kg	Standard Power 78 kg	Time	Stage Cols
Tour de France 1997 19th - 26 years old Team Festina	Alpe d'Huez. Hill race. finishes 9'40» behind Pantani	360	5.07	355	00:46:35	1
	Disqualified from 1998 tour following Festina scandal					
Dauphiné 1999 29th - 28 years old	Mont Ventoux TT. 4'30» behind Vaughters. new record	407	5.73	403	01:01:20	1
Tour de France 1999 27th - 28 years old	Sestrières. Finishes 5'04» behind Lance Armstrong	387		380	00:31:00	5
	Alpe d'Huez. Gives up 5' to Armstrong group	365	5.14	355	00:46:30	3
Tour de France 2000 4th - 29 years old	Hautacam. 2'35» behind Armstrong. having a great day	430	6.06	420	00:38:50	3
	Ventoux. Gives up 1'30» to Pantani/Armstrong duo	410	5.77	400	00:50:30	1
	Izoard. Very good climb	432	6.08	432	00:32:20	3
	Courchevel. Loses only 1'30» to Armstrong	418	5.89	410	00:45:55	3
	Joux Plane. Keeps up with Armstrong	413	5.82	403	00:36:27	4
	Average	421	5.9	413	00:40:48	
Tour de France 2001 Withdrawal - 30 years old	Alpe d'Huez. Only 30» behind Ullrich	432	6.08	417	00:40:30	3
	Chamrousse TT. Excellent time-trial	420	5.92	415	00:50:04	1
Dauphiné 2002 3rd - 31 years old	Joux Plane. Passes summit 15» behind Armstrong	410	5.77	398	00:36:50	4
Tour de France 2002 Withdrawal. 15th stag Team Crédit Agricole	La Mongie. Not in great shape in Pyrénées	401	5.65	395	00:26:35	2
	Beille	386	5.44	380	00:49:12	5
	Ventoux. Breaks down	349	4.92	343	00:57:30	1
Tour de France 2003 8th - 32 years old	Ramaz	424	5.97	419	00:37:20	2
	Alpe d'Huez	397	5.59	391	00:42:46	2
	Bonascre. Gives up 1'24» to Armstrong	417	5.87	414	00:24:49	2
	Peyresourde. Great performance at end of long mountain stage	436	6.14	431	00:32:40	6
	Luz-Ardiden. Finishes with Ullrich, only 40» behind Armstrong	440	6.2	435	00:36:16	3
	Average	423	6	418	00:34:46	
Dauphiné 2004 Withdrawal - 33 years old	Mont Ventoux TT. 16th, 4'37" behind Mayo	414	5.83	410	01:00:28	1
Tour de France 2004 12th - 33 years old	La Mongie. 2' given up to Armstrong	424	5.97	418	00:25:14	2
	Beille. Almost 3' given up to Armstrong	391	5.51	387	00:48:31	6
	Alpe d'Huez TT. Gives up more than 4' to Armstrong	417	5.87	413	00:40:50	1
	Croix Fry. 2' behind Landis/Armstrong group at the summit	388	5.46	384	00:31:28	5
	Average	405	5.7	401	00:36:31	
Tour de France 2005 11th - 34 years old	Courchevel. Gives up 3' to Armstrong and Valverde	410	5.77	406	00:45:48	2
	Galibier. Keeps up with the best	396	5.58	390	00:51:17	3
	Saint Lary	401	5.65	393	00:32:33	6
	Aubisque. 1'40» given up to Armstrong	409	5.76	402	00:37:32	3
	Average	404	5.7	398	00:41:48	
Dauphiné 2006 2nd - 35 years old	Mont Ventoux. Powerful from Saint Estève to Chalet Reynard (31'40")	411	5.79	406	00:49:28	1
Tour de France 2006 7th - 35 years old Team AG2R Prévoyance	Pla de Beret. 10th, 2'29» behind (clocked over 6.85 km 1480-1880)	356	5.01	347	00:27:24	2
	Alpe d'Huez. Beyond 20th place	415	5.85	410	00:41:14	5
	La Toussuire. 6th, 2'37» behind Rasmussen	405	5.7	400	00:46:02	3
	Joux Plane. 53» behind Sastre at the summit, the fastest at Joux	408	5.75	400	00:36:42	4
	moyenne	396	5.6	389	00:37:51	4
Dauphiné 2007 1st - 36 years old	Télégraphe. Leaves Contador behind by a minute	433	6.1	428	00:31:13	5
	Forclaz de Montmin. Controls race. Clocked over 4.5 km (599m-1024m)	423	5.96	418	00:14:50	2
Tour de France 2007 37th - 36 years old	Colombière. Great Alps, falls apart in Pyrénées	422	5.94	419	00:23:22	1
	Tignes (end of climb). Lots of starts	438	6.17	427	00:09:12	3
	Galibier	400	5.63	396	00:50:14	2
Tour de France 2009 29th - 38 years old	Arcalis. Gives up 1'53» to Contador	396	5.58	394	00:26:52	2
	Verbier	392	5.52	390	00:25:15	2
	Colombière. Great performance at end of mountain stage	413	5.82	410	00:23:45	5
	Ventoux	349	4.92	346	00:57:27	1
	moyenne	388	5.5	385	00:33:20	
Tour de France 2010 22nd - 39 years old Team Caisse d'Epargne	Madeleine. Breakaway with Casar, finishes 4th in stage	356	5.01	354	00:34:16	4
	Bonascre. 15th in stage	415	5.85	413	00:24:54	2
	Tourmalet	394	5.55	391	00:54:36	3

BEST PERFORMANCE: 2003, LUZ ARDIDEN 36'16» at 435 watts standard
BEST TOUR DE FRANCE: 2003, 418 watts standard



Suspicious



Miraculous



Mutant

« The Legend »



- ▶ **Born April 12th, 1971 in Vervin (France),** Christophe Moreau gets noticed as an amateur with a silver medal at the 1994 World Championships in the team time-trial.
- ▶ He turns pro in 1995 and joins Festina. He finishes 2nd on the Tour de l'Avenir. He wins for the first time in 1996 by taking the overall in the Vuelta a Chile. He then becomes Richard Virenque's teammate on the Tour.
- ▶ Brilliant in time-trials, he finishes in the top 10 of the Paris-Nice and in the Critérium du Dauphiné Libéré in '97. On the Tour, his limits become apparent in the mountains, where he has trouble following the top riders during climbs.
- ▶ Christophe Moreau goes to the next level in 1998 by taking the Critérium international in March,

followed by two stages on the Route du Sud. Hit, like all his teammates by the Festina scandal, he is forced to leave the Tour. He admits his error and is suspended six months.

- ▶ He returns in 1999, once more with Festina, whose staff has changed entirely. He wins the Tour du Poitou-Charentes and the Tour de la Vienne, the Route du Sud time-trial, and notches a 3rd place finish in the 56.5 km time-trial in the Tour de France.
- ▶ In 2000, he causes a sensation by finishing 4th in the Tour de France. His improvement in the mountains is remarkable.
- ▶ In 2001, he wins the Critérium du Dauphiné Libéré, then several days later takes the Tour de France prologue, which allows him to wear the yellow jersey for two days... But during the 8th stage, while he is 8th overall, he is left behind on the road to Ax-les-Thermes and is forced to set his foot down.
- ▶ He joins Crédit Agricole in 2002. He finishes 3rd in the Dauphiné Libéré but is forced to withdraw from the Tour de France after a fall. The next year, he wins the Quatre jours de Dunkerque.
- ▶ Injured at the beginning of the 2004, he wins the difficult Trophée des Grimpeurs and then the Tour du Languedoc Roussillon. He finishes 12th, as the first Frenchman, in the Tour de France.
- ▶ During the 2005 Tour de France he finishes 11th. At the end of the year, he leaves Crédit Agricole and joins AG2R.
- ▶ He runs an excellent 2006 Dauphiné Libéré

taking 2nd place overall. On the Tour de France, his teammate, Cyril Dessel, takes the yellow jersey after the 1st stage. Christophe Moreau then goes to work for him and the two men finish 7th and 8th respectively in Paris.

- ▶ The 2007 Critérium du Dauphiné Libéré is one of the highlights of his career. He takes two stages, including the Ventoux, before taking the yellow jersey for good. Cadel Evans finishes second. He then demolishes the French championships. He is less fortunate on the Tour de France, where a fall hampers his efforts.
- ▶ In 2008 and 2009 he joins Agritubel, where his experience makes him an excellent road captain. He is even hired by Caisse d'Epargne for the 2010 season even though he had considered retiring. He finishes beautifully in the Grand Prix de Plouay, during which he is once more at the front of the race. Since May 2011, Christophe Moreau serves as a consultant for Eurosport.

FINISHES ON MAJOR TOURS:

- ▶ Tour de France : 15 appearances, 4th (2000), 7th (2006), 8th (2003), 11th (2005), 12th (2004), 19th (1997), 22nd (2010), 27th (1999), 29th (2009), 37th (2007), 75th (1996), 3 withdrawals (2001, 2002, 2008), 1 disqualification (1998)
- ▶ Vuelta a España: none
- ▶ Giro d'Italia: none

- ▶ Christophe Moreau was a team rider for Festina at the start of his career. He had few opportunities to demonstrate his ability on the final cols of mountain stages.
- ▶ At 29, on the 2000 Tour, with 412 watts on average and a very nice 4th place finish, he finally made a name for himself as a very good major Tour rider. It took him time to confirm, but during the centennial Tour of 2003, he generated 418

watts on average and finished 8th overall. He reached his best overall career level during the Pyrénées stages.

- ▶ Thereafter, he failed to develop more than 400 watts on the Tour de France. He nevertheless won the Dauphiné in 2007, after a first victory in the 2001 race.
- ▶ His last high-level performance dates back to the 2009 Tour during the climb to the col de la Colombière.

« The Real Story »

Christophe Moreau

rides a first season without doping. He waits for 1996 to get down to business. Two days before the Critérium du Dauphiné Libéré and the night before the start, he receives an injection of EPO 4000. During the race, he switches to an injection of EPO 2000 every two days. For the Tour de France, he rounds out the cocktail with growth hormone: ten EPO and growth hormone injections in three weeks. He continues like this until 1997. On the eve and day of the French Championships, he is EPO and hormone-powered once more. And on the Tour de France as well. For the 1998 Critérium International, the menu consists of three growth hormone doses and one dose of EPO. On June 10, 1998, he tests positive for mesterolone, a steroid, during his victorious Critérium International. The substance was not in the Festina medicine cabinet and to do this day, the former staff still wonder where he was able to procure it.

It is this test that presumably attracted the attention of French Customs to the back and forth of Festina cars around the team's headquarters in Meyzieux and led to the arrest of Willy Voet at the Franco-Belgian border. On July 23rd, while in police custody, Moreau confesses to having used EPO and growth hormones with the help of Dr. Eric Rijckaert. "Individually, I never took any substances to enhance my performance, I was only executing company strategy", he claims. In the meantime, he sells out his eight Tour teammates. After his interrogation, the police ask him to submit to tests. He accepts, explaining that on the night of the team's disqualification on July 18, he went to nightclub and took ecstasy. It was the "the first time", he swears. Despite his admission, he receives a lenient sentence: a 6 month suspension to take beginning November 1998 and April 1999. Having served his suspension, he returns to the pelotons at a slower pace: 403 watts during the Dauphiné and 380 watts on the

climb to Sestrière on the Tour de France. In the years that follow, Moreau's power slowly improves: 432 watts during the 2000 Tour and 435 watts, his record, on the 2003 Tour. 80 watts more than during his Festina years. During the 2008 Tour, even though he was seen attacking that morning, he withdraws at the 7th stage resupply. The same day, the French antidoping agency (AFLD) announces that a dozen riders showed abnormal blood tests at the start of the Tour in London, and that it is keeping an eye on them. Two days prior his withdrawal, Moreau had submitted to blood, urine, and hair tests. At the beginning of the year, he had already been suspended 15 days for depleted blood cortisol levels, the likely result of cortico-steroid use. For his last Tour de France, the UCI graded him 7/10 on its suspicion index. Only 14 riders at the Tour start did better. He is the highest ranked French rider. Christophe Moreau now serves as a consultant for Eurosport.

HURRAY for overcompensation!

The Tour as seen by Antoine Vayer*

All these newspapers talking about the “Tour reborn” make me laugh. To be honest, I’m not exactly quaking from the fear instilled by the Agence française de lutte contre le dopage (AFLD) [ed. note: the French antidoping agency] which keeps scowling at us. Honestly, danger turns me on. Sure I’ll miss Tom Boonen (1). I’m just like everybody else. They do “it”; so I do it. My father, who used to race, always told me: “amphetamines make you look good.” Now it’s coke. Forget “tonton” (Tonedrone) and “pinpin” (Pervitin). Coke is it. If it’s an exciter, then it’s a dooper. They say Toma committed a youthful indiscretion. They wrote about it in the press. Daddy used to tell stories about the guys back in the day, to stay six hours on the seat, they used to take a solid dose of amphetamines midweek. End result: they left practice “on fire”, and rode happier, longer, faster, and harder. With coke, you go home in perfect shape. That’s how you get sharper while suppressing your appetite. Weight is the enemy in cycling,

not doping. It’s outside the competition that it all goes down. Coaches today call it overcompensation: “Training session cycle management aiming to deplete energy resources, followed by rest to allow resources-rebuilding to higher levels than at the start of the cycle via bio-functional adaptation.” It’s in books. Used to be, I would pair my exit with a hemato check to lower it. With steroids, “clenbu”, you get better by day... and by night! My cardio frequency counter registers 10 to 15 more beats. Muscles get bigger. My body keeps working even while I sleep. I follow the pyramid: one pill the first day, then two, then three, then four, etc... It kind of jazzes your body. You need to eat protein. Then you hide out for about ten days. If the inspectors find you, you’re a dead man. Then another series of pills right after to go negative once the effects start being positive. Funny stuff, huh?

(1) *The Quick-Step Belgian sprinter tested positive for cocaine.*

HE KNOWS I’M LYING

«real bits of the truth» on life inside the peloton.

He knows I’m lying. He knows I know he knows I’m lying to him. We’re working that’s all. I wonder if that’s why he keeps asking me and my teammates the same stupid questions. He’d like to have my salary. He knows my Dad, he says. And then, always near the end, as though to make us feel better after “it’s better now, huh, it’s slower, there are no teams controlling everything” he asks “You had some trouble at one point, didn’t you?” Well, yeah, I got caught: you ought to know, you wrote all about it, you bastard. You should realize one thing: the higher you go the greater the chance you were mixed up (a lot or little) in a testing scandal. You need at least one – like academic distinctions for old math teachers – now that you’re in the top 50 worldwide. In cycling, people only start taking you seriously once you have that diploma. If I just moved my lips, he’d write the same thing in his notebook with that stupid look of his. Then come the questions about your family, the littlest

one and the eldest’s birthday. Birthdays are useful, there’s always one not far away that’s good to run in the local rag. It’s useful because it helps explain performances that defy logic instead of having to give the names of your cocktails and how many transfusions you had. Then comes the off-the-record. It starts with an off-color joke. Then we talk about the new car I promise to have him try out at a party this winter, the one I won’t actually invite him to. Then we talk about a few friends we have in common. The finish is always a bit of a drag. He asks you for a start of stage bracelet for his buddy whose from the same region as you and who can “help you” if you’re in trouble. Or a clean bottle for his niece or a signed postcard for the owner of his favorite bar. He knows I don’t like him. He knows that I know that he knows I don’t like him. But, as a proper journalist and member of this travelling circus covering the Tour, he gives me his best bullshit smile and encouragements, which sound so fake I’m almost ready to believe them.

WATTS AND TEARS

«real bits of the truth» on life inside the peloton.

My dear Philippe: I’ve been reading your diary in Libé since the start of the Tour, but I’m not sure I understand. Especially your rambling about watts, and the names of essential drugs to be at the head of the race. Are you sponsored by a lab? Or is it sarcasm, in other words, encouragement for the younger generations to ride “light”? You know: when I used to ride in the Tour, they didn’t bug me with tests. Cops only took care of traffic, that’s it. Okay, you always say: “Oh, Dad, with your ‘when I used to’, you wouldn’t understand!” But of course I can little man. I get all of it. I get that you’re totally out of it. Tomorrow, your buddies are going to have microchips implanted under their skin and we’ll remotely control their acceleration from the bus, where the team manager will be sitting (just like today). I have a buddy who works in horse racing, where they test and where the possibilities for cheating are near endless. He said to me: “Lulu, do you prefer to play the horses with your laptop,

with virtual horses, or at the racetrack with real doped horses, whose sweat and whinnies give you a shiver with every bet that’s won or lost?” Okay, let me put it another way: you can’t fight the Tour’s magic. Remember this: your rider who’s doing “max watts”, if he dies, I don’t care. If he loses? Then he won’t have read the manual properly. If he wins? He’s better (than the tests), smarter, and he fucked over his teammates along with all those people cheering on the side of the road quite nicely. It’s always the same: the ones who believe are the ones who want to believe. After that, no one gives a damn who’s clean.

PS: I saw you at the foot of the Croix de Montvieux the day before yesterday. You know your mother: she shed a tear.

07-2007 Liberation

- **1999** "Richard [Virenque] is a beautiful image for cycling." (Stade 2, 04/07/1999)
- **2007** After Bjarne Riis' confession: "The confessions of Riis and the others arrive too late. What good does it serve? This only proves that those of us who were forced to (take the blame) in 1998 that the same thing was happening elsewhere (...). To be honest, I'd prefer not to even know. For my part, I paid for what I did. All I know is that I came out of it stronger. It transformed my life." (VeloNews, 11/06/2007)
- **2009** Regarding athlete-locating programs: "It's a lot of work: from 8am to 10pm, we have to say where we were. It's worse than a tax audit! You come up short three times and you get two years' vacation. They're infringing on our private

lives." (lejdd.fr, 21/02/2009)

- **2010** On Bruno Roussel, his Festina manager: "[He] liked riders and cycling, [he] wasn't a dealer." (L'Equipe, 13/07/2010)
- **2012** "Let's stop talking about doping, let's stop talking about scandals and just enjoy this!" (vosgesmatin.fr, 09/07/2012)
- "I took responsibility and paid for the Festina scandal, it's not like it's a scoop!!! Period." (Twitter, 01/10/2012)
- On Christophe Bassons' suspension: "His angle is 'I'm cleaner than clean, and I'm utterly beyond reproach in everything, for everything, all the time!!!'" (Twitter, 20/10/2012)

...What they said »

- **1999** Richard Virenque: "The craziest thing, in this exchange, was watching Christophe Moreau admitting he used EPO when his blood tests were negative." (Ma vérité, Editions du Rocher, 1999)
- **2007** Florent Brard (former teammate): "I'm not Moreau. He's an old locomotive that blows black smoke but keeps climbing". (L'Equipe, 01/07/2007, quoted by cyclismag.com, 29/01/2009)
- **2013** Willy Voet: "He was a nice boy, very endearing, a party hound, but professional on every level."



THE MEDIA

"Christophe Moreau is back again." - Le Sport, spécial Tour de France 2007, HS n° 2, June

"Moreau and the big nowhere." - Official TDF Program 2006, HS n° 14, June

"I have nothing to lose this year"
(comments recorded by Félix Chiocca). - Le Sport, spécial Tour de France 2002, HS n° 14, June,

"Christophe Moreau wants a stage and the top 10."

- Le Sport, spécial Tour de France 2006, HS n° 1, June

« My opinion on my performance »

After having been contacted, Christophe Moreau telephoned and was his usual self: threatening at times and mystifying at others, the result of his one-of-a-kind circumlocutions. Thankfully, he was kind enough to follow up and elaborate in writing. Vintage Moreau.







Sent: March 30 2013 17:17:32
To: 'antoine.vayer'

Excerpts:

"I'm not sure I was sufficiently clear on the phone. I do not wish to appear in any sort of article comparing performances of any kind. My performances, belong to me, they constitute a matter of my personal integrity and of my image and, it seems to me, that I did not grant you the right to use them, in any way. Not only do I not wish to make any comments, but much more, I do

not wish to appear in your article. I think after these lines, very simple to understand, things are clear. However, since lawyers are copied on this email, which proves that everyone here must preserve their rights, Tuesday morning, Maître Piquerez of the Porrentruy (JU) bar, will transmit a letter, sent to your address according to the procedure of registered mail with acknowledgement of receipt."



Richard VIRENQUE	Cols and stage wins	Actual Power	watts/kg	Standard Power 78 kg	Time	Stage Cols
Tour de France 1992 25th - 23 years old - RMO	Alpe d'Huez	352	5.42	375	00:44:22	4
Tour de France 1993 19th - 24 years old Team Festina	Galibier	358	5.51	383	00:51:40	3
	Saint Lary	385	5.92	411	00:31:19	5
Tour de France 1994 5th - 25 years old 	Hautacam. Clear improvement from 1992 and 1993	435	6.69	456	00:36:20	1
	Luz-Ardiden. 1st. Stage victory after long solo breakaway	373	5.74	393	00:39:23	4
	Ventoux. Passes the Ventoux with Indurain's group	403	6.2	429	00:47:30	1
	Alpe d'Huez. Nice performance!	409	6.29	437	00:38:55	2
	Val Thorens	410	6.31	442	00:20:40	3
	Avoriaz TT. Long time-trial from Cluses	398	6.12	425	00:34:05	2
	Average	405	6.2	430	00:36:09	
Tour de France 1995 9th - 26 years old 	La Plagne. Not in great shape	384	5.91	409	00:49:43	3
	Alpe d'Huez. Breakaway from Croix de Fer. caught at Alpe d'Huez	390	6	417	00:40:30	3
	Guzet Neige. Gives up 53» to Indurain on final climb	413	6.35	440	00:17:43	2
	Average. Causerets not in average as climb too short	396	6.1	422	00:35:59	
1995 Vuelta a España 5th - 26 years old	Luz Ardiden. Bad weather. with Tourmalet. 4th in stage	373	5.74	398	00:28:13	
Tour de France 1996 3rd - 27 years old 	Les Arcs	391	6.02	412	00:35:17	3
	Val d'Isère TT. Headwind	395	6.08	425	00:34:45	1
	Sestrières. Etape raccourcie (neige . pas d'Iseran ni de Galibier)	437	6.72	461	00:24:15	2
	Hautacam. Exceptional. Finishes only 49» behind Riis	449	6.91	471	00:35:24	1
	Average	418	6.4	442	00:32:25	
Tour de France 1997 2nd - 28 years old 	Azet. Passes summit with Ullrich/Pantani group	395	6.08	416	00:28:50	4
	Arcalis. Beaten by only one minute by an unstoppable Ullrich	423	6.51	450	00:24:03	5
	Croix de Chaubouret TT. Beaten by 3' by Ullrich	420	6.46	449	00:31:01	1
	Alpe d'Huez. Very good climb. 3rd in stage	416	6.4	446	00:38:20	1
	Courchevel 1st. Crazy stage for Festina team. Buys stage from Ullrich	355	5.46	374	00:48:45	3
	Joux Plane	411	6.32	433	00:33:50	4
	Average	403	6.2	428	00:34:08	
1998 Vuelta a España 11th - 29 years old	Pal. Long stage	393	6.05	419	00:21:02	
	Cerler. Clocked over 4.3 km (1200m-1530m). Jimenez and Heras 473 w	414	6.37	441	00:11:33	
	Lagunas de Neila. Short stage and steep climb. 7 km at 8.57 %.	393	6.05	420	00:21:15	
1999 Giro d'Italia 14th - 30 years old	Oropa. Very good climb	430	6.62	459	00:23:53	2
	Alpe di Pampeago	370	5.69	395	00:27:25	3
	Madonna di Campiglio	415	6.38	442	00:22:03	2
Tour de France 1999 8th - 30 years old Team Polti	Sestrières. Finishes 2'27» behind Armstrong. 11.4 km (1365m-2033m)	351	5.4	375	00:29:40	5
	Alpe d'Huez	380	5.85	407	00:41:20	3
	Piau Engaly	363	5.58	388	00:26:06	5
	Soulor and Aubisque	381	5.86	405	00:22:20	3
	Average	369	5.7	394	00:29:52	
Tour de France 2000 6th - 31 years old 	Hautacam	384	5.91	409	00:39:45	3
	Ventoux	385	5.92	402	00:50:17	1
	Izoard. Good climb in Izoard	405	6.23	432	00:32:15	3
	Courchevel	386	5.94	410	00:45:56	3
	Joux Plane. 1st. Ahead of Heras. who misses a turn	408	6.28	434	00:34:12	4
	Average	394	6.1	417	00:40:29	
	Suspended 1 year					
Tour de France 2002 16th - 33 years old Team Domo-Farm Frites 	La Mongie	355	5.46	375	00:27:52	2
	Beille. Breakaway during stage. favorites catch up	340	5.23	359	00:51:46	5
	Ventoux. 1st. Solo. while part of morning breakaway	355	5.46	375	00:53:05	1
	Les Deux Alpes	354	5.45	373	00:25:17	3
	La Plagne	358	5.51	376	00:53:14	3
	Colombière	343	5.28	362	00:30:00	4
Average	351	5.4	370	00:40:12		
Tour de France 2003 16th - 34 years old Team Quick Step-Davitamon	Ramaz. 1st. Solo at Morzine. Takes leader's yellow jersey	357	5.49	378	00:40:36	2
	Alpe d'Huez	319	4.91	338	00:48:39	2
	Bonascre	369	5.68	391	00:26:03	2
	Peyresourde. 3rd. breakaway with Simoni and Dufaux (over 10 km at 7.59 %)	348	5.35	369	00:31:03	6
	Average	348	5.4	369	00:36:35	
Dauphiné 2004 23rd - 35 years old	Ventoux TT	352	5.42	373	01:05:19	1
Tour de France 2004 15th - 35 years old	La Mongie. Stage victory at Saint Flour in Massif Central	370	5.69	393	00:26:42	2
	Beille	301	4.63	320	00:57:08	6
	Chalimont. Breakaway with Rasmussen. caught by Armstrong-Landis	352	5.42	376	00:19:48	3
	Alpe d'Huez TT. Fairly good climb	381	5.86	405	00:41:30	1
	Croix Fry	366	5.63	389	00:31:08	5
	Average	354	5.4	377	00:35:15	



- ▶ Richard Virenque made a name for himself by taking the yellow jersey during a breakaway to Pau in the early going of the 1992 Tour de France.
- ▶ Starting 1994, he was among the finest climbers in the peloton with 430 average watts on the Tour de France and a stage victory after a long breakaway to Luz Ardiden.
- ▶ His glory days continued until the 1998 Tour de France and his ban during the Festina scandal. His best performance remains his second place 1997 Tour de

France finish behind Jan Ullrich.

- ▶ He stayed at the top of his game until 2000 with 417 watts on average in the Tour de France.
- ▶ After a year's suspension in 2001, his performances were never quite the same. He nevertheless won three new mountain stages as a journeyman on the Tour de France.

« The Legend »



▶ **Born November 19th, 1969 in Casablanca (Morocco)**, Richard Virenque turns pro in 1991, joining RMO, after an average amateur career. In his first year, he finishes 2nd in the Trophée des Grimpeurs. In 1992, he makes his mark on the Tour de France by donning the yellow jersey at the end of the second day. In Paris, he is 25th.

▶ In 1993, he places quite well and takes a stage on the Tour du Limousin. On the Tour, he finishes 19th.

▶ After winning the '94 Trophée des Grimpeurs, he wins at Luz-Ardiden during the Tour's 12th stage, after a long solo breakaway. In the overall, he finishes 5th

and takes the best climber jersey. At season's end, he takes 3rd place at the World Championships, which his compatriot Luc Leblanc wins.

▶ The next year, he wins two stages on the Critérium du Dauphiné and finishes 2nd in the Grand Prix du Midi Libre. On the Tour de France, he takes the best climber jersey a second consecutive year after winning the Cauterets stage solo. He finishes 5th in the Vuelta.

▶ In 1996, he wins a stage in the Dauphiné. In the Tour de France, he finishes third overall, behind Riis and Ullrich. He is best climber once more. At season's end, he confirms his improvements on flat roads by breaking away for 120 km in the Paris-Tours. He is only caught in the last kilometer.

▶ Before the Alps in the '97 Tour, he does better than hold on in the Saint Etienne time-trial, with an excellent 2nd place finish behind Ullrich. He finishes 2nd in the Tour and best climber. He is the darling of the French.

▶ In 1998, he takes a stage in the Dauphiné, before finishing 3rd in the French Championship. The Tour de France is an unmitigated disaster for Virenque: he is forced to leave the Tour after his Festina team is implicated in a doping scandal.

▶ The Italian Polti team hires him for the 1999 season. He finishes 14th on the Giro, and 8th on the Tour,

earning the best climber jersey for the 5th time. In 2000, he earns a decisive stage victory at Morzine. During the Festina trial, he admits having been forced to dope but is acquitted of inciting doping. He must serve a 9 month suspension which ruins most of 2001 for him. He returns with a bang on the Paris-Tours wearing a Domo-Farm Frites jersey, after a breakaway from kilometer 12 alongside Jacky Durand. He finishes solo, with peloton chasing him. His career is back on track. During the three years that follow, he wins three du Tour de France stages and two polka-dot jerseys.

▶ He announces his retirement in 2004. Since then, he serves as a consultant for Eurosport and promotes energy drinks.

FINISHES ON MAJOR TOURS :

- ▶ Tour de France : 12 appearances, 2nd (1997), 3rd (1996), 5th (1994), 6th (2000), 8th (1999), 9th (1995), 15th (2004), 16th (2002, 2003), 19th (1993), 25th (1992), 1 disqualification (1998)
- ▶ Vuelta a España: 3 appearances, 5th (1995), 11th (1998), 1 disqualification (2003)
- ▶ Giro d'Italia: 1 appearance, 14th (1999)

« The Real Story »

Richard Virenque

In 1993, RMO merges with the Dutch PDM team, doping experts under the guidance of Dr. Eric Rijkkaert, and assisted by trainer Willy Voet. Richard Virenque starts by using Synacthene, a cortico-steroid, on the Critérium International. For the Tour, the Festina team receives EPO on the night before the start, in order to keep up during the first two weeks. The EPO is effective but begun too late for Virenque.

In January 1994, manager Bruno Roussel announces a new medically-based doping system structured around EPO and growth hormones. The substances are obtained in a pharmacy in the Hautes-Alpes, near the home of Willy Voet, or in Spain thanks to a supplier known to Dr. Fernando Jimenez-Diaz. Only those just-turned pro are kept out of the system, which is opt-in. Richard Virenque, opts in. He finishes 5th in the Tour de France. On the climb to Hautacam, we clock him at 456 watts, 11 % better than his record from the previous year. In October 1994, Bruno Roussel and Richard Virenque improve Festina's logistics by making the acquaintance of Frédéric Muller, a pharmacist who agrees to supply the team for free.

We clock him at 487 watts, his all-time record, on the climb to Cauterets during the '96 Tour. The climb is short, yes, but it comes after a long solo breakaway.

On December 21, 1996, to celebrate the end of team's preparation, Richard Virenque and Pascal Hervé and a few journalists, go to a nightclub, but not before having frontloaded with some Pot Belge.

On January 18, 1997, Richard Virenque marries. The wedding is celebrated as it should be, with some Pot Belge. Meanwhile, the UCI, aware of the spread of EPO in the ranks of the peloton, decides to limit riders' hematocrit to 50 %, with any excess leading to 15 days suspension. "When the limit was set at 50 %, our riders didn't have any problems because they were already around 53 % and because we knew to drop it four points in twenty minutes", explains Willy Voet.

To prepare for the '97 Tour, Virenque takes eight doses of growth hormone and four doses of EPO, on June 22nd and 30th. Once the Tour begins, he receives six doses of EPO (one a day) and two doses of growth hormone between July 7th and 12th. For the Saint-Étienne time-trial, Virenque demands of Bruno Roussel and Willy Voet that he be administered the same substance that Cofidis supposedly gave to Tony Rominger for his hour record. The men administer him... a placebo. For his stage victory at Courchevel, Virenque goes old school and medically irreproachable: he buys off Ullrich for 100,000 francs (around 15,000 euros).

Ever more popular and convinced that he can win the Tour de France, Richard Virenque, now

a Swiss resident, negotiates a 1998 contract worth 700.000 francs a month (nearly 110,000 Euros).

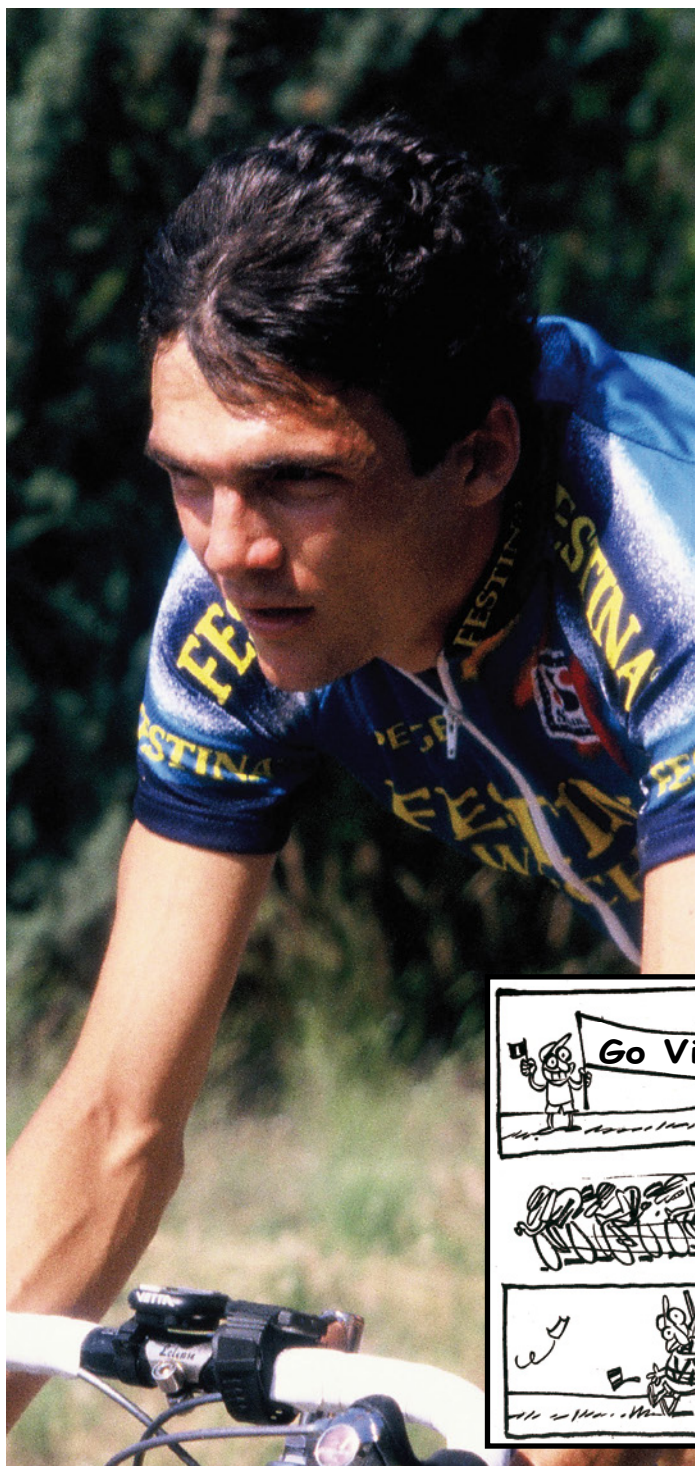
Willy Voet is arrested at the Franco-Belgian border just before the start of the Tour de France. So begins the infamous Festina scandal, an affair that breaks out just as the team is looking for a substance to replace EPO.

Virenque categorically denies everything. In the off-season, Virenque finds refuge with the Italian Polti team of Luigi Stanga. He takes with him trainer, Marcelino Torrontegui, a fan of Dr. Ferrari.

In May '99, Bernard Sainz, the infamous Dr. Mabuse, and the lawyer Maître Lavelot are in trouble with the authorities once more in the context of another investigation tied to doping. Rotten luck, Richard Virenque is on the list of the sham doctor's patients. He is placed in police custody.

During the 2000 Tour, Virenque rides to Izoard and Joux Plane at more than 430 watts, below his "hey-day" levels but still extremely high. During the Festina trial, Virenque is tried for abetting, administering and using doping substances. On October 24th, Richard Virenque finally admits having doped. The tribunal is now only able to try Virenque for use. He is acquitted. Doping is not illegal in France. Thereafter, he stays well away from his best levels, under 400 watts, with the exception of the climb to Alpe d'Huez in 2004, which was a time-trial.

VIRENQUE, by Antoine Vayer Nobel Prize-Winner



peloton woke up and went crazy, after not having given much effort up until then, thinking they could make up the minuscule 45 second gap. Not happening. Virenque's famous and angry index finger pointed straight at the sky at the finish line. The same one from Courchevel in 1997, in front of Ullrich, which "a four leaf clover in [his] pocket" "helped him take" (sic). It may well have been a middle finger. After awhile, you just don't know anymore. Jean-Marie Leblanc, who thought he'd seen everything in the ten cheating-laden years during which he was Tour director, said: "I've never seen anything like it". But the Tour Director is like many. He doesn't want to grow up. He still believes in Santa Claus and not in Saint Thomas, even in spite of his turn at the Festina trial in Lille. Come to think of it, he's a veritable philanthropist. His Tour de France company "bought" the African Faso Tour so that the Tour could "demonstrate its love of cycling". So he went to Ouagadougou, the "capital of men of integrity". His good friend Willy Voet had warned him. On July 4th, at Virenque's signing with the Belgian Domo team, a ghost of the Dutch TVM team, the former trainer had stated: "They can have him win Paris-Roubaix." He got the wrong classic, but he wasn't far off. After all, the Belgian medical high-biotech triumvirate of "sports" hasn't been altogether wiped out. Sure, Eric Rijckaert (Festina) passed away. Sure, Georges Mouton went to jail fifteen days ago just as he was preparing to make a run for Spain and the hotel where he used to deliver medical "magic tricks" at 10,000 francs a pop. Doctor Yvan Van Mol, of the Paris-Roubaix triplets, remains. He transferred to Domo, just like Virenque. And what does the lawyer, maitre Collard, think - he who claimed that "climbers like Virenque don't need to dope to win races" - of the French steamroller's win? Come to think of it, the former time trial world champion, Jalabert, did win the polka-dotted best climber jersey this year. You just don't know anymore. You even start to think that Richard's index has entered the annals of cycling. Maybe he'll stick it in a little deeper tomorrow on the circuit that wends through the lush Monsanto park, a spin-off of the Parisian Bois de Boulogne. There are a quite a few Brazilians (men, women, and...) that hang out there, who know full well that it's possible to triumph over mother nature. You just don't know anymore. Maybe they read that the NECEDO experts (the German center for re-

search on doping) are worried about the growing and effective use of products that are even more effective than EPO. The names of a few of these stars: NESP, used to fight anemia; Hemassistet Oxyglobin, an actual blood substitute; RSR 13, used in chemotherapy. All these star products can be found in South Africa, in the US, of course, but also in Spain and... Portugal, where the "directeur sportif" of the French national team, Charly Bérard, who twice tested positive in Spain and another time after that for male growth hormones, "[has] lots of friends" (sic). So, of course, with undetectable growth hormones, ultra-powerful American analgesics, corticosteroids that are now considered legitimate by the UCI (which was congratulated by Rogge, the new IOC president, for their exemplary efforts against doping), maybe they think that doping in sports is legal. But what they would really like is for prostitution to be legal as well. It would certainly help out other professions, like sports journalism, the big-

gest whores of the doping system. They could then comment guilt-free on the 2001 Vuelta, won by a 75 kg "heavyweight" at an average speed of 42.5 km/h (shattering the world record) with a 190 km stage run at an average 55.2 km/h (also a world record). That's where Richard really found his "rhythm". In any case, tomorrow, watch carefully. If Jean-René Godard, from the state channel, tells you that sitting on your couch, in front of the television, the bladder you feel and the buttocks you scratch are a lantern and a chicken, then by Ullrich, double check! You just don't know anymore.



The world championships of cynicism are coming to a close, at exactly the same time as the prize ceremony. It was a near unanimous decision, l'Humanité voted against, and with Richard - French national team leader - taking the Nobel Prize for prevarication for putting on his best Yegerova for two years. "It's doesn't feel like revenge, but it's a great story" he declared after his surreal victory, last Sunday, in the Paris-Tours. Indeed. We'll tell our children about it, right after we finish telling them about Santa Claus. His break-out, with another rider, for more than six hours and "nose to the wind", was a mere warm-up. He then sprinted just as fast in the last ten kilometers once the international leaders of the

- **1997** "Without us, the tour would have been sad." (Vélo Magazine, August 1997)
- **1998** "Why say today that EPO is forbidden, when you (the UCI) legalized it? As long as my hematocrit is below 50%, I'm not cheating." (Quoted by Daniel Baal dans Droit dans le Mur, 1999)
- "I never doped. I'll never confess." (Quoted by Daniel Baal dans Droit dans le Mur, 1999)
- **1999** "Amphetamines, which you can pick up in antidoping tests as plain as the nose on your face, obviously have been off the Tour for decades." (Ma Vérité- Editions du Rocher – 1999)
- "I won't be too hard on Festina riders who admitted under police pressure that they used this substance [EPO], but I will state, what seems to me to be the obvious, that everyone reacts according to their own conscience. (...) There are some who are more fragile and easily impressed by the show the police put on when they investigate. When they walk into the police station, they feel guilty." (Ma Vérité- Editions du Rocher – 1999)
- **2000** "I took performance enhancing substances, I didn't have a choice." (Festina Trial, as cited by sport.fr)
- "If you really think all it takes is an injection in the ass to get moving." (Festina Trial, quoted on Tout le monde en parle - 01/06/2002)
- **2002** On Bernard Sainz (AKA Dr. Mabuse) : "I met him a first time before

a race. He was with Maître Lavelot, and he advised me, he explained how it would work, he (...) acted a little bit like a psychologist so I'd be okay inside my head. I saw it was effective. Then he gave me some diet advice. (...) I felt confident with him. (...) He gave me (...) vitamin B12 (...), and other harmless stuff that has nothing to do with doping. Then, he offered some drops to take before the race and afterwards to recover, homeopathic substances, that were bought in a pharmacy." (Plus fort qu'avant, 2002, page 173)

- "I could've been Bassons during those first two years [1991-1992]. (...) I had strong convictions and you couldn't get me to swallow anything." (Plus fort qu'avant, 2002)
- To the question "If you knew you could win the Tour by doing but without getting caught, would you?": "Yes." (Tout le monde en parle - 01/06/2002)
- **2010** On Alberto Contador's suspension: "I'm sure he'll have a very productive winter. He'll come back very strong, stronger than ever before. It's not what you wish on a rider, but then again, you sometimes need to have your fires stoked. In any case, I hope he'll come out unscathed." (lunion.presse.fr, 20/10/2010)
- **2012** "Each year on one or two stages. I always get nostalgic at a specific moment, when I walk inside a team bus. I get tense and when I step back out, I don't feel good. Four years ago, I almost wanted to make a comeback." (L'Equipe, 30/06/2012)

...What they said »

- **1997** Lionel Virenque, his brother: "As Richard's brother, I'm not afraid for his health. (...) Seven years he's been in a positive environment. Richard has the right medical supervision." (L'Equipe - 22/01/1997)
- **1998** Bjarne Riis and Marco Pantani, after the Festina disqualification from the 1998 Tour de France: "The Tour without Virenque, something's missing for everyone." (Cyclisme International, August 1998)
- **1999** Christophe Moreau: "Richard is a beautiful image for cycling." (Stade 2, 04/07/199)
- **2000** Jacques Chirac : "You possess a certain panache, you are a role model for the youth of today." (Quoted by le Canard Enchaîné du 01/11/2000)
- **2001** Bruno Roussel : "You have to understand that a Virenque who finishes second on the Tour, it's almost illogical. In "engine" terms, it's a seventh Tour, or a fifth. But well, there's the mental aspect, courage, the team's collective quality that all add up. I still say today that a Virenque could have won a Tour,

but tactically, not just by pedaling. He didn't have the finesse to understand that." (lhumanité.fr, 23/04/2001)

- **2005** Lance Armstrong : "Sorry, but with Virenque, what we have is the worst crook in the last 50 years in terms of doping. And today, he's Leblanc's hero. (...) That said, I'm not criticizing Richard (who) went along with the media (...) he's a real entertainer, I'm not." (AFP, 17/12/2005)
- **2012** Bradley Wiggins : "A rider like Virenque may have doped, been suspended, but he also came back and is a national hero once more." (The Guardian, 14/07/2012, quoted by lalibre.be, 14/07/2012)

THE MEDIA

- "He paid the price." – L'Equipe, 15.08.2001
- "Doping. Virenque's honor restored." – Marianne, 30.10.2000
- "Richard Virenque, a boy at the summit." – L'Equipe, 07.07.1992
- "Virenque in all innocence." – L'Equipe, 24.07.1999
- "Richaaaaaaard!!!". – L'Equipe, 24.09.2004
- "Virenque, the legend." – Nice Matin, 16.07.1994

« My opinion on my performance »

Dear , I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to

present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career?
If so, what would you deem to be the percent increase in performance?
In what ways? Physical? Psychological? Technical?
If not, how do you explain your ability

to beat or keep up with racers who have admitted to doping?
Would you care to make any further statements with regard to these questions about doping and performances?
Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.
Regards.

Richard declined to respond to the questions asked.



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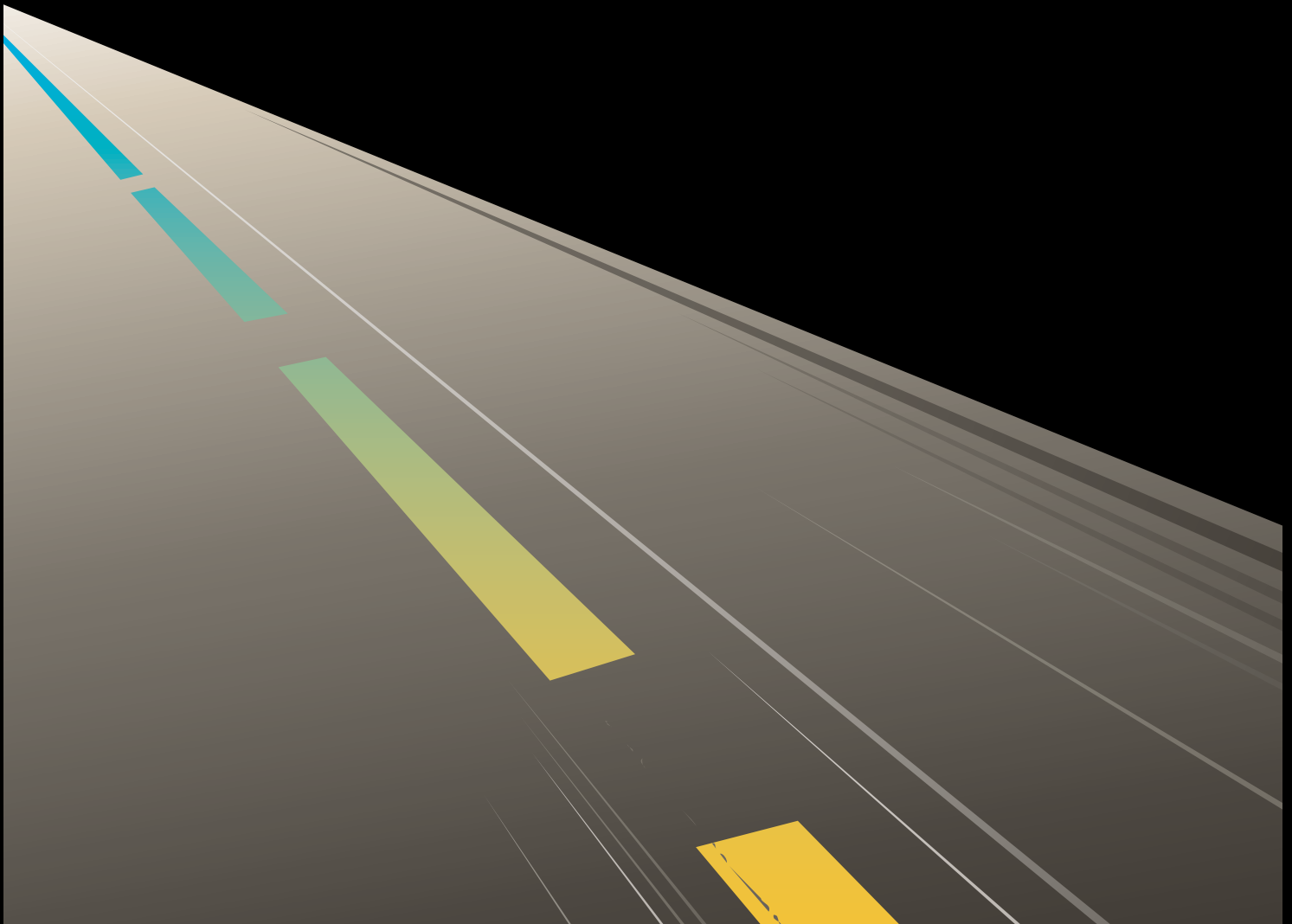
SKINS dynamic gradient compression is engineered to produce the right level of pressure to increase blood circulation right where it counts. It delivers more oxygen to the muscles that matter, so you can train harder, perform better and recover faster.

We know it's a big promise, so if you want to check us out, visit our website and view the independent testing that's been done to prove it.





HELPING YOU RIDE CLEANER FOR LONGER.



BikePure is the worlds foremost independent anti-doping organisation.

SKINS and BikePure have come together to bang the drum about clean cycling and celebrate the true spirit of competition.

The principles, values and message of BikePure and the aspiration of clean cyclesport are shared by SKINS. The riders and athletes that share those principles ought to be lauded and congratulated.

bikepure.org skins.net



Bradley WIGGINS	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
2009 Giro d'Italia (74 kg) 71st-29 years old Team Garmin-Slipstream	San Martino di Castrozza. First great mountain performance, with drafting	432	5,84	418	00:27:04	2
	Alpe di Siusi	411	5,55	395	00:28:26	2
	Monte Petrano	X				3
	Blockhaus	X				1
	Vesuve	X				1
2009 Tour de France (72 kg) 4th-29 years old	Arcalis	423	5,88	423	00:25:21	2
	Verbier. 1 min 6 sec only from Contador and ahead of Lance Armstrong	467	6,49	460	00:22:01	2
	Petit Saint Bernard. Measured on part of col: 10.25 km at 5.94%	435	6,04	431	00:23:41	2
	Colombière	410	5,69	403	00:24:08	5
	Ventoux. Rides with the best. Measured up to Reynard Chalet.	421	5,85	413	00:50:25	1
	Average	431	6	426	00:29:07	
2010 Tour de France 24th-30 years old Team Sky	Avoriaz	390	5,49	387	00:28:47	2
2011 Dauphiné (72 kg) 1st-31 years old	Collet d'Alleverd. Performance athlétique de haut niveau	449	6,32	442	00:32:59	4
	La Toussuire	X				2
2011 Vuelta a España (72 kg) 3rd-31 years old	Covatilla	411	5,71	402	00:27:47	2
	Farrapona	437	6,07	427	00:20:34	3
	Angliru. In trouble, left behind by Cobo and Froome	408	5,67	398	00:44:55	2
	Pena Cabarga. Gives up time to Froome and Cobo	461	6,4	450	00:17:54	2
	Average. Pena Cabarga not included because -20'	419	5,8	409	00:31:05	
2012 Dauphiné 1st-32 years old	Joux Plane. Impressive team effort by Sky Uses Osymetric chain ring, good for extra watts?	418	5,81	415	00:35:36	3
2012 Tour de France 1st-32 years old	Planche des Belles Filles. Gives up seconds to C. Froome	469	6,61	466	00:16:25	1
	Grand Colombier	391	5,51	388	00:49:49	2
	La Toussuire. Gets the job done, but Froome is stronger	402	5,66	400	00:45:02	4
	Western Peyresoude. With Froome and Nibali	420	5,92	417	00:24:40	4
	Eastern Peyresoude. Is only challenged by his teammate, Froome	431	6,07	429	00:26:45	3
	Average. Colombier not included as too far from finish	418	5,9	415	00:32:09	



BEST PERFORMANCE: 2009 Verbier 22 min 01 s at 460 watts standard
BEST TOUR DE FRANCE: 2009, 414 watts standard

Suspect **Miraculous** **Mutant**

Bradley Wiggins is a track cycling pursuit specialist at the beginning of his career. He focuses on road racing beginning in 2009. Wiggins finishes the mountain stages of his first two Tours de France ('06 and '07) in the sprinters' «gruppetto».

At 29, the track specialist becomes a complete rider. His first notable mountain performances happen on the 2009 Giro d'Italia.

He surprises everyone on the 2009 Tour de France with a 4th place finish and, especially, 426 watts of average power.

After a disappointing 2010 season, he comes back to life with a win at the 2011 Dauphiné. Still, a fall forces him to withdraw from the Tour de France.

He wins the 2012 Tour de France ahead of his teammate Froome, while exerting less lower power than in 2009.

« The Real Story »

Bradley Wiggins

While Bradley is still a baby, his father, a professional cyclist in Belgium, but also a user and dealer of amphetamines, hides his drugs in Bradley's diapers on the way back from Australia.

Wiggins' road career nearly started in 2001 with the McCartney Racing Team. According to Matt DeCanio, one of Wiggins' short-lived teammates, the team hired "riders who could take care of their own doping". The team was disbanded in January 2001.

Wiggins starts off on French teams. When he is not drinking, he is training hard, but staying away from doping. When Cofidis pulls out of the 2007 Tour de France after Christian Moreni tests positive, Wiggins rails against the "idiot" for his "stupid" behavior. He considers quitting cycling but ultimately continues so as to "prove that there can be clean winners in this sport." He tells everyone who will listen.

He leaves Cofidis and joins Team High Road. The latter is being built on the wreckage of T-Mobile, which had been sullied by doping scandals, but now takes a strong antidoping stance and institutes an internal testing program. A year later, Wiggins joins Jonathan Vaughters' Garmin-Slipstream, another "100% pure" team. After his 4th place finish on the Tour, and to dispel suspicions, he publishes his biological passport data.

By joining Sky, he falls out with the antidoping apostle, newly-reformed David Millar. David Brailsford's Sky team boasts a strict antidoping stance and a singular policy: the medical staff is recruited entirely from outside the world of cycling.

In 2012, two well-known doctors show up on the Sky payroll: Geert Leinders, who is suspected to have supervised doping at Rabobank and Fabio Bartalucci whose name was tied to the Giro "Blitz" of 2001. Both doctors are let go at the end of the year following

media pressure. In the management team, three former riders with questionable pasts can also be found: Bobby Julich, Steven de Jongh, and Sean Yates, a former Armstrong teammate and former manager of the aforementioned McCartney Racing Team, then Discovery Channel, Astana, and Radioshack. In October 2012, the first two admit having doped during their career and step down. Sean Yates leaves at the same time for "personal reasons".

In 2010, at Wiggins' request, Sky refuses to allow Paul Kimmage, former rider and now journalist, to follow the team. The Briton no longer publishes his biological passport data.

The 2012 Bradley Wiggins rails against those who compare the Sky team's performances to those of Lance Armstrong's US Postal team: "they're fucking wankers". Nevertheless, the suspicion is more than warranted given his 466 watts, a personal best, on the climb to the Planche des belles filles.

« The Legend »

► **Born April 28, 1980, in Ghent, Belgium.** Father was professional cyclist in Belgium.

► **Starts out in track cycling** at age 12. Six years later, becomes pursuit junior world champion.

► **At the Sydney Olympics in 2000,** wins bronze in team pursuit and falls short of a medal in the Madison.

► **Turns pro in 2001,** joining the Linda McCartney team. The experience is cut short when team is disbanded in January. Returns to amateur status. Tries road racing with some success, winning the Flèche du Sud. In June, becomes pursuit world champion in the under-23 category.

► **Makes pro debut with Française des Jeux**



team in 2002. Misses out on a victory by a hair at the Tour de l'Avenir time trial. On track, continues to collect medals at the Commonwealth Games and a bronze at the World Team Championships.

► **In 2003,** participates in first major Tour, the Giro, but quits a few days from the finish after arriving hors délai. On track,

becomes individual pursuit world champion and silver medalist in team pursuit. Records his first road win at the Tour de l'Avenir 10.7 km time trial.

► **Joins Crédit Agricole in 2004,** where he is counseled by Chris Boardman. At the Athens Olympics, breaks world record in individual pursuit during qualifications and ultimately takes the gold.

► **Moves to Cofidis in 2006.** Participates in first Tour de France. Finishes near the bottom.

► **Back on track in early 2007,** becomes world champion in individual and team pursuit. On road, specializes in prologues, winning the Critérium du Dauphiné's prologue and short time trial (9km) at the Quatre Jours de Dunkerque. Is favored in the Tour de France prologue, in London, but finishes 4th. Places fourth during the long time trial at Albi (54 km).

► **Moves to High Road in 2008.** Starts season with three world track titles: individual and team pursuit and then Madison, teaming up with Mark Cavendish. At the Beijing Games, takes the gold in individual and team pursuit, twice breaking the world record with his teammates.

► **In 2009,** refocuses on road racing with team Garmin. Wins time trial at the Trois jours de La Panne and team time trial at the Tour du Qatar. On the Giro, shows up 5 kg thinner and demonstrates significant improvement in the mountains without having lost any of his rouleur qualities. Finishes 71st overall. On the Tour de France, confirms his improvements in the mountains, holding his own against the favorites. Finishes 4th in Paris. Finishes the season by becoming UK time trial champion and winning Herald Sun Tour.

► **In 2010,** joins Sky. Signs for four years with one goal only: the Tour de France. Takes the Giro's pink jersey after the prologue. Loses it in a subsequent fall. Finishes Giro a disappointing 40th. Is equally uninspired in Tour de France. UK time trial is only win of the second half of the season.

► **In 2011,** finishes third in the Paris-Nice. Then wins the Critérium du Dauphiné. Having just become UK road champion, is among favorites for Tour de France. But breaks clavicle during the 7th stage. Places his hopes on the Vuelta a España, during which he rivals the mountain specialists. Snatches leader's red jersey for four days before having to give it up to Juan José Cobo in the crucial Angliru stage. Finishes third in Madrid. Closes out the season by finishing runner-up at the world time trial.

► **Starts out strong in 2012:** 3rd in the Tour of Algarve, winner of the Paris-Nice, winner of the Tour de Romandie, winner of the Critérium du Dauphiné. Odds-on favorite for the Tour de France, outclasses everyone with Sky team, especially Chris Froome. Is the first Briton to win the Tour. Success follows him to London Games, where he wins the time trial. It is his seventh Olympic medal. Named athlete of the year by the BBC.

TOUR PRIZES:

- Tour de France : 6 appearances, 1st (2012), 3rd (2009), 24th (2010), 123rd (2006), 2 withdrawals (2007, 2011)
- Vuelta a España: 1 appearance, 3rd (2011)
- Giro d'Italia: 5 appearances, 40th (2010), 71st (2009), 123rd (2005), 134th (2008), 1 elimination (2003)



THE COLOR'S BACK.

par Antoine Vayer

But it's mostly feverish yellow.



The Tour has gotten its color back. Starting with green. The jersey color of a rider named Sagan, better known as “The Hulk”. He imitates his favorite super-hero after each victory (three and counting). The Slovak’s build and power are dead ringers for Bruce Banner’s alter ego. 2 minutes and 20 seconds at 493 watts on the climb to Seraing with a finish and full flex of his overgrown delts at 1236 watts! Unbelievable! A shade darker, “Europcar green”: Voeckler and Rolland led successful breakaways in the Alps, after a “refreshing” day off. Awesome! The former made all of France weep because he couldn’t ride for eight days and was “doubtful”. At 33, he’s back to his 2011 form, which allowed him to increase his potential more than 8% on average on col climbs. On the Grand Colombier (17.3 km at 7.18% in 50 minutes and 25 seconds), all he needed to do was to ramp up for 12 minutes and 30 seconds to 408 watts standard and leave the breakaway behind like a bunch of rookies. Meanwhile, the latter, under antibiotics after a fall and then victorious at La Toussuire, burned 7500 kcal in one day, the nutritional equivalent of 77 bananas. Like his accomplice, he finished the stage in remarkably fine form. Then we move on to black, which you get when you mix eight riders, each with a rider’s length lead on the next, so as to take the combined lead: the Sky team. Totally awesome! Porte, the pitch-perfect teammate, controlled all the breakaways, like on the col de Richemont, exerting 425 watts of power for 15 minutes and 10 seconds. Rogers annihilated Evans’ attack with 420 watts over 11 minutes on the col du Glandon. Froome then beat Sastre’s record time for the La Toussuire climb in 45 minutes. It had held since 2006, the “year of Landis”. He beat it by only 6 seconds, with 412 watts over the final

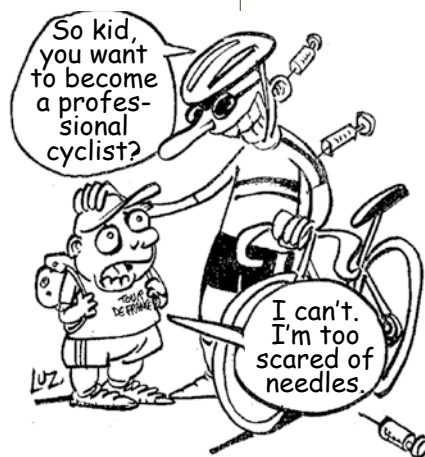
11 minutes. He had to wait for his leader, Wiggins, after nearly five hours of racing and four cols.

“Bollocks”

Now it’s red. That’s what the sharpest experts and the riders are all seeing. “Off the record” as they say, it’s just “bollocks”. One is never

clearer in expressing what one thinks about a painting than when one is a painter himself. In an effort to unlock the Brits’ secret, Kashechkin, tried the same “ovoid” chainring used by Sky and Millar. But his mechanic installed it backwards. He ended up losing 10% of his power. Rotten luck for the veteran, once banned for blood transfusions, who tried and failed to make the switch from biomedical to biomechanical. Millar, dressed in blue, the ex-doper turned preacher, pulled it off though, with his ovoid chainring properly installed. Everything came up roses for him at Annonay, finishing ahead of Peraud’s white AG2R who couldn’t muster more than 380 watts in the col. That same white-as-the-driven-snow, color normally reserved for the top youngster, would have suited the Frenchman Pinot quite nicely as he tailed Sky’s black jerseys. The color which dominated the Alps was angry red, crushing leader yellow, and reform blue. La Grande Boucle is going to get

very dark indeed if this keeps up in the Pyrenees. Color is not the actual trait of a given object. Color is the result, at the cerebral level, of the interaction between the aura of the Tour, the Tour as the object, and the Tour fan. It requires using every bit of the visual system, all the way to the brain. If one decides to stay willfully ignorant in the face of all these numbers, then one is simply doing the bidding of the masters of doping. Yellow fever continues unabated.



1-07-2012 Le Monde

- **2007 After Christian Moreni tested positive:** "It is completely gutting to have to quit the Tour, but everyone knows where I stand on doping. 'It's pure stupidity on the part of Moreni.'" (metro.co.uk, 26/07/2007)
- **2010 Regarding Lance Armstrong:** "I love him. I think he's great. He's transformed the sport in so many ways. Every person in cycling has benefitted from Lance Armstrong, perhaps not financially but in some sense. Even his strongest critics have benefitted from him. I don't think this sport will ever realise what he's brought it or how big he's made it." (guardian.co.uk, 25/07/2010)
- **2012 After Lance Armstrong's ban:** "Lance Armstrong is like Santa Claus: when you get older, you realize Santa Claus doesn't exist." (lequipe.fr, 24/10/2012)
- « **Kimmage is too frustrated and angry about Armstrong.** It ate him alive." (stickybottle.com, 16/01/2013)
- **2013 "In 10 years time we'll probably look back and say 'Sky paved the way'".** (cyclingnews.com, 25/01/2013)

...What they said »

- **2011 David Millar:** "I'd be very surprised if he wins the Tour de France." (Cited by L'Equipe Magazine, 30/06/2012)
- **2012 David Millar:** "Today, he amazes me. He's a totally different rider. Don't underestimate him. In 2009, he could do as he pleased. He didn't worry about anyone but himself. Now he knows what he has to do." (L'Equipe Magazine, 30/06/2012)
- **Cyrille Guimard:** A pursuit rider who can go 60 km/h on track can ride that fast on the road. There's nothing suspicious about that. [...] What matters in the mountains is the weight/power ratio." (L'Equipe, 14/07/2012)
- **Paul Kimmage:** "When asked about doping, the answers from Wiggins now sound the same as with Armstrong and Floyd."
"I don't recognise the Wiggins now, compared to the guy I interviewed in 2007 to when he was sent out of the Tour," he said. "I can't compare these two guys as their responses are completely the opposite. I don't understand what has happened" (velonation.com, 11/07/2012)
- **Philippe Gaumont,** former rider (doped): "When I hear him say: 'We show

the way. At Sky, we eat better. We train better.' Well, I just hope you don't get caught." (lavoixdunord.fr, 29/10/2012)

• **Pat McQuaid:** "The sport will move on."

"Look at Wiggins this year. I think the sport is in a very good position" (cyclingnews.com, 31/12/2012)

• **2013 Eric Boyer** (without mentioning Wiggins): "The human body cannot sustain a body fat count lower than 6% for very long. I worked with lots and lots of athletes, lots and lots of riders and I saw some who later, changed. [...] When I hear rider interviews and they're saying: "listen, I lost 6, 7, even more kilos, it's true, when I hear that, I tell myself, that's impossible. It's not humanly possible to go below [5 or 6% body fat]. Otherwise, you'd have to not eat for 4 or 5 days. But when you don't eat for 4 or 5 days, you don't get on a bike." (Stade 2, 06/01/2013)

THE MEDIA

"King of the road: Bradley Wiggins pedals to pinnacle of British sport" –www.telegraph.co.uk 01-08-2012

"Wiggins: I'm undefeated because of all the thought we've put in" –www.guardian.co.uk 31-07-2012

"His Excellency Bradley Wiggins." –2007 Official Program, Special Edition n° 15, June

"Bradley Wiggins' inevitable victory." –Le Monde, 24.07.2012

"I'm convinced I can shine on the Tour" (interview by Eric Mendes). –Le Sport vélo, 2012, n° 11, January

« My opinion on my performance »

De : Media - Team Sky
Envoyé : jeudi 18 avril 2013 20:47
Objet : From Team Sky re Bradley Wiggins & Chris Froome

Antoine,

Both Chris and Bradley have received your email and each has considered their response.

They have been asked many times before about their stance on doping and their approach to performance. It's all already firmly on the record; neither has used banned substances or illegal practices.

Team Sky's approach to conditioning and coaching is also well documented. We know exactly how our riders prepare and perform and the true science behind this. And we have our own accurate data that we can rely on to support this.

Given the sport's past, everyone understands why questions are asked and performances constantly debated. It's understandable but a real shame when good clean riders, that should be admired, are doubted routinely. Quite simply, we've had a clear anti-doping stance from the start, are a clean team and our riders have shown that you can win clean.

Team Sky





Christopher FROOME	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 2008 84th - 23 years old Team Barloworld	Alpe d'Huez. Tails Menchov then weakens	312	4.59	318	00:51:10	3
2011 Vuelta a España 2nd - 26 years old Team Sky	Covatilla. Beaten on this Tour by Cobo	394	5.47	401	00:27:50	2
	Farrapona	410	5.69	416	00:21:01	3
	Angliru. Works for Wiggins. could have climbed faster	397	5.51	403	00:44:22	2
	Pena Cabarga. 1st. Exceptional performance. ahead of Cobo	462	6.42	470	00:17:15	2
	Average, Pena Cabarga not included in average as -20'	400	5.6	407	00:31:04	
2012 Dauphiné 4th - 27 years old	Joux Plane. Impressive collective performance by Sky Team.	405	5.63	415	00:35:36	3
Tour de France 2012 2nd - 27 years old	Planche des Belles Filles, 1st. Leads climb and wins...	458	6.74	467	00:16:23	1
	Grand Colombier	381	5.60	388	00:49:49	2
	La Toussuire. Works for Wiggins, could have climbed faster	395	5.81	400	00:45:02	3
	Peyresourde West. With Wiggins and Nibali	409	6.01	417	00:24:40	4
	Peyresourde East. Leaves Wiggins by mistake	420	6.18	429	00:26:45	3
	Average, Colombier not included in average as far from finish	408	6	415	00:32:09	
2012 Vuelta a España 4th - 27 years old	Used Osymetric chainring, better for generating atts?					
	La Gallina. Better than the Tour, then weakens	424	6.24	433	00:21:20	2
	Puerto de Ancares	403	5.93	411	00:26:25	4
	Lagos de Covadonga	423	6.22	432	00:26:40	2
	Pajares. Clocked on first part of col	395	5.81	400	00:34:20	3
	Bola del Mundo. Left behind by Contador, Valverde, and Rodriguez	373	5.49	381	00:36:45	5
Average	404	5.9	411	00:29:06		

BEST PERFORMANCE: 2012, PLANCHE DES BELLES FILLES 16'23» at 467 watts standard

BEST TOUR DE FRANCE: 2012, 415 watts standard

Suspicious
Miraculous
Mutant

- ▶ Christopher Froome first broke out at age 26 on the Vuelta, finishing 2nd and sacrificing himself for his leader, Wiggins, with 407 watts on average.
- ▶ He confirmed his climbing talents in 2012 with a second place finish in the

Tour de France and 415 watts, while still at Wiggins' service. On the Vuelta, he was near the top of the overall but showed signs of fatigue a week later.

« The Real Story »

Christopher Froome

is a clean rider and he wants it known: he joins Bike Pure, an activist group federating riders who vow not to dope. The riders are enjoined to wear a blue bracelet. Froome does not wear a bracelet.

His first confrontation with doping goes back to his first year with Barloworld, on the 2008 Tour de France. The OCLAESP gendarmes search the Tarbes hotel where the team is staying after Moises Nevado Duenas tests positive for EPO. The gendarmes find no suspicious substances, except in Duenas' belongings, in which they find a "huge red case" containing blood bags, saline solution, syringes and medication, including TAD, a peptic amino acid as yet unapproved for the French market. Chris Froome discovers that a single wayward rider can jeopardize the existence of an entire team. He swears he knew nothing.

At the end of 2009, Froome is hired by Sky, a new team that intends to revolutionize cycling, by, of course, eschewing doping. The revolution nevertheless does not preclude using good

old-fashioned techniques like a motorcycle tow when the road is too steep. Chris Froome is disqualified from the 2010 Giro d'Italia for precisely this reason.

Paul Kimmage, a former rider, now journalist and ardent enemy of doping is skeptical about the team's performance. The promised transparency never materializes.

When he arrives at Sky, Froome is taken under the wing of former rider and coach Bobby Julich. In October 2012, Julich admits having used EPO from August 1996 to July 1998 with Lance Armstrong's Motorola teams and then with Cofidis. Two other directeurs sportifs leave the team in the Fall of 2012: Steven de Jongh admits he doped with US Postal and Sean Yates, former Armstrong teammate at Motorola then directeur sportif with Discovery Channel. Brailsford had promised to hire only British doctors from outside cycling, like Dr. Roger Palfreeman, whom he quickly gets rid of. At the end of 2010, Sky hires Geert Leinders who worked until 2009 for Rabobank, a team suspected of having a lax attitude with regards to doping.

Froome does not escape the suspicion which engulfs Wiggins and his spectacular weight loss. He has the same profile: tall and very light, therefore benefiting from an exceptional weight-power ratio. The scandal-mongers whisper the name AICAR, a substance as yet undetectable and supposedly a part of doping doctors kits. AICAR burns fat and improves endurance.

Froome and his companions engage in numerous two and three-week training courses in high altitude, sleeping at 3,000 meters. Of course, altitude naturally increases hematocrit for a short period. But altitude has a second less noble effect: it renders the UCI's biological passport useless as high altitude samples are discarded.

We tremble when our radar screams during the 2011 Vuelta on the climb to Peña Cabarga (470 watts for 17 minutes) or to Planche des Belles Filles during the last Tour de France (467 watts for more than 15 minutes). Froome is usually more discreet, staying around 400-410 watts.

« The Legend »



► **Born May 20th, 1985 in Nairobi (Kenya), of a Kenyan mother and a British father.** Until age 14, lives in Kenya, where he mountain bikes. He moves to South Africa for his studies.

► Takes first significant race, Tour de Maurice, in 2006 before lining up for the Commonwealth Games and the under-21 World Championship for

in-line and time-trial.

► In 2007, he trains at the UCI's Centre mondial du cyclisme in Aigle, Switzerland. At the same time, he rides for the humble Konica-Minolta South African team. He stands out by taking a stage in the Giro delle Regioni, a stage in the Tour of Japan and the overall in the Mi-Août bretonne. He is hired



by Barloworld, headed by Claudio Corti, for the 2008 season.

► He impresses everyone with a strong showing in the Giro dell'Appennino before being selected for the Tour de France. In the final 53+ km time-trial he finishes a very strong 14th, the sign of excellent recovery. In Paris, he finishes 81st.

► In 2009, he finishes third at the Mont-Faron summit on the Tour méditerranéen. He then takes the second challenge in the Giro del Capo in South Africa. He lines up for the Giro d'Italia and finishes 36th after an excellent 6th place in the Bologna stage, with 4 cols. At season's end, he is 4th in the UK's road championship. In September, he is recruited by Sky.

► At the beginning of the 2010 season, he finishes in the top 10 several times. He rides in the Giro but is forced to withdraw two days before the end because of tendonitis. During the UK time-trial championship, he is bested only by Wiggins.

► After a so-so start to the 2011 season, he is selected for the Vuelta a España, in which he is meant to help Bradley Wiggins in the mountains. He beats him in the 47 km time-trial around Salamanca and dons the leader's red jersey for the day. At the Angliru summit, Froome edges Wiggins by 33 seconds, but Cobo finally wears the leader's jersey with a 20 second lead over Froome. Many believe if he hadn't worked so hard for Wiggins, he could have taken the race. At season's end, he is part of the British Armada that makes Mark Cavendish world champion. He signs a new three-year contract with Sky.

► In 2012, he joins the peloton on the Critérium international which he follows with a Tour de Romandie, won by Wiggins, and the Critérium du Dauphiné in which he finishes fourth. On the Tour, he suffers a flat tire in the last kilometers of the first stage and loses over a minute to Cancellara, the yellow jersey. During the 7th stage, he sets an incredible pace to protect his leader, Wiggins, but still finds the strength to take the stage. On the climb to La Toussuire, he impresses everyone by being able to leave Bradley Wiggins behind. In the last mountain stage, Froome must again wait for Wiggins who is close to breaking down. In the final time-trial, 53.5 km between Bonneval and Chartres, Wiggins sets things straight, taking 1 minute 16 seconds from Froome who finishes second in Paris, a little over 3 minutes behind his leader.

► After a bronze in the Olympic time-trial, he races in the Vuelta a España. Team leader for the first time, he starts off strong. Fatigued by the Tour de France, he loses time in stages whose finish is considered to be in high altitude. In the final standings, he finishes second.

FINISHES IN MAJOR TOURS:

- Tour de France : 2 appearances, 2nd (2012), 84th (2008)
- Vuelta a España: 2 appearances, 2nd (2011), 4th (2012)
- Giro d'Italia: 2 appearances, 36th (2009), 1 withdrawal (2010)

LIGHTEN UP!

by Antoine Vayer



Ligh-ten up! All of you, players and fans. Be hip! On a bike, in the studio, the chain and the derailleur have moved to the right: and it's no coincidence. Why would you want to pick on Rasmussen after what he did? 1968... 1998... Experiencing misgivings about belonging to either one of these generations? Especially the "spoiled fans and followers" of July 1998 who still sing the praises of Virenque and Jalabert. It's time to stop lying to the younger audience and treating them like children. It's time to lighten up, like the TV commentators. Or like Nicolas [Sarkozy] who goes for rides with Richard [Virenque]. Legalize, liberalize, flaunt your success... Why would a nice Dane become the cycling world's biggest tyrant? Why would he serve as a lightning rod for a generalized problem, diluted in the masses? Why persecute him just because he's successful? Here's someone who follows through on his convictions. He is THE champ. Like Nicolas, he sets the example. On his Tour de France "yacht", he shows off his friendships and greatness after taking power. In fact, you elected him by watching television. The Tour also advocated "openness" by riding on the left in England, with its British Pounds. But the early bird gets the loot. Everyone agrees. The mega-rich Doctor Ferrari, whose site can be found at 53x12.com, is now publishing his calculations. They are irrefutable. Armstrong and Basso were beaten in 2004 in spite of their climbing speed of 1690 meters an hour by Contador and Co. on the climb to the Plateau de Beille. The Pravda of sports, l'Équipe newspaper, now relays the famous dottore's calculations and suddenly takes a shine for the power calculations we've been offering for years in Libération, de-

nouncing in watts what they sell in gossip on six pages daily. Laurent Fignon has a laugh watching Vinokourov braking at 45 km/h in the turns on the way up and scoffs at the French who are incapable of taking the lead. So what? Less doped French, lighten up! Like Rasmussen, love cycling, go crazy. Like Cadel Evans, tossed from Telekom because he was unmanageable, fight to make a fortune in sports. Don't destroy it by devaluing it. You don't change the world by burning down what you built up, by knocking over the table, by insulting the professor or doctor who taught you "how to do the job". Lighten up! Polls indicate that 78% of the French are skeptical about cycling performances? So what? You don't become French by loving cycling in spite of yourself. You do it because you want to. Yes Mr. President, to hate the Tour is to hate yourself! Jean-Marie Leblanc, former head of the Tour once said: "It is not intellectually honest to attribute performance improvements to pharmacopoeia. Men, machines, and roads change." Lighten up! Admire the work of those who manipulate you and those who take advantage of it. Give them your gullibility, your television tax. Like the French national rugby team coach, future secrétaire d'État aux Sports, learn how to win. Like Rasmussen, like Contador, like Lance the winner did seven times. Like Vinokourov, Monaco resident, directly financed by the Kazakhstan Prime Minister via Switzerland. The same country where Johnny Hallyday used to go oxygenate his blood, in the same clinic as a certain football player famous for using his head. Lighten up: win! By loving the 2007 Tour. And by stamping on morality, everyone else, and your pedals.



24-07-2007 Libération

• 2012 "Those who are critical need to wake up and understand that cycling has changed. Hard work and sacrifice = results. End of story".

(dhnet.be, 10/07/2012)

• On wanting Lance Armstrong to talk: "I think it probably would help people to move on because, at the moment, there's a lot of finger-pointing and anger towards him." (bc.co.uk, 24/10/2012)

• 2013 After Armstrong's admission: "I feel really angry about the revelations from Armstrong," he said at the team's winter training camp in Majorca. "I think it has caused a lot of, all of us are being painted with the same brush now which is never a good thing for cycling and I think we are losing a lot of sponsors. But I think this is something which could be seen also in a good light so we can take the good things from that and learn a lot about the Armstrong case that this never happens again in cycling." (ibtimes.com, 24/01/2013)

...What they said »

► **Laurent Jalabert** : "How can you generate so much power in the time-trial with so little muscle mass?" (07/2012)

► **Bradley Wiggins** : "I think our sport is starting to change if you look at what Ryder Hesjedal managed at the Giro and what Chris Froome did on the Vuelta." (lalibre.be, 14/07/2012)

► **Michel Thèze**, his former coach at UCI's Centre mondial du cyclisme: "He was a very polite young man. He was always afraid of being a nuisance. The rider was very different, determined. You could already sense that, in his head, he was very focused. He had (...) an incredible learning curve (...) one of the

biggest V02's, the most power. (...) It's not at all a surprise to see him where he is." (lanouvellerepublique.fr, 16/07/2012)

► **Michelle Coud**, his partner: "I know how often Chris gets tested. During the Vuelta [Spanish cycling race] his blood and urine were tested for five consecutive days. I can't think of any other sport where the athletes are tested as thoroughly." (walesonline.co.uk, 28/10/2012)

THE MEDIA

"How long will Froome continue to sacrifice himself?" - Le Sport vélo, 2012, n° 20, October

"The Sky Machine." - L'Equipe, 18.07.2012

« My opinion on my performance »

De : Media - Team Sky

Envoyé : jeudi 18 avril 2013 20:47

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Team Sky





Alejandro VALVERDE	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
2003 Vuelta a España 3rd - 23 years old Team Kelme	Cauterets	X				3
	Beret	X				4
	Envalira. 1st. Wins at the sprint	X				3
	Pandera. 1st. Stage victory ahead of Cardenas et Heras	378	6.2	425	00:23:40	1
	Sierra Nevada	X				1
	Navacerrada	X				2
	Abantos TT. 2nd behind Heras. 11.2 km at 5.45 % (1050m-1650m)	376	6.16	420	00:25:22	1
2004 Vuelta a España 4th - 24 years old Team Comunidad Valenciana	Aitana. Clocked over 6.6 km (1030-1535)	377	6.18	423	00:18:22	3
	Calar Alto. Clocked over last 8 km at 7.5 %	357	5.85	401	00:22:50	3
	Sierra Nevada TT. Clocked over stage finish: 9.6 km (1631m-2100m).	357	5.85	398	00:21:08	1
	Covatilla. Left behind by Heras and Perez. 455w. disqualified for blood transfusion	345	5.66	389	00:21:24	3
	Average	359	5.9	403	00:21:47	
Tour de France 2005 Withdrawal - 25 years old Team Iles Baleares Caisse d'Epargne	Courchevel. 1st. Stage victory over Lance Armstrong.	400	6.56	435	00:42:50	2
	Galibier	350	5.74	390	00:51:20	3
	Bonascro	X				6
	Saint Lary	X				6
	Aubisque	X				3
Tour de France 2006	Withdraws during 3rd stage - 26 years old					
2006 Vuelta a España 2ème-26 ans	Covatilla	X				3
	El Morredero. 1st. Too much wind to measure power	X				1
	Cobertoria. 2nd behind Vino. effort after 6 hr ride. 8 km at 8.68 %	398	6.52	444	00:23:27	4
	Pandera	373	6.11	419	00:23:56	1
Tour de France 2007 6th - 27 years old Team Caisse d'Epargne	Colombière. Able to keep up with other Tour de France favorites	368	6.03	419	00:23:22	1
	Galibier. Left behind during end of climb but comes back on descent	349	5.72	395	00:50:14	3
	Beille. Gives up 3'35" to Contador	351	5.75	391	00:48:02	2
	Peyresourde. Gives up only 35" to Contador	371	6.08	421	00:24:06	5
	Aubisque. Struggles.	344	5.64	391	00:33:20	5
	Average	357	5.9	403	00:35:49	
Dauphiné 2008 1st - 27 years old	Salève	359	5.89	402	00:23:00	1
	Joux Plane. Very good climb.	366	6	412	00:35:50	1
	La Toussuire. Clocked over 13.6 km (932m-1695m)	356	5.84	397	00:32:35	3
	Average	360	5.9	404	00:30:28	
Tour de France 2008 8th - 28 years old	Aspin	372	6.1	415	00:30:40	2
	Hautacam. Breaks down in le Tourmalet	357	5.85	398	00:40:40	2
	Prato Nevoso	370	6.07	420	00:24:19	2
	Bonette. Clocked on lower portion of col (wind at summit)	358	5.87	400	01:08:18	2
	Alpe d'Huez	362	5.93	403	00:41:43	3
	Average	364	6	407	00:41:08	
2008 Vuelta a España 5ème-28 ans	Angliru. Second behind Contador, effort for more than 40'; 12.5km	379	6.21	425	00:42:22	4
	Fuentes de Invernio. Left behind 4 km from summit	358	5.87	400	00:26:49	3
	Navacerrada TT. End of col. 5.8 km at 7.07 % in 14'43". Total time 33'38"	397	6.51	429	00:33:38	1
	Average	378	6.2	418	00:34:16	
Dauphiné 2009 1st - 29 years old	Ventoux. 2nd. Clocked up to Reynard 5. Strong wind at summit	364	5.97	407	00:32:40	1
	Izoard	327	5.36	365	00:26:33	1
	Saint François Longchamp	365	5.98	408	00:35:34	3
	Average	352	5.8	393	00:31:36	
2009 Vuelta a España 1er-29 ans	Aitana. Clocked at end of col (6.1 km, 1030m-1510m): 17'43"	368	6.03	411	00:17:43	3
	Velefique. 12.6 km at 7.26 %	383	6.28	429	00:33:22	3
	Sierra Nevada	341	5.59	379	00:33:54	2
	Pandera. Two parts, total of 48'. 8.4 km (1160m-1820m)	373	6.11	417	00:24:04	1
	Average	366	6	409	00:27:16	
Suspended 2 years in May 2010						
Tour de France 2012 20th - 32 years old Team Movistar	Planche des Belles Filles. Not in top Tour de France form	357	5.85	400	00:18:42	1
	Grand Colombier	347	5.69	388	00:49:49	2
	La Toussuire	300	4.92	335	00:52:31	4
	Peyresourde West	361	5.92	404	00:25:27	4
	Peyresourde East. 1st. After long breakaway. Back in shape	363	5.95	406	00:28:00	3
Average	341	5.6	382	00:35:19		
2012 Vuelta a España 2nd - 32 years old	La Gallina. 1st. Stage victory at the sprint ahead of Rodriguez and Contador	391	6.41	439	00:21:05	2
	Puerto de Ancares. Gives up seconds to Contador	373	6.11	419	00:26:00	4
	Lagos de Covadonga. 20» given up to Contador	389	6.38	437	00:26:25	2
	Pajares	370	6.07	410	00:33:20	3
	Bola del Mundo. A few seconds ahead of Contador	347	5.69	391	00:35:58	5
Average	374	6.1	419	00:28:34		

BEST PERFORMANCE: 2005, COURCHEVEL 42'50» at 435 watts standard

BEST TOUR DE FRANCE: 2008, 407 watts standard



Suspicious



Miraculous



Mutant

- ▶ From the age of 23, he finished in the top three of a major Tour: the Vuelta (data incomplete to estimate average potential). The following year, he did well in the overall before giving up time to Heras and Perez.
- ▶ Pulled off best performance on the climb to Courchevel during the 2005 Tour, beating Lance Armstrong at the sprint. He developed 435 watts over 40 minutes.

- ▶ From 2007 to 2009, he finished several major Tours with averages between 400 and 420 watts. He won the Vuelta in 2009 but placed no better than 6th in the 2007 Tour with 403 average watts.
- ▶ After being suspended in 2012 (following the Puerto scandal), he returned to top form, finishing 2nd in the Vuelta behind Contador, with 419 watts on average.

« The Legend »

▶ Born April 25th, 1980 in Las Lumbreras de Monteagudo (Spain), Alejandro Valverde

draws inspiration from his father, an amateur rider. He starts at age 9, and quickly rides in amateur races. He wins several national titles including Spanish under-21 Champion in 2001.

▶ He turns pro in 2002, joining Kelme, after having spent time at their and Banesto's training center. He stands out in 2003 with seven victories, to which he adds two mountain stage victories in the Vuelta a España in which he finishes third. He also finishes runner-up in the road World Championship behind Igor Astarloa. The following year, he demolishes Spanish races with 16 victories, including a stage in the Vuelta, in which he finishes 4th overall. At year's end, he is fifth in the UCI rankings.

▶ In 2005, he joins Caisse d'Épargne-Illes Balears. 2nd in the Paris-Nice (with a stage victory), he takes the Courchevel stage on the Tour de France, beating Lance Armstrong at the sprint. Even if he is forced to withdraw several days later, he again finishes his season in second place at the World Championships, behind Tom Boonen.

▶ In 2006 he takes both the Flèche wallonne and Liège-Bastogne-Liège. 7th in the



Dauphiné, he falls in the 3rd stage of the Tour and fractures his clavicle. He then wears the leader's jersey for one week on the Vuelta. He loses to Vinokourov in the overall standings. He finishes third at the World Championships. His excellent season nevertheless earns him top ranking on the UCI ProTour.

▶ In 2007, he stands out again in stage races at the beginning of the season: a win in the Vuelta a la Comunidad Valenciana and the Vuelta a Murcia, 3rd in the Critérium international, but falls short in his favorite classics (2nd in the Flèche as in Liège). He almost pulls it off on the Tour, but has to settle for 6th in the overall standings.

▶ Alejandro Valverde starts the 2008 season with a bang, taking the Vuelta a Murcia for a record third time. He follows with a second victory in the Liège-Bastogne-Liège. He continues with the Dauphiné (including two stage victories) and the Spanish road championship. In the Tour, he is strong from the get-go. But he falters in the Pyrenees and is forced to settle for 9th place. After winning the Clásica San Sebastian in early August, he finishes 5th in the Vuelta a España, with a stage victory. He again finishes first in the UCI ProTour rankings.

▶ In 2009, he wins the Volta a Catalunya in

May and the Dauphiné in June. But the Italian IOC bans him from competition in Italy and therefore the Tour, which includes an Italian stage. He makes up for it by taking the Vuelta a España, despite attacks by Evans, Gesink, and Sanchez

▶ In 2010, he takes the Tour méditerranéen and the Tour de Romandie. But in May, the Court of Arbitration for Sport retroactively suspends him from January 1st for a period of two years following his implication in the alleged Puerto scandal. Valverde vehemently denies any doping.

▶ In 2012, he returns to the pelotons with the same team (Movistar, born of Caisse d'Épargne). He starts strong in a key stage of the Tour Down Under and finishes 2nd overall. Hampered by injury, he fails to shine in the classic races. In the Tour de France, he wins the last stage in the Pyrenees. In September, he finishes 2nd in the Vuelta a España, including two stage victories. At the World Championships, he takes the 4th medal of his career, in the road competition, a bronze.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 5 appearances, 6th (2007), 8th (2008), 20th (2012), 2 withdrawals (2005, 2006)
- ▶ Vuelta a España: 7 appearances, 1st (2009), 2nd (2006, 2012), 3rd (2003), 4th (2004), 5th (2008), 1 withdrawal (2002)
- ▶ Giro d'Italia: none

« The Real Story »

Alejandro Valverde

After starting out in the amateur ranks of the Banesto and Kelme teams, Alejandro Valverde turns pro in 2002, joining Kelme, where he stays for three seasons. With this team, doping is institutionalized. Jesus Manzano testifies before the CAS in 2009 that each rider had his own EPO and testosterone-centered medical program set by Dr. Fuentes.

During the winter of 2002, Fuentes hands out "pela" syringes, the code name for EPO. Manzano also sees Valverde use testosterone patches. A few months later, during the 2002 Vuelta, Fuentes injects Valverde with 2000 units of EPO. The treatment is rounded out with cortisone. One year later, with their sights set on the 2003 Vuelta a España, Kelme riders, including Valverde and Manzano, have blood drawn at the Madrid clinic of Dr. Merino Batres, a companion of Dr. Fuentes. During the race, the riders receive Pendant testosterone patches that they wear only 2 hours a day to get around doping tests. Blood is reinjected at mid-race. "It was generalized doping, so if we didn't do it they'd kick us out", Manzano explains at the CAS.

In 2004, the Spanish Guardia Civil begins investigating Fuentes. The name Valverde comes up during a wiretap.

On April 7th 2005, as Valverde is racing in the Vuelta Ciclistica al Pais Vasco, he receives a transfusion.

On May 6th 2006, blood bags are found in Dr. Fuentes' refrigerator. One of them bears the code "18 VALV. (PITI)". Piti... like Valverde's dog.

On May 23rd, 2006, Dr. Fuentes is arrested in possession of a card from the Silken hotel, on the back of which is Valverde's name clearly written. The Guardia Civil also seizes around 200 blood and plasma bags. In August 2006, the Barcelona lab that analyzes the 99 bags found in Fuentes' refrigerator, finds EPO recombinant in 9 of them, including the now famous #18. As the Spaniard trains for the 2006 World Championships, he is tested three times within 24 hours by the UCI on September 22nd and 23rd.

Even though he is implicated in the scandal, Valverde receives broad support, including from his team, the Spanish federation, and even the Spanish Secretary for Sports, Jaime Lissavetzky. While Valverde races in the 2008 Tour de

France, he is given a routine doping test on July 21st in Prato Nevoso in Italy. The Italian IOC send letters rogatory to the Spanish investigating magistrate on November 6th, 2008, requesting a sample from the contents of blood bag #18. The goal is to compare the DNA in the bag with the test from Prato Nevoso. Bingo. Valverde's DNA fingers him away as "VALV. (PITI)". After a protracted legal battle, the CAS suspends him two years, effective January 1st, 2010.

Upon his return in 2012, he takes the Peyragudes stage in the Tour de France. We clock him at the same level as Vinokourov in 2007, on the eve of the latter's disqualification for doping. He remains under the threat of another scandal, started in 2009 by the Spanish Guardia Civil and targeting Dr. Walter S. Viru Rodriguez, who succeeded Dr. Fuentes in 2003 with Kelme. The six files seized from the doctor allegedly detail doping programs for Kelme riders. Including a certain Alejandro Valverde.

LIKE FORTY EDDY MERCKX'S

First assessment after the Pyrenees.

par Antoine Vayer



There is no cure for stupidity, not even experience. Speed and joules are the proof. It started in Liege with a red bull head put up to underscore the province's motto: "Force the future.". The organizers introduced a member of the CNRS [ed. publicly funded think tank] as an authenticator of the performances. After urine in 2000, it's now blood's turn to be frozen. We're already quivering. Exhausted, the official testing condoms are full of holes: some riders are stuffed like turkeys and equipped with an out-sized 12-cylinder motor for the Tour. Thirty short days of competition, with month-long treatments regularly spaced out to take in veterinary and muscle-oxygenating substances. The head of the Tour, who didn't really care, said: "It was time to fly: so we flew."

The riders gave their okay. Head down, against the wind, they transformed cycling into a mechanical sport. After a "singing in the rain" demonstration at 53.71 km/h by the US Postal Corvettes in the team time-trial, the 202 km fatigue-free ride by Virenque (aged 35) with a Porsche even more finely tuned than in the Festina days, Armstrong's Ferrari is now averaging 41.6 km/h. Jean-Marie Leblanc used to say in 1997: "In the fight against doping, we're always a day late. For the last three or four years, we were always off in our average time calculations. Today, I understand better. EPO means three kilometers per hour better. Our usual benchmarks were thrown off. This year, this may change thanks to blood tests." Quite the contrary, actually.

They kept going up all the way to last year's extravagant record (40.94 km/h), during which five high mountain stages were run at an average of 36 km/h (including three record times). Only nine stages had broken this barrier in the last fifteen years. The way things are headed, records are going to be shattered again this year. We predict 41.23 km/h in Paris, unless somebody tells the peloton to slow down, which is not unlikely given the Hollywood-esque staging that's been happening since the start.

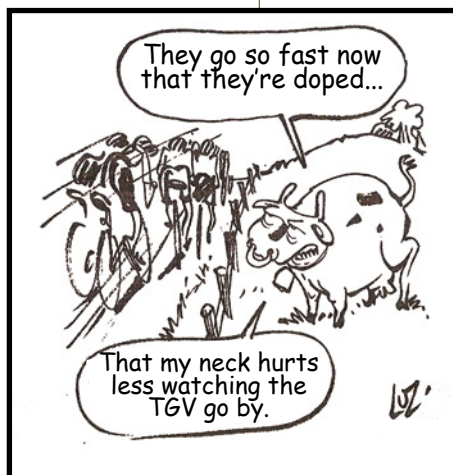
What's changed is not the mentalities, but the talk. Apparently, it's the roads and technology that have changed dramatically: a new and idiotic explanation. Lose one kilo on a cycle and you improve a miserable 15 seconds on a 10 km climb with a 7 % grade. Bikes in 1998 weighed almost the same. The freshly repaved road on the Ventoux and a revo-

lutionary frame didn't keep Armstrong from giving up two minutes to Mayo in June. It's muscle condition that reigns supreme, the corpuscle. Audiard used to say: "I've known a few two-faced bastards in my day, you're the composite."

There's a way to indirectly unmask the cheaters: generated power. They're easily calculable in cols that have been tracked over the years, be it with clean or adulterated winners. Regardless of the weather, road conditions, race conditions, the era, we can calculate cyclists' performance in watts in relation to the their build and their times in the climb. And then compare them (1).

If there had really been a change, we wouldn't have witnessed a climb like we saw at l'Aspin: forty in-his-prime Eddy Merckx's (in athletic performance terms) followed the American Paris-Roubaix road specialist, Hincapie, doing 435 watts in the rain! A "human" limit of 410 watts would have been more reassuring. Virenque's record time (32' 30" in 1995 when Casartelli fell and then fell apart in the back) was demolished by 2' 20".

It's by far the greatest all-time collective feat in terms of number of riders and generated power in tackling a Tour's first col. We wouldn't have seen Armstrong and Basso beat the former's own record on the climb to La Mongie (2002, beating out Beloki) by 45" in 23' 15" from the town of Gripp: 460 watts. Better than Sestrières in 1999 (422 watts over 28'), than Hautacam in 2000 (449 watts over 36'), than Huez in 2001 (442 watts over 38'), than Luz in 2003 (442 watts for 35'). A band of superpowerful freaks lurked just behind Lance, but failed to scare him. At that point, it was no longer necessary to wake the dead Pantani to steal his macabre record on the climb to Beille (43' 30" for 21.93 km/h at 437 watts). The US Postal team had cleaned everyone's clock before reaching the foot of the mountain. It was good enough to fall 2' 10" behind the deceased time thief and still beat his personal record of 415 watts after six hours of biking and seven cols. The truly clean riders were left scattered to the four corners of France. Welcome to multi-speed biking. Those who are still cheating are doing it better than ever.



19-07-2004 Liberation

- **2007** To the question, "Piti, that's your dog's name?": "I don't answer questions about doping." (Libération, 07-08/07/2007)
- **2010** "[If they sanction me,] I'll come back to cycling and I'll keep winning. With no qualms about it." (AFP, 15/03/2010)
- **2012 On Lance Armstrong's lifetime ban:** "Those Tours, he won them with his legs, with his body. No one should think he didn't suffer to win them. To me, they belong to him." (Marca, 23/10/2012, as quoted by rtl.fr, 23/10/2012)
- **On Dr. Eufemiano Fuentes:** "Eufemiano was part of the technical staff of my former team [Kelme]. I was there. I was there, but I don't want to talk about it." (cyclingnews.com, 31/10/2012)
- **"My conscience is clear. (...)"** I'll keep defending myself saying I'm innocent. I'm categorical." (cyclingnews.com, 31/10/2012)

...What they said »

- ▶ **2008** Jérôme Pineau: "I like him, he's a champion." (AFP, 15/04/08, as quoted by cyclismag.com, 29/01/2009)
- ▶ **2009** His Caisse d'Épargne team: "During the three years when Valverde was on the team, he was an exemplary athlete, in full compliance with the ethical standards of our sport. We fully support Alejandro in his appeals." (Press release, quoted by RTBF.be, 11/05/2009)
- ▶ **2010** His Caisse d'Épargne team: "Alejandro Valverde is probably the most tested athlete in the world and [he] has never tested positive in a doping test." (Press release, as quoted by AFP, 01/06/2010)
- ▶ **Pedro Delgado:** "UCI tests (...) don't mean anything because they punish

someone who was tested 60 times [without testing positive]." (cyclingnews.com, 03/06/2010)

- ▶ **2012** Christophe Bassons, on Alejandro Valverde and Alberto Contador's suspensions: "It's not normal that an athlete who was suspended two years for doping can proudly come back and win races. Why don't they own up? Why aren't they ashamed of having cheated?" (lemonde.fr, 27/08/2012)

THE MEDIA

"Valverde from darkness into light" – *Le Sport vélo*, 2012, n° 19, September

"Le French peloton votes Valverde." – *Le Parisien*, 05.07.2008

"Valverde or life through yellow-colored glasses." – *Nice-Matin*, 07.07.2008

« My opinion on my performance »

Hola,

Usted forma parte de unos retratos que vamos a publicar en una revista. En éstos retratos hablamos de la mayoría de las grandes actuaciones que usted realizó a lo largo de su andadura deportiva, especialmente en la montaña. Usted ha hecho ciclismo, o lo sigue haciendo, deporte donde la cultura del dopaje ha sido fuerte, quizás una cultura generalizada. Usted logró un nivel deportivo que le permitió ganar a corredores que han admitido haberse dopado, y que han cuantificado el aumento de su rendimiento gracias al dopaje. Por lo tanto, le damos la oportunidad de contestar plenamente y sinceramente a nuestras preguntas sobre su persona en nuestra revista. Usted puede responder a las preguntas o hacer un comentario sobre el tema. Lo que usted nos envíe será publicado.

Preguntas:

¿Usted utilizó productos o métodos prohibidos durante su carrera deportiva?

En el caso de que la respuesta

anterior sea afirmativa, ¿En cuánto estima usted el porcentaje de mejoría en su rendimiento?

¿Ésta mejora de rendimiento en que aspectos aumentó? (físico, psicológico, técnico)

En el caso de que la respuesta sea negativa, ¿Cómo puede explicar que usted consiguió ganar a corredores dopados?

¿Tiene usted algunos comentarios adicionales sobre éstos asuntos de dopaje/rendimiento?

El Sr. Antoine Vayer es el encargado, por parte de la revista, de la parte de interpretación del rendimiento. Está disponible para aportarle información de lo que aparece en la revista y sobre las preguntas formuladas.

Cordialmente.

ALEJANDRO declined to respond to the questions asked.







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Laurent JALABERT	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 1995 4th - 27 years old Team ONCE	La Plagne. 18.2 km at 7.19 %	388	5.71	397	00:51:07	3
	Alpe d'Huez. Breaks out with group before Alpe d'Huez.	410	6.03	415	00:40:10	3
	Guzet Neige. Very good end of climb	431	6.34	440	00:17:43	2
	Mende, 1st. High power after long climb!	483	7.1	495	00:09:25	
	Cauterets. Short climb	524	7.71	435	00:11:43	4
Average. Mende Cauterets no average, too short		410	6	417	00:36:20	
1995 Vuelta a España 1st - 27 years old	Navalmoral, 1st. Incredible: solo breakaway with leader's jersey	421	6.19	430	00:19:32	
	Sierra Nevada. Leaves win to Dietz. 15.8 km. - 5% drafting	385	5.66	397	00:55:00	
	Pla de Beret. Zülle, his teammate, wins.	432	6.35	437	00:12:01	3
	Luz Ardiden, 1st. Rain with Tourmalet. Clock from Grust, 9.4 km	394	5.79	405	00:27:52	
	Average. Pla de Beret not in the average	400	5.9	411	00:34:08	
1996 Vuelta a España 19th - 28 years old	Lagos de Covadonga, 1st. Over 8.5 km at 9.18%, total climb: 34'10"	457	6.72	468	00:24:55	
	Valdezcarray La Demanda. 220 km with a col at beginning	422	6.21	432	00:21:36	
	Cerler	X				
1997 Vuelta a España 7th - 29 years old	Cabra Montes. 1st. Impressive attack 40 km from finish.	X				1
	Sierra Nevada. Breaks down, gives up 8' to Zülle and Dufaux	X				
	Puerto de Pajares. End of col Tonkov 12'12», 466 w Zülle 12'37», 448 w	410	6.03	420	00:33:10	
	Lagos de Covadonga. Exceptional, with Zülle	466	6.85	478	00:24:29	
Tour de France 1998 Withdrawal - 30 years old	Azet. Left behind by Pantani and Ullrich	406	5.97	418	00:25:00	4
	Beille. Good climb, 2'03» behind Pantani	409	6.01	417	00:45:33	4
	Pulls out of Tour with Once team though he is third: a «a finger in the Tour de France's ass»					(M.Saiz, his Directeur Sportif)
1998 Vuelta a España 5th - 30 years old	Pal. Long stage	410	6.03	419	00:21:02	
	Cerler. Clocked over 4.3 km. Jimenez and Heras 473 w	451	6.63	461	00:11:09	
	Lagunas de Neila. Short stage, steep climb of 7 km at 8.57%. 2nd	428	6.29	438	00:20:29	
1999 Giro d'Italia 3rd - 31 years old	Oropa. «Feat», finishes 20' behind Pantani	462	6.79	468	00:23:33	2
	Alpe di Pampeago	374	5.5	383	00:28:11	3
	Madona di Campiglio. Finishes 1'07» behind Pantani	451	6.63	461	00:21:26	2
	Santa Cristina. Several cols including Mortirolo	383	5.63	392	00:21:08	4
	Average	418	6	426	00:23:34	
Tour de France 2000 54th - 32 years old	Hautacam. Left well behind by Armstrong (more than 8')	350	5.15	358	00:44:28	3
	Mont Ventoux. Clocked up to Chalet Reynard: 31'35"	393	5.78	406	00:51:01	1
Tour de France 2001 19th - 33 years old Team CSC-Tiscali	Alpe d'Huez	326	4.79	335	00:49:05	3
	Chamrousse CLM	396	5.82	405	00:51:12	1
	Pla d'Adet. Long breakaway, leads way over 5 cols	341	5.01	350	00:36:00	3
Tour de France 2002 42nd - 34 years old	La Mongie. Long breakaway	342	5.03	350	00:29:35	2
	Beille. Long breakaway	294	4.32	300	01:00:21	5

BEST PERFORMANCE: VUELTA 1995, AVILA: Breakaway with 19'32» at 430 watts standard on final col

BEST TOUR DE FRANCE: 1995, 417 watts standard

 Suspicious **Miraculous** **Mutant**

- ▶ Laurent Jalabert's career can be divided into three parts. Prior 1992, he was ill-at-ease on long climbs and won a number of stages at the sprint or at the top of small slopes.
- ▶ He progressively transformed into a major Tour rider between 1992 and 1995 with the Once team, improving both in mountain stages and in time-trials. In 1995, he won the Vuelta a España and finished 4th in the Tour de France with an

average of 417 watts. From 1997 to 1999, he finished three times in the top ten in the Vuelta or the Giro, notably with an average of 418 watts on the 1999 Giro.

- ▶ During the last two years of his career (2001 and 2002), with the CSS team, he became a journeyman climber with little concern for the overall standings on major Tours. He finished first on two occasions in the Tour de France mountain standings.



Jalabert's name is indirectly mentioned in a number of documents seized from Dr. Michele Ferrari's office. A certain «LJ», from the Once team, is recorded as having a hematocrit of 42% on 19/01/1997, 48% on 13/05/1997, 54% on 28/08/1997, and 50.5% the next day. On March 1st of the previous year, «L. Jalabert» (sic) is noted as having a hematocrit of 42.2%, a hemoglobin level of 14.3% and 4,690,000 red blood cells. Laurent Jalabert's phone number also appears in the Italian physician's address book.

« The Legend »



- ▶ **Born November 30th, 1968 in Mazamet (France).** Laurent Jalabert turns pro in 1989 after having been French military champion in 1998. Wearing the Toshiba jersey, he quickly demonstrates his sprinting talents by taking the Tour d'Armorique and a stage on the Tour du Limousin.
- ▶ Even if he wins no races in 1991 (only one stage on the Quatre jours de Dunkerque), he finishes 2nd in the World Cup. On the Tour de France, he finishes 2nd in the green jersey standings.
- ▶ In 1992, he moves to Spain and joins the Once team, one of the best in the world. He wins a number of stages: Euskal Bizikleta, Volta a Catalunya, Tour de France and Vuelta a Burgos. He takes the green jersey in Paris. He is runner-up in the World Championships.
- ▶ In 1994, he notches victories in the Challenge Vuelta a Mallorca, Luis Puig Trophy, Vuelta a

La Rioja and stages on the Paris-Nice, Volta a Catalunya and Vuelta a España.

- ▶ After 7 stage victories in the '94 Vuelta, he falls in the Tour de France. He breaks his jaw and is out 6 weeks.
- ▶ In 1995, he takes his first two classics: Milan-San Remo and the Flèche wallonne. He also takes two prestigious stage races: Paris-Nice and Vuelta a España. On the Tour de France, he finishes a strong 4th in Paris and claims the green jersey.
- ▶ In 1996, he wins Paris-Nice ahead of Lance Armstrong. Then the Midi-Libre, the Classique des Alpes and the Route du Sud. He is lackluster in the Tour, withdrawing in the Alps. Following an up-and-down season, he nevertheless finishes as the top-ranked rider in the world.
- ▶ Jalabert takes a 3rd straight victory in the 1997 Paris-Nice, in the process winning his first-ever time-trial. In April, he wins his second Flèche wallonne. After a botched Tour and a Vuelta in which he takes two stages, he surprises everyone by becoming world time-trial champion. He continues with wins in the Milano-Torino and the Giro di Lombardia. For the third consecutive year, he finishes first in the UCI rankings.
- ▶ In 1998, he becomes French champion after finishing 2nd in the Paris-Nice and the Liège-Bastogne-Liège. But following the Festina team's disqualification, Jalabert withdraws from the Tour, like all the other Spanish teams. In the Vuelta a España, he finishes 5th.
- ▶ In 1999, he dominates the Tour de Romandie. He then takes 3 Giro stages, after having worn the pink jersey. He finishes 2nd in the Tour de Suisse.
- ▶ In the Tour de France 2000, he wears the yellow

jersey for two days. At season's end, he signs for two years with the CSC team.

- ▶ Injured after falling from a ladder, he misses out on the start of the 2001 season. He gets back in the swing of things on the Tour de France by taking the Verdun stage then Colmar, solo, on July 14th. He shines in the mountains and manages the feat of taking the polka-dotted jersey and keeping it in Paris. He then dominates the Clásica San Sebastian.
- ▶ He starts 2002 with a victory in the Tour du Haut-Var and a stage victory in the Paris-Nice. On the Tour de France, he manages the feat of taking the polka-dotted jersey a second time. After the Tour, he takes the Clásica San Sebastian again and the Coppa Agostoni, which will be his last victory. He remains very active, participating in marathons, triathlons and even Powerboat races. He is also a consultant for France Télévisions, RTL and for several years for L'Équipe. Since 2009, he is also coach of the French national team.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 11 appearances, 4th (1995), 19th (2001), 34th (1992), 42nd (2002), 43rd (2003), 54th (2000), 71st (1991), 4 withdrawals (1993, 1994, 1996, 1998)
- ▶ Vuelta a España: 8 appearances, 1st (1995), 5th (1998), 7th (1997), 19th (1996), 35th (1993), 70th (1990), 74th (1994), 1 withdrawal (1999)
- ▶ Giro d'Italia: 2 appearances, 4th (1999), 1 withdrawal (1992)

« The Real Story »

Laurent Jalabert

In 1991, he joins Manolo Saiz and the Once team. The team doctors are Dr. Nicolas Terrados and Dr. Eufemiano Fuentes, who, along with the former, will be at the heart of the Puerto scandal in 2006.

After a fall in Armentières in 1994, Jalabert the sprinter becomes a road-racer/sprinter and then, at the end of his career, a climber. After his victory in the 1995 Paris-Nice, many were left stunned, starting with the sunny race-specialist, Sean Kelly, who stated: "Jalabert is a whole new rider".

In 1996, Laurent Jalabert finishes the Grand Prix du Midi Libre and the Classique des Alpes in fine form, and does well in the Dauphiné Libéré. He even takes the leader's jersey at the Mont Ventoux summit. But he abruptly withdraws during the 7th stage. Dr. Patrick Nédélec claims during the Festina investigation that it was due to testing positive. Daniel Baal, FFC president, firmly denies that the federation tried to cover up a doping scandal.

On June 14th, 1997, Dr. Terrados, in charge of Once's riders, prescribes Ventolin for Jalabert, a product designed for asthmatics.

Curiously, when in a book published in 1996, Jalabert mentions Alex Zülle's positive test for Ventolin in 1993, he makes no mention of being asthmatic himself or even a Ventolin user. 1998 is the year of the Festina scandal, which takes down Richard Virenque. His friend, Laurent Jalabert, speaks out. Not against cheaters, but against the media and law-enforcement. After all, they dared perform searches. While in custody, Alex Zülle, former Jalabert teammate, admits to the police that he used EPO for the last 4 years: "when I was with ONCE, EPO use worked the same way and I can vouch for the fact that dozens of riders used EPO administered by Dr. Nico Terrados and someone name José." In a ONCE truck and in Dr. Nicolas Terrados room, police find cortico-steroids, DHEA, stimulants, and caffeine. Dr. Terrados explains that the team had "a certain permissiveness". In 1999, he foregoes the Paris-Nice, "his" race and the Tour de France as well. He refuses to submit to the biological passport. He is kept out of the French championships and the French national team for the World Championships. Meanwhile, Dr. Pedro Celaya is hired by Manolo Saiz to

replace Dr. Luis Garcia Del Moral. They are both banned for life in 2012 for their participation in the doping system run by Lance Armstrong's US Postal team.

In early 2000, the Italian sports daily "Gazzetta dello Sport" reveals that Jalabert was on a list of riders whose hematocrit was higher than the allowed 50%. His name is found in the notebook of the notorious Dr. Michele Ferrari. In a report on Danish television, journalists claim to have the proof. At the end of the 2000 season, Laurent Jalabert leaves the Once team and joins Bjarne Riis, Mr. 60%, and his CSC team. He becomes a climber.

On June 19th, 2006, during a trial, Fabien Roux, former rider, Laurent Roux's brother, accuses Jalabert of having introduced him to Belgian stew during a party: "I saw him shoot up that night in his garage, along with other professionals" he states in front of the judge. Jalabert immediately denies the accusation.

Whenever suspicions are mentioned regarding his performances, he invariably responds: "I was a rider in the 90's."

ABOVE THE LAWS of physiology

by Antoine Vayer



Manolo Saiz could be a close of friend, given the paths we took. A fraternal twin of sorts. I get goose bumps thinking about the fact that I could have been his alter ego had 1998 not happened. Like Manolo, I too could have become “the almighty Farther of cycling”. Like him, I went to university for “gym teacher” studies that were deemed “intellectual” and therefore unconventional in an incestuous environment made up of former riders. “Trained” in physiology, in rationality, we were confronted with the power of “scientism”, which is now the law in the world of cycling and which is strictly followed by high-level athletes. It was that or, in my case, work with sixth graders. He and I rubbed shoulders with famous doctors obsessed with cycling and whose job revolves around all things in vitro. Or how to “boost” a rider, while we were pushing practical training as the sole means of preparation. “Like Manolo, as a trainer, I drafted plans for the greatest riders in the world with the Festina team of the golden years. Manolo had already built a team thanks to Once, a Spanish non-profit that works for the blind. A Frenchman worked nine years for Once. His name was Laurent Jalabert. Those were the “EPO years”. Once, was his second family. He finished first in the UCI (International Cycling Union) world ranking four times before Manolo got to him and brainwashed him. After an unforgettable 1995 season, he prefaced a book about cycling with the following lines: “Of this be certain, cycling will enter the next millennium without losing its core values: hard work, courage, and the beauty of exertion.” “At the time, some Once athletes, who were capable of taking a peloton to 50 km/h over 200 km for their leader, joined Festina. I kept Manolo’s plans. They were filled with body-building exercises that I thought were incompatible with my understanding of the job, and I spare you the finer points of energy distribution, of oxygenation, of all the stuff that we’ve been talking about for the last few days. Athletes, doctors,

Manolo, and I – thanks to our training and our experience – know that, to improve on the unreal performances that EPO (or those blood bags which are an undetectable substitute) can deliver, hormone treatments are the unbeatable solution to turn a sprinter into a climber or a climber into a road specialist. “He and I also knew that these substances solved a coach’s unsolvable equation. How to achieve 26 % energy output instead of the scientifically recognized 20 % that you find in all the textbooks. Like Manolo, I had a prodigal son from the same town: Mazamet. Mine’s name was Bassons. Lance Armstrong and his famous “Fuck you!” ended up booting him from the 1999 Tour de France because of our anti-doping stances. “With Manolo, our roads diverged at the time because of the athletes we hung around with and because of our understanding of the sport. I’m now teaching at the junior high level again, but still keep an expert eye on cycling, watching them get high on living above the laws of physiology and athletic justice. To me, the public persona that is Manolo, resembles Rolland Courbis for his theatricality, Didier Gailhaguet for his knowledge of the sport’s politics and Philippe Lucas (1) for his loudmouth ways and his “crushes” on his athletes. Like Gottfried Wilhelm von Leibniz, who invented the first machine that could mechanically add, subtract, multiply, and divide, at AlternatiV we calculate climbing speed greater than 1500 meters per hour. Like for example, Ivan Basso, just for the sake of example, during the last stages of the Giro. When I look at that, I realize that we were a bunch of amateurs at Festina, even though we were the number one “vitamin-enriched” team. Since then, I’ve learned that behind every cheater there is a liar. And behind every liar there is a thief. But who will steal the 2006 Tour’s laurels? We’ll soon find out.



29-05-2006 Liberation

- **1993** "Manolo [Saiz], we wanted to make him happy." (L'Equipe, 14/05/1993)
- **1998** During the 1998 Tour de France strike: "They treat us like animals, we're going to act like animals..."
- **1999** "I'm French, but I don't feel French." (L'Equipe, 01/06/1999)
- After Richard Virenque was declared "unwelcome" on the Tour de France by ASO : "I think he(...) brought too much to the Tour to be treated this way." (L'Equipe, 17/06/1999)
- **2002** "Thanks to my sports career, I learned to become a man and to respect certain values." (Cited in A chacun son défi, 2009, page 30)
- **2006** "At some point, there was a change and (...) some didn't follow. Me, in the midst of all that, I was like everybody else. I biked, I biked for fifteen years and I saw the change happen. In 1998, everything came out and smart people figured out they had to change. Others (...) didn't. Today, when I hear of a scandal like that, it blows me away." (L'Equipe 27/05/2006)
- **2007** "I don't understand cheating when you know you can get caught." (RTL, as reported by cyclismag.com , 24/07/2007)
- **2008** On Riccardo Riccò, who tested positive during the 1998 Tour de France: "Cycling is blighted by doping, and not just since the last ten years." (RTL, as reported by cyclismag.com, 19/07/2008)
- **2009** "The day I want to talk about doping, I'll write a book. It's not taboo. We'd need to talk about certain people more than certain practices that we all know by heart." (LaDepeche.fr, 01/07/2009)
- "In my opinion, a champion has to be exemplary. He has to broadcast be a role model for his sport and he has to love it." (A chacun son défi, 2009, page 84)
- **2011** On Alberto Contador, after serving his suspension: "Alberto Contador remains, regardless of what people say, a great champion." (France 3, 06/03/2011)
- **2012** The day the UCI announced Armstrong's lifetime ban: "Regardless, he's a great champion, he had awesome talent." (RTL, 22/10/2012, quoted by lequipe.fr)

...What they said »

- **1995** Sean Kelly : "Jalabert is a whole new rider." (L'Equipe, 30/06/1995)
- **1996** Pierre Chany : "I didn't think he had that much room to grow. (...) There's nothing in common between the Jalabert before the '95 Paris-Nice and the Jalabert after that Paris-Nice." (Pierre Chany, L'homme aux 50 Tours de France, 1996)
- **1997** Georges Jalabert, his father: "If he were doped, he wouldn't do so well." (Le Sport, 17 mars 1997, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage, page 10)
- **1999** Bernard Hinault : "He was not up to the expectations that go with his position, of French champion. He gave the impression of making off like a bandit." (L'Equipe, 24/07/1999)
- **Manolo Saiz**: "The only real role model for the French peloton is named Laurent Jalabert." (Libération, 22/07/1999)

- **2008** Thierry Adam, journalist: "It's a topic [doping] that he doesn't like. He knows the guys, that world, he hates it... Was he part of the system? It's tough. What would you have done in his place? Okay, he's starting to open up a little." (Tempêtes sur le Tour, Pierre Ballester, 2008)
- **Claude Droussent**, L'Equipe journalist: "Jalabert never confessed, never (...). The only thing he ever said, with me, or publicly is: "I was a rider in the 90's." They asked him to come out in our paper but he never agreed." (La face cachée de l'Equipe, David Garcia, 2008, page 481)

THE MEDIA

"Chevalier of the Légion d'honneur"

"A champion is born." – L'Equipe, 20.03.1995

"Jalabert, the hero." – L'Equipe, 27.03.1995

"Jalabert grew up in the land of Indurain." – L'Equipe Magazine, 1995, n° 693, 24 June

"I have nothing to hide." – France Soir, 31.01.1997

"Laurent Jalabert the Alpine mutant." – Le Parisien, 13.07.1995

« My opinion on my performance »

Dear , I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to

present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career?

If so, what would you deem to be the percent increase in performance?

In what ways? Physical? Psychological? Technical?

If not, how do you explain your ability

to beat or keep up with racers who have admitted to doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.

Regards.

Laurent declined to respond to the questions asked.

Andy SCHLECK	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
2007 Giro d'Italia 2nd - 22 years old Team CSC	Nostra Signora de la Guarda. Generally impressive at only 22!	430	6.42	446	00:22:55	1
	Izoard	392	5.85	406	00:32:00	2
	Oropa TT	413	6.16	428	00:20:56	1
	Tre Cime di Lavaredo. Clocked over 3.2 km at end of climb (13'20")	398	5.94	413	00:25:00	4
	Zoncolan. Major performance on very difficult climb to Zoncolan	415	6.19	431	00:39:11	1
	Average	410	6.1	425	00:28:00	
Tour de France 2008 12th - 23 years old	Aspin	401	5.99	414	00:30:40	2
	Hautacam. Breakdown. spoils all his chances on this stage.	330	4.93	341	00:46:25	2
	Prato Nevoso	386	5.76	405	00:25:03	2
	Bonette. Goes to work for Franck and Sastre. Clocked at bottom (wind)	383	5.72	400	01:08:13	2
	Alpe d'Huez. Totally at ease. leaves stage and Tour de France to Sastre	398	5.94	411	00:41:03	3
	Average	380	5.7	394	00:42:17	
Tour de France 2009 2nd - 24 years old Team Saxo Bank	Arcalis	409	6.1	423	00:25:21	2
	Verbier. Beaten only by Contador	455	6.79	471	00:21:38	2
	Petit Saint Bernard	417	6.22	431	00:23:45	2
	Colombière. Attacks with Franck far from finish on col de Romme	416	6.21	431	00:22:48	5
	Ventoux. Fails to gain time on Contador	399	5.96	413	00:50:00	1
	Average	419	6.3	434	00:28:42	
Tour de France 2010 1st (Contador disqualified) 25 years old	Avoriaz. 1st. Leaves Contador behind and takes stage.	404	6.03	418	00:33:12	2
	Madeleine. Attacks on col de la Madeleine with Contador	380	5.67	394	00:31:21	4
	Bonascre. Intense duel with Contador, very irregular rhythm	416	6.21	431	00:24:01	2
	Bales. Chain slips but 480 watts over last 2 km	395	5.9	409	00:35:46	2
	Tourmalet, 1st. Impressive climb, stage winner	416	6.21	431	00:50:00	3
	Average	402	6	417	00:34:52	
Tour de France 2011 2nd - 26 years old Team Leopard-Trek	Luz Ardiden. Beats Contador by a few seconds	399	5.96	413	00:37:46	3
	Beille	387	5.78	401	00:47:13	5
	Galibier, 1st. Breakaway from Izoard (425 watts = climb record).	365	5.45	378	00:24:36	3
	Alpe d'Huez. Attacks with Contador on climb of col du Télégraphe	383	5.72	397	00:42:10	3
	Average	384	5.7	397	00:37:56	

BEST PERFORMANCE: 2009, TOURMALET 50'00» at 431 watts standard
BEST TOUR DE FRANCE: 2009, 434 watts standard

Suspicious **Miraculous** **Mutant**

- ▶ Andy Schleck demonstrated a talent for climbing by finishing second in the Giro at age 22 with 425 watts on average.
- ▶ Two years later, he finished second in the Tour behind Contador with a 434 watt potential.
- ▶ From 2010 on, his watts potential was lower than between 2007 and 2009.

- ▶ He was still the Spaniard's main rival on the 2010 Tour with 417 watts on average. A chain slip caused him to lose precious seconds on the climb to Port de Balès.
- ▶ He accomplished his greatest feat on the Tour by attacking from far behind with a headwind in the Izoard and ultimately winning at the Galibier summit.

« The Real Story »

Andy Schleck

never tested positive, even if our radars regularly clocked him "speeding" from his very first major Tour: 446 watts on the climb to Nostra Signora de la Guarda on the 2007 Giro. On the 2009 Tour de France, only Alberto Contador's surreal feat (491 watts) casts a shadow over his 470 watts.

His father, Johnny Schleck, was in the ranks of the professional peloton in the 60's and 70's with famous doped riders like Jacques Anquetil, Joaquim Agostinho, Gilbert Bellone, Gerben Karstens. Customs agents take an interest in Johnny's car, which they search during the 2008 Tour. With no luck. A sign of things to come, in 1965, Johnny Schleck had been one of the five first riders to be tested in Tour de France history.

Andy Schleck turns pro in 2005 with Bjarne Riis's team. The latter was also known as Mr. 60%, a reference to his hematocrit during his winning 1994 Tour de France. In 2005, Riis has yet to confess, but everyone is aware of his questionable past. Joining him is the sign of a certain permissiveness. On Riis' CSC team, Andy joins his brother

Fränk, 5 years his senior, with whom he has very close ties to the point where one might think they were twins. As Andy wraps up his training, Fränk wires 6,691 euros in March 2006 to the Swiss HSBC bank account of Dr. Eufemiano Fuentes, the Spanish doctor at the heart of the Puerto scandal. The same one supplying a large portion of the peloton with varied and illegal substances. "I did nothing illegal. I didn't dope," claims Fränk, who explains that the physician supplied him with training plans. None of the doctor's other clients, including Ullrich, Basso, Manzano, and Hamilton ever mentioned that he was also a trainer.

The CSC team also includes directeur sportif, Kim Andersen, whose pedigree is impressive. In the 90's, he collects seven positive tests, a world record! Andy nevertheless forges strong ties with him, to the point of preferring him to Bjarne Riis. And when, in 2011, the Schleck brothers found their Leopard-Trek team, Andersen goes with them. At the end of the year, the team merges with RadioShack and... Johan Bruyneel. Andy's new boss is up to his ears in the Armstrong scandal. His

injury in the Dauphiné Libéré keeps him out of the 2012 Tour de France. A stroke of luck, if we abide by Fränk's theory, which more or less blames the Belgian manager for his testing positive for Xipamide. It could have hit Andy as well.

When Andy Schleck is afforded a post-race 2010 Tour de France victory at Alberto Contador's expense, he is the first to defend his Spanish friend: "To me, Contador will always be the winner of the 2010 Tour" he states at the beginning of the disciplinary hearing. "Maybe because his conscience isn't clear", some will say.

So, is Andy tolerant of doping? "At Saxo Bank, he helped me a great deal and was one of the cleanest riders on the team" he says of Bobby Julich. "One of the cleanest"? Quite the nuance.

Regardless, for Andy Schleck, "cycling is the cleanest of sports". Asking for a change in cycling makes no sense: "Some want to change cycling, but cycling has already changed".

« The Legend »



► **Born June 10th, 1985 in Luxembourg.** His father is a former teammate of Jacques Anquetil, Jan Janssen and Luis Ocarana.

► In 2001, becomes Luxembourg "rookie" champion. As a junior, he takes titles in road racing, time-trial and cyclo-cross.

► Noticed by Cyrille Guimard, he joins the Vélo Club de Roubaix in 2004 with whom he takes the

Flèche du Sud. Bjarne Riis, who already has Andy's brother, Fränk, for a teammate, swipes him from Guimard and takes him on as a trainee with CSC at the end of the season. He turns pro in 2005. He becomes Luxembourg time-trial champion.

► In 2006, he takes two mountain stages in the Sachsen-Tour, with the best climber jersey to boot. He does the same on the Tour of Britain.

► He finishes 2nd and best young rider on the 2007 Giro d'Italia. To close out the season, he takes 4th in the Giro di Lombardia.

► In 2008, he finishes fourth in the Liège-Bastogne-Liège, behind brother Fränk, and follows with a 6th place finish in the Tour de Suisse. In his first Tour, after faltering on the climb to Hautacam, he goes to work for his leader Carlos Sastre in the Alps. In Paris, he finishes 12th and climbs the podium on the Champs-Élysées to don the best young rider's white jersey. At the World Championships he finishes 5th.

► After finishing 10th in the Amstel Gold Race then 2nd in the Flèche wallonne, he takes the 2009 Liège-Bastogne-Liège. He keeps going, taking the Tour de Luxembourg then the Luxembourg nationals. At the Tour de France finish, he wears the white jersey once more, and is between Contador and Armstrong, having finished 2nd.

► The Luxembourg time-trial championship, in June, is his only victory in early 2010, but he's in excellent form. He demonstrates further by taking Avoriaz during the Tour de France's 6th stage. Two days later, he claims the yellow jersey. He keeps it through all the transitional stages between the Alps and the Pyrénées. During the first Pyrénées stage, his chain slips. Contador takes advantage of the mishap. The Spaniard reclaims the yellow jersey by 8 seconds and secures his victory by taking the final time-trial. Andy Schleck finishes 2nd in Paris (he claims the yellow jersey later in 2012 after the Spaniard tests positive). A few days after the Tour's conclusion, he announces his intention to start his own team with his brother and Kim Andersen.

► Andy and Fränk Schleck start the 2011 season as co-leaders and directors of the new Leopard-Trek team. After an excellent 3rd place in the Liège-Bastogne-Liège, Andy takes the best climber jersey in the Tour de Suisse. During the first Tour de France stages, the favorites look each other over. Andy Schleck launches an attack during the 18th stage, on the climb to Izoard, 60 km from the finish line. In the Lautaret, he is alone at the front of the race and wins at the Galibier summit. The next day, he takes the yellow jersey from Voeckler, who falters. But Evans goes big in the last time-trial and Schleck fails to pull through. In the overall standings, he falls 1 minute 34 seconds behind. As relative consolation, Fränk Schleck is with him on the podium, in third place.

► The 2012 season is a series of disappointments. After his team merges with Johan Bruyneel's RadioShack, he no longer controls his future. Worse, he suffers a bad fall in the Critérium du Dauphiné and fractures his hip. He returns to competition in October. Given his strained relations with Bruyneel, he considers leaving RadioShack, but the Belgian is ultimately the one to go.

FINISHES IN MAJOR TOURS:

- Tour de France : 4 appearances, 2nd (2009, 2010, 2011), 12th (2008)
- Vuelta a España: 2 appearances, 2 withdrawals (2009, 2010)
- Giro d'Italia: 1 appearance, 2nd (2007)



21 STAGES AND DONE.

by Jacques Bauert (Antoine VAYER).

Mission: Tour de France

Interview record #10. Case: Tour de France. Subject: Michel Audran hearing. Profession: Professor of biophysics at the Montpellier University School of Pharmacy (Hérault), specialized in blood doping. Born: 20th September 1948, in Aniane (Hérault).

Question: How are things going, professor, in the midst of all your blood samples, with your obscure liquid and gas chromatography coupled with your mass spectrometer? That's what it's called, right, in scientific terms? The World Anti-doping Agency claims that they're winning the fight, largely thanks to your research. So, professor, are things improving on the blood doping front?

Answer: It's just a hunch, but by creating the biological passport, which lets us keep an eye on riders' blood levels, we may have stemmed the generalized use of erythropoietin. Improvements in performance, in terms of endurance, VO2 max, and oxygen consumption – which fuels the engine if you will – seem less significant. From +7 % to +10 % performance enhancement, we're more on a scale of +3 % to +4 %. Now, where growth hormones are concerned, where a single test would have worked – for a rugby player – along with forbidden insulin injections for muscle fiber nutrition, and self-transfusions, which are the finest of the fine, we still don't have enough information, given that they're still undetectable, to identify any kind of evolution.

Question: Come now! Your colleagues at the Barcelona anti-doping lab are working on transfusions. Spain are world champs in football without a drop of sweat on their goleador Iniesta's forehead. True experts, those Spaniards. They claim there's a detectable substance which can identify a transfusion without fail: the plastic of the blood bag. The Guardia Civil found them, by the hundreds, these blood bags, four years ago, during the infamous "Puerto" operation which decimated the 2006 Tour. Plastic is actually considered toxic and carcinogenic by the French Health Agency.

Answer: I'm waiting on blood samples from athletes having done transfusions to come from another lab, in Copenhagen, in order to confirm an indirect method of self-transfusion detection, via the plastic marker. If it works, given the possibility of performing retro-analysis up to eight years back, then a number of riders and athletes have reason to worry.

Montpellier, July 14. Audran, Michel read and confirmed. End of hearing. Any resemblance to persons alive or dead is not coincidental.

It's less worse

Interview record #18. Case: Tour de France. Subject: Christophe Bassons hearing. Profession: civil servant at the Ministry for Youth and Sports in Bordeaux, ex-professional cyclist (1996-2001) Born: June 10th 1974, in Mazamet.

Question: We've been told about a possible disturbance of the peace at the stage finish in Bordeaux, 2 km from the finish line. Are you planning to get back on your bike and re-join the peloton?

Answer: It's a joke with colleagues from the Ministry. The last time I saw Armstrong was during the 1999 Tour. After his first stage victory in the mountains, he was going so fast that he was braking in the turns on the climb to Sestrières. The next day, I made an attack on the downhill from Alpe d'Huez. Everyone, even the French, stayed behind me because I had criticized doping. I felt like some kind of lonely "white knight". The boss caught up to me and told me I was hurting cycling, that I needed to stop talking. He finished with the now famous "fuck you!". Now that he's generating as many watts as I am, I'd like to ask him how it feels to be a part of the soft underbelly of the peloton. I had one of my few victories in front of him during a Dauphiné Libéré stage in 1999, but at 400 watts.

Question: Part of your job at the Ministry is leading the fight against doping. Do you know what's going on with riders today?

Answer: "It's less worse", that's what most say. Now they're clear about it. They keep doing it, just better. I can almost understand them.

Question: I don't understand...

Answer:

- 1: The others are doing it, so I am too.
- 2: I don't want to earn just 35,000 euros a year.
- 3: Testing doesn't really work.
- 4: What will my children think if I tell them I didn't win anything?

So they get by. But it's less worse than in my day, when 99 % of the peloton was bursting at the seams with EPO. They do better. By the way, how did your radars work out at Tourmalet?

Bauert : Well that's just it my friend. You should know that Pantani's legendary record from 1997 with your former teammate from Festina, Virenque, was demolished by 2' 40"! From Luz-Saint-Sauveur, over 18.7 km with 7.54 % grade, the winning duo made the climb in 50' 10" at an average of 22.37 km/h! That's the fastest on the 2010 Tour: 434 average watts and even 455 watts when Schleck attacked Contador.

Bassons: That's why the President says he was impressed, like he said on TV, when he saw his car's speedometer showing 30km/h!

Bordeaux, July 22nd, read and confirmed by Christophe Bassons. End of hearing. Any resemblance to persons alive or dead is not coincidental.

Tour Gravity

Interview record #18. Case: Tour de France. Subject: Isaac Newton hearing. Profession: physicist, alchemist, mathematician, astronomer and philosopher. Born: December 25th 1642 in Grantham (England).

Preliminary note by Jacques Bauert: the interview was performed in his sleep.

Question: Isaac, what do you think about the 72.75 newtons (480 watts) generated by Shleck, after his derailleur trouble, to try to catch Contador on the col of Port de Balès ? It was on the final bit, on an 8.16 % grade over 1.9 km at 23.75 km/h after four hours of riding. In the peloton, they say he had inner "force" and that his derailleur couldn't handle so many newtons unchained.

Answer: It wasn't an apple, it was the whole tree trunk that fell on my head! As a physicist, I had no idea a gentlemen could withstand that sort of physical effort for 4' 48". That's the equivalent of turning 50 cm cranks 228 times with 48 kg pedals.

Question: There's a medical machine of our century, called a Cybex, which can register peaks of 72 newtons when it measures the strength of a rugby player... but only for five seconds! Alchemist that you are, have you ever heard of S107? It's a new doping substance. It's very popular and every effective to prolong muscle contraction, which according to our understanding of physiology, theoretically stops after a few seconds at this level of force. S107 pushes the limits of fibers' fatigue so they can still go all out without needing to relax.

Answer: I heard something about S107 having been the star of this year's Giro. German mathematicians at a lab in Cologne figured out the formula to detect it. You do have urine and blood in these cycling bipeds, correct?

Question: The hitch is that S107 isn't on the list of banned substances by the World Antidoping Agency. So the riders aren't worried.

Answer: As an astronomer, I can tell you that you're head is in the clouds! And it'll come down sooner or later, like it does for cyclists, for whom only the end is sad. For the moment, you're caught in the Tour's orbit, held there by a force with no physical basis: the attraction of stupidity. But keep collecting your facts and demonstrating your theories rigorously! You can use samples up to eight years old.

Question: They're in Lausanne, and jealously guarded by the UCI. Do you think they'll give them up? What's your philosophical opinion Isaac ?

Answer: Hypotheses non fingo. I don't offer hypotheses. I merely note that your bicycle is subject to the laws of gravity.

- **2009** After taking the Liège-Bastogne-Liège : "Cycling is my passion, it's my passion, my job, but not my life." (cited by Vélo Magazine, 06/2010)
- **2010** "What I learned the last few years, I learned with Bjarne [Riis]." (Vélo Magazine, 06/2010)
- **On Lance Armstrong** : "He's the greatest champion cycling has ever known, among other reasons, for his incredible comeback and his taking up a great cause with Livestrong. (...) Last year, sharing the podium with him in Paris, was a special moment and I would've liked to experience that again." (L'Equipe, 13/07/2010)
- **2012** On his post-race victory in the 2010 Tour de France: "There's no reason to be happy right now. I always believed he was innocent. It's a sad day for cycling. The only good news is that we have a verdict after 566 days of uncertainty. We can finally move on." (Communiqué de presse, 06/02/2012)
- **On brother Fränk's positive test on the 2012 Tour de France**: "I'm 100 % behind Fränk. It was a massive blow, because we never took anything illegal. I swear on my mother's head! We're sure of it. We train together all the time, we prepare together all the time, we ride together all the time (...). And I can tell you again we never took anything." (dhnnet.be, 20/07/2012)
- **On the USADA's investigation of Johan Bruyneel** : "What's happening with Johan is his business and it happened long before he joined our team. We do not know what will happen. It does not affect us now." (velonews.com, 10/10/2012)
- "I mean what can we do more today to show that we don't dope. The UCI and WADA know every minute of everyday where we are. They know if I sleep in room 120 or 115. We do so much testing and you cant compare now with the time ten years ago with Lance. If you look back at that time no one was caught positive because there wasn't enough tests. There's more testing now, the passport. If I hear that that's there another commission coming, what's it called, Change Cycling, for me that's kind of ridiculous." (cyclingnews.com, 17/12/2012)
- **2013** On publishing power generated in watts: "I don't think it'll help the public any further to know these statistics. On the Tour, we have peaks of watts and it's perfectly normal. It changes from one day to the next." (lemonde.fr, 03/01/2013)
- **On Bobby Julich**: "At Saxo Bank, he helped me a great deal and he was one of the cleanest riders on the team." (lemonde.fr, 03/01/2013)
- **On Lance Armstrong**: "I'm disappointed by what Armstrong did. I didn't think Lance rode that way. But if you look: Lance won. Second was Ullrich, and third, Virenque. So why point the finger at Lance when maybe the top ten did things?" (rtbf.be, 13/01/2013)

...What they said »

- **2010** Kim Andersen: "He can't concentrate that well, he goes from one thing to the next. He lacks structure. Or he doesn't do what you want. (...) You can tell him anything, it doesn't matter, but you can't make him do anything." (Vélo Magazine, 06/2010)
- **2011** Vincenzo Nibali: "I'm not like Andy Schleck, who has one or two objectives outside of which you never see him. Me, I want to stay at the same level in every race." (Vélo Magazine, 05/2011)
- **2012** Cyrille Guimard: "When I had Andy Schleck in the VC Roubaix, in 2004, he caught my eye. After three races, I called the French directeurs sportifs to tell them I had a born Tour winner on my team. They were skeptical. Guess what happened? Bjarne Riis showed up, and he didn't hesitate... Schleck didn't need to win or to crush everyone for me to see his potential." (In les secrets du Tour de France, Editions Grasset 2012)

- **David Millar**: "We need an Andy Schleck. It's not fair that he gets so much grief, Andy, because, without him, we have a sport that's going to be sad." (L'Equipe Magazine, 29/06/2012)
- **Cyrille Guimard**, answering the question "Should he have brought the Spaniard to trial?": "He should, he should ask him for 100 million euros in damages." (L'Equipe, 14/07/2012)
- **Johnny Schleck** on his two sons: "I told them to quit cycling." (AFP, 21/10/2012)

THE MEDIA

- **"The Schleck's take a family trip through the Alps."** – *Le Monde*, 24.07.2008
- **"Andy Schleck and the quest for the Grail."** – *Le Sport vélo*, 2011, n° 6, July, p 10
- **"Andy Schleck, the Luxembourger Poulidor."** – *le Sport vélo*, 2011, n° 9, October 2011
- **"The future belongs to Andy Schleck."** – *Le Parisien*, 24.07.2008
- **"Andy Schleck, the new star."** – *Télé Star*, 30.06.2008
- **"Open road for Schleck."** – *Le Sport vélo*, 2011, n° 6, July 2011

« My opinion on my performance »

Dear ,
I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to

present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

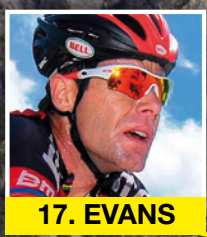
Questions:
Have you used forbidden performance-enhancing drugs and/or methods during your career?
If so, what would you deem to be the percent increase in performance?
In what ways? Physical? Psychological? Technical?
If not, how do you explain your ability

to beat or keep up with racers who have admitted to doping?
Would you care to make any further statements with regard to these questions about doping and performances?
Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.
Regards.

Andy declined to respond to the questions asked.

L'Alpe d'Huez • 21 turns • 21 riders

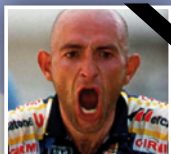
From least to most powerful (Turn 1 to Turn 21)



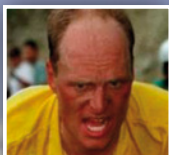
Centrale électrique de Sarenne (725m)



Avenue du Rif Nel (1845m),
13,8 km - 8,11%»



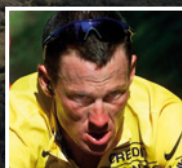
1.PANTANI
1970-2004



2.RIIS



4.INDURAIN



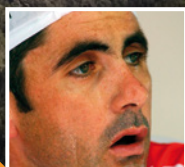
6.ARMSTRONG



7.BASSO



9.VINOKOUROV



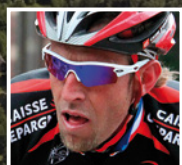
11. JALABERT



15.VIRENQUE



13.FROOME



16. MOREAU



18.FIGNON
1960-2010

Not Normal?





Alexander VINOKOUROV	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Dauphiné 1999 1st - 26 years old	Mont Ventoux TT. 1'42» from Mayo. who beats Ventoux record	425	6.25	435	00:57:33	1
Tour de France 1999 35th - 26 years old Team Casino	Sestrières. Finishes over 34' behind Armstrong	X				5
	Alpe d'Huez	379	5.57	383	00:43:33	3
	Piau and Aubisque. Finishes over 36' behind winner. Escartin	X				5
	Soulor and Aubisque. 4th stage. part of morning breakaway	X				3
Tour de France 2000 15th - 27 years old Team Deutsche Telekom	Hautacam. Left behind from Aubisque	X				3
	Ventoux	379	5.57	384	00:52:22	1
	Izoard. Gives up only one minute to Armstrong and Pantani	413	6.07	418	00:33:27	3
	Courchevel. Left behind, finishes 22' behind Pantani	X				3
	Joux Plane	X				4
Tour de France 2001 16th - 28 years old	2nd at Sydney Games after Tour and TELEKOM «triple»					
	Alpe d'Huez. Finishes 11' behind Lance Armstrong	328	4.82	335	00:49:00	3
	Chamrousse TT	400	5.88	409	00:50:42	1
	Bonascre	391	5.75	400	00:24:27	3
	Pla d'Adet. Breakaway with Jalabert during stage	X				6
	Luz-Ardiden	X				3
2002 Vuelta a España Non-partant 11th stage 29 years old	Falls during 2002 Tour de Suisse					
	Sierra Nevada. 5th in stage	X				
Tour de France 2003 3rd - 30 years old	La Pandera. 5th in stage	X				
	Ramaz. Best Tour de France	410	6.03	419	00:37:20	2
	Alpe d'Huez	404	5.94	412	00:40:55	2
	Bonascre	431	6.34	441	00:23:35	2
	Peyresourde. Best mountain performance	448	6.59	458	00:31:10	6
	Luz-Ardiden	406	5.97	415	00:37:40	3
	Average	420	6.2	429	00:34:08	
2004 Vuelta a España Withdrawal, 18th stage 31 years old Team T-Mobile	Aitana. Breaks down, finishes 12' behind Piepoli	X				3
	Calar Alto	X				3
	Sierra Nevada TT. Clocked at stage finish over 9.6 km	374	5.5	387	00:21:35	1
	Covatilla	X				3
Dauphiné 2005	Joux Plane. Clocked at end of col, 10.1 km at 8.4 %	393	5.78	405	00:31:00	
Tour de France 2005 4th - 32 years old	Courchevel. Has a bad day, gives up 5'18» to Armstrong	377	5.54	382	00:48:08	2
	Galibier 1st. Stage victory	373	5.49	385	00:51:58	3
	Bonascre	397	5.84	409	00:23:58	2
	Saint Lary	391	5.75	403	00:31:52	6
	Aubisque	399	5.87	411	00:36:51	3
	Average	387	5.7	398	00:38:33	
	2006 Vuelta a España 1st - 33 years old Team Liberty-Seguros / Astana	Covatilla	X			
El Morredero		X				1
Cobertoria. 1st. Impressive effort after 6 hrs of cycling		438	6.44	451	00:23:11	4
Pandera. 2nd behind his teammate, Kasheskin		419	6.16	431	00:23:24	1
Dauphiné 2007 20th - 34 years old	Télégraphe	X				5
	Forclaz de Montmin, 1st. After an attack near Annecy	408	6	418	00:14:50	2
Tour de France 2007 Disqualified - 34 years old Team Astana	Colombière	402	5.91	419	00:23:22	1
	Galibier. Struggles	365	5.37	380	00:52:00	3
	Beille. Finishes over 28' behind Contador	X				2
	Peyresourde, 1st. Disqualified for blood transfusion	390	5.74	406	00:28:05	5
	Aubisque	X				5
2010 Giro d'Italia 6th - 37 years old	Banned 1 year					
	Monte Grappa	381	5.6	392	00:57:38	1
	Zoncolan	378	5.56	388	00:43:11	4
	Plan de Coronas TT	380	5.59	392	00:21:39	1
	Mortiolo	390	5.74	401	00:45:32	2
	Tonale	X				4
Tour de France 2010 15th - 37 years old	Average	382	5.6	393	00:42:00	
	Avoriaz. Contador's teammate	366	5.38	376	00:35:35	2
	Bonascre	401	5.9	413	00:24:53	2
	Bales	400	5.88	409	00:35:46	2
Average	389	5.7	399	00:32:05		
Dauphiné 2011 3th	Collet d'Alleverd. Back in shape!	429	6.31	443	00:32:55	4
Tour de France 2012 31st - 37 years old	Hip fracture during 2011 Tour de France					
	Planche des Belles Filles. Finishes 2'17» behind Froome	389	5.72	401	00:18:40	1

BEST PERFORMANCE: 2003, PEYRESOURDE 31'10» at 458 watts standard

BEST TOUR DE FRANCE: 2003, 429 watts standard



Suspicious



Miraculous



Mutant

« The Legend »



► **Born September 16th, 1973 in Petropavlovsk (Soviet Socialist Republic of Kazakhstan).** Alexander Vinokourov, age 14, enters the national school for sports of Alma-Ata, capital of Kazakhstan during the Soviet era. After competing in the 1996 Atlanta Olympics, moves to France, joining the amateurs of EC Saint Etienne Loire, before signing with Casino in 1998.

► Makes his mark from the outset as a pro taking the Circuit des Mines, the Quatre jours de Dunkerque, and the Tour de l'Oise.

► In 1999, wins the Vuelta a la Comunidad Valenciana, taking a stage victory in the time-trial. He then wins the Dauphiné after taking a stage. During his first Tour, he finishes 35th. After a victory during the Tour du Limousin in August, he

joins Jan Ullrich's prestigious Deutsche Telekom team. A luxury teammate of sorts, he wins a silver at the Sydney Games in 2000 and wins the Deutschland Tour in 2001.

► In 2002, wins the Paris-Nice before a fall forces him to pass up on the Tour de France. The following year, takes the Paris-Nice again, during which his friend Andrei Kivilev dies after a terrible fall. He then takes the Amstel Gold Race and the Tour de Suisse. On the Tour de France, he finishes 2nd at the Alpe d'Huez and the next day at Gap. He finishes in the top 3 in Paris, behind Lance Armstrong and Jan Ullrich, now with Bianchi.

► 2004 is problematic for him: an injury keeps him out of the Tour de France and food poisoning forces him to withdraw from the Vuelta a España.

► He returns to form in 2005. He wins the Liège-Bastogne-Liège before becoming champion of Kazakhstan. On the Tour, he attacks regularly, taking the Briançon and Champs-Élysées stages. His attacking style earns him the Tour's most aggressive rider award. He finishes 5th overall.

► He attempts a professional rebirth by joining Manolo Saiz with Liberty Seguros in 2006. He ends up collateral damage in the Puerto scandal and is kept out of the Tour. He gets his revenge on the Vuelta a España, which he wins wearing Astana colors, his new sponsor.

► Loses all hope of a victory in the 2007 Tour after a bad fall. He hangs on and wins the Albi time-trial, and in the Pyrénées, the Loudenvielle-Le Louron stage. During the following day off, he tests positive for a self-transfusion. His team immediately withdraws and he is fired a few days

later. In December, he is suspended a year by his federation. He decides to quit cycling, all while proclaiming his innocence. He is allowed to ride again on July 29, 2004. He dominates the Tour de l'Ain time-trial before taking the gold medal in the Asian Games time-trial. Immediately afterwards, he takes the Chrono des Nations.

► In 2010, he wins the Giro del Trentino, then the Liège-Bastogne-Liège. In the Giro, after having worn the pink jersey, he finishes 6th. On the Tour, he serves as teammate to Contador, nevertheless taking a stage.

► Fractures his femur during what should have been his final Tour in 2011. Postpones his retirement a year.

► In 2012, is on the attack, but shows his limits. Settles for 31st place in Paris. He makes up for it in style with a gold medal in London. Auctions off his Olympic cycle, helping fund surgery for seven sick children.

► In 2013, he becomes the Astana team's general manager and starts a political career.

FINISHES IN MAJOR TOURS:

- Tour de France : 9 appearances, 3rd (2003), 4th (2005), 15th (2000 and 2010), 16th (2001), 31st (2012), 35th (1999), 1 disqualification (2007), 1 withdrawal (2011)
- Vuelta a España: 5 appearances, 1st (2006), 28th (2000), 3 withdrawals (2002, 2004, 2009)
- Giro d'Italia: 1 appearance, 6th (2010)

« The Real Story »

Alexander Vinokourov

In 2000, Alexander Vinokourov joins a Deutsche Telekom team where doping is rampant. Walter Godefroot is directeur sportif (implicated four times in doping scandals) and assisted by Rudy Pevenage (who will later put Ullrich in touch with Dr. Fuentes). Several members are implicated in the Giro 2001 "Blitz".

In 2003, he has his best Tour de France. He battles with Armstrong and Ullrich. We clock him at 458 watts, his personal best, in Peyresourde.

He is forced to withdraw from the 2004 Vuelta a España, following food poisoning to which he and four of his T-Mobile teammates fall victim. Mysteriously, riders from another team staying at the same hotel are spared. It recalls a similar episode, involving the PDM team, during the 1991 Tour, and the Once team in 1996.

At the end of 2005, Vinokourov begins working with the notorious Dr. Michele Ferrari. Officially, the Italian serves only as "conditioning consultant".

In 2006, bad luck strikes, his directeur sportif, Manolo Saiz, along with Dr. Eufemiano Fuentes, are hit by the Puerto scandal, which breaks in May. "I have no ties to this doctor", claims the Kazakh, who is kept out of the Tour de France, as his team unable to find enough riders to line up at the start. Vinokourov's name appears

nowhere in the investigation. It makes sense since he works with Ferrari.

After Manolo Saiz is banned, Vinokourov saves his team by finding a new sponsor, Astana. He brings onboard his ex-manager from Deutsche Telekom, Walter Godefroot, as consultant. During the 2006 Vuelta, he fails to appear for a blood test on the morning of the 15th stage. He benefits from UCI's leniency and heads to his only Major Tour victory, but not before clocking a remarkable 451 watts on the climb to La Cobertoria.

In 2007, Alexander Vinokourov and his teammates train incognito for the Tour de France, wearing plain black jerseys, affording them the nickname "Men in black". Out for their private lives, claims Vinokourov. Ten days after the start, the UCI announces that their team member, Matthias Kessler, tested positive for testosterone in April. Nevertheless, Vinokourov and his group sign the antidoping charter that the Tour de France organizers put before all its participants. In spite of a fall, he takes two stages. But following a test administered during a day off, it is revealed he has had blood transfusions. Astana pulls out and suspends its activities until late August, firing Vinokourov, who vehemently denies any wrongdoing. To defend himself, he hires Maurie Suh, lawyer to Floyd Landis, fallen 2006 Tour winner. On August 1st, his teammate, Kashechkin, tests

positive for blood transfusions. In December, the Kazakh federation, under pressure from the UCI, suspends its rider one year. After a long legal battle, the UCI increases the suspension to two years. The CAS sides with Vinokourov against the UCI, which demanded he reimburse his 2007 salary (1.2 million euros). He avoids a trial in France, as the UCI had chosen not to cooperate with French authorities.

During the Summer of 2009, Alexander Vinokourov is seen in the company of Michele Ferrari during a training session in Saint-Moritz.

In 2010, he takes the Liège-Bastogne-Liège, ahead of his breakaway partner, Alexander Kolobnev. The Swiss magazine L'Illustré publishes proof of payments of 100,000 euros then 50,000 euros from the former to the latter and from Vinokourov's account to Kolobnev's account. "I have the right to lend money to my friends", states VINO. The UCI opens an investigation in November 2012. "I wanted to show that you could win without doping", he claims after his victory.

Apart from a flash in the pan during the 2011 Dauphiné Libéré (443 watts), Vinokourov never returns to his pre-suspension power levels, generally finding himself 10 % below his personal best.

In 2013, Alexander Vinokourov becomes general manager of the Astana team.

WHEN THE LITTLE CYCLE takes a tour through the imagination

by Antoine Vayer

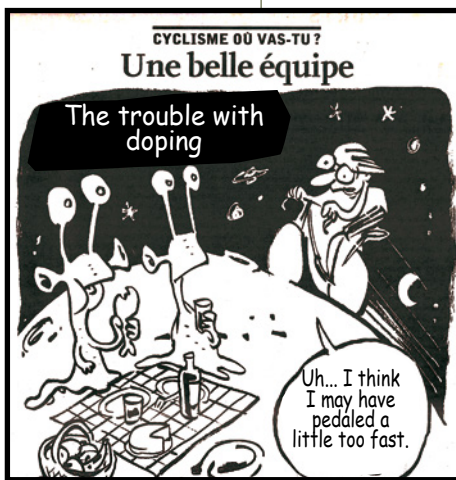


ADREAM: the unstoppable Kazakh leader of the Deutsche Telekom team, Alexander Vinokourov, twenty-nine, won the 2004 Tour de France. This happiest of tours served as a contrast with previous iterations, which had been rather morose. They had revealed a number of scandals, most linked to doping, but had also spurred the creation of VéloNet, a certification “of quality” afforded all participants of the 91st edition by the Independent International Commission which tests every member of the peloton’s blood once a month. Those who refused to take part for the last year, stayed home. The winner, a Monaco resident, stated in the language of Molière, which he masters with Slavic flourish: “This year, I finally won because there no more supersonics, neither in the peloton or in the entourage.” He added: “I’m happy to belong to an environment of laborers for whom humor requires intelligence. And to not renounce my Marxist cultural origins, I would say I’ve gone from “To each according to his needs” to “To each according to his ability”. “I don’t see myself doing next time better” he concluded. The press, which was reinstated in the followers’ peloton after having been booted two years ago for inciting doubt and employing irony, unanimously praised his charisma, just as it praised the merits of Christophe Bassons, the second-place finisher, without having to worry this time about suffering the organizers’ wrath. The French champion, whose strong stance at the end of the twentieth century (1999) now seems outdated, was amused. The thirty year-old leader of a team sponsored by Vie et sport magazine more than earned it. On the podium at the Champs-Élysées, he admitted to the mayor of Paris, who had come to honor him: “I’m happy to have hung on until this year to see the end of the epic era and the followers’ funeral.” The 3,100 km circuit concocted by Jean-Marie Leblanc’s team were travelled at an average speed of 37.56 km/h. Alexandre Vinokourov built his success in the team time-trial, which took place on the rough roads around Doullens (Somme), reminding everyone that cycling remains an “individual discipline practiced as a group, even in teams”.

“Pure Climbers” Marie-George Buffet, minister of physical and athletic activities, whose budget has increased 55% since 1999, rejoiced over the victory and its impact. She asked her Spanish counterpart to meet with Manolo Saiz, creator and host of the Nueva Liga (New League), a secessionist group gathering players and actors of a new sport-spectacle relieved of all constraints, born three years ago out of their strong disagreement with sports authorities but which seems to already be losing steam after the bankruptcy of its Spanish-American circuit. The new spokesperson of the Société du Tour expressed her satisfaction regarding the performance of

“pure climbers”, our heroes, in the Pyrenees. More broadly, the entire organization welcomed the popular success (30 million fans on the side of the road) for an event that had once lost all credibility. The perfect organization of the race only added to the financial success of the operation. A success which reflected on the riders, foremost the sprinter Jimmy Casper. By joining the Italians of Mapei (one of the few survivors from previous Tours) for the 2005 season, he doubled his pay in euros (the exact sum was not revealed : not all aspects have become fully transparent). It’s the least he deserved after two sprinting victories at Marseille and Laval, under the wistful eye of his former directeur sportif from La Française des Jeux, Marc Madiot. Finally, we must also praise the excellent work of the Tour de France’s medical staff, the only one allowed to treat riders after the de-accreditation of private medical staffs, which helped further science with its research. “Only 5 % of riders saw their hematocrit

drop below 40, thanks to the new, legal, and uniform means of “support”, said the head doctor. Lance Armstrong, winner, as some may recall of the 1999 edition, invited to the race as an honorary citizen, stated: “It’s a small step for cycling and giant step for sports.” “I’m so happy that we finally had the courage to take the necessary steps, which have been known to us for a long time, and that allowed us to remove all the doubt and controversy that I suffered from in my day,” he concluded.



- **2007 On Dr. Ferrari:** "He's the best conditioning consultant, who helped Armstrong win the Tour seven times." (Libération - 07-08/07/2007)
- **After his Loudenvielle stage victory during the 2007 Tour de France:** "I came to win the Tour, I couldn't just make off like a bandit." (L'Equipe, as quoted by cyclismag.com - 24/07/2007)
- **On his 2007 Tour de France start:** "I inspire respect." (L'Equipe, as quoted by cyclismag.com - 24/07/2007)
- **"I signed the letter of commitment for the UCI because I want things to change,** and for everyone to understand that all our hard work justifies our integrity (...). I'm sick of having our image hurt by scandals that are ten or fifteen years old." (L'Equipe - 30/06/2007, as quoted by nouvelobs.com)
- **After testing positive:** "I don't want to believe that I tested positive. It's all a lie. I think I'm the victim of another plot. It's been going on for months, and today, they're going to destroy me. What we built with our team has made a lot of people jealous and now we're paying the price." (dhnet.be, 26/07/2007)
- **2010 On his suspension:** "I paid the price by agreeing to a two year suspension for something I didn't do. I kept quiet the whole time for the good of my sport, and not add fuel to the fire. I even stopped paying for a lawyer because I was worried about hurting cycling's image." (L'Equipe, February 2010, as quoted by cyclismag.com le 13/02/2010)
- **"I condemn [doping]. (...)** There are riders who still mess with the stuff today, I know it. It's wrong. I paid the price. Now, I'm looking to the future ..." (lequipe.fr le 25/04/2010)
- **2011 After Alberto Contador was cleared in the Clenbuterol affair on the 2010 Tour:** "I trust Alberto. I've known him since 2006 and he's always been a straight arrow. At Astana, we talked a lot, he and I, so the team would be irreproachable in terms of doping." (leparisien.fr, 16/02/2011)
- **2012 After his gold medal:** "I've turned the page, he first replied. And I already answered those questions two years ago, it's not the right time to answer that. Now, I've proven I could do all I could do for cycling. It's good to go out on a gold medal..." (sports.fr, 28/07/2012)

...What they said »

- **2007 Paul Kimmage, journalist and former rider:** "If you win the Tour, I'll be disgusted." (Vinokourov press conference, 05/07/2007, as quoted by cyclismag.com - 08/07/2007)
- **Olivier Brochard, Tour de France physician until 2006:** "His defense that pride and self-respect explain his results is positively mental." (La Voix des sports, as quoted by cyclismag.com - 25/07/2007)
- **Tony Rominger, his agent:** "It's over, I'm very sad. Friendship is one thing, scandals are another. If it's confirmed about Vinokourov, that's terrible. I'm shocked. I'm really surprised by this story." (dhnet.be, 30/07/2007)
- **2009 Thierry Adam, sports commentator:** "Vino was a friend, I talked about everything with him. I got screwed. For him, it's hard on a human level, but I didn't hold back on the air when he got caught." (As quoted in Le Sale Tour - Pierre Ballester & David Walsh - Editions Seuil - 2009)
- **Jean-René Godart, sports journalist:** "L'Equipe, they wrote tons on Vinokourov last year. They ran headlines about rebirth here, courage there ... Me, when I interviewed him live at the finish line when he won the time-trial after having lost 27 minutes the night before, I told him no one believed his performance was real." (Quoted in Le Sale Tour - Pierre Ballester & David Walsh - Editions Seuil - 2009)
- **2010 Marc Biver, former directeur sportif for Astana, after the Kazakh's**

victory in the Liège-Bastogne-Liège: "The only answer I have to give on Vinokourov's victory, are the catcalls I heard when he got to Liège. If Vinokourov is there, good for him, but not good for cycling." (L'Equipe, 04/2010, quoted by velochrono.fr le 29/07/2012)

- **Johan Bruyneel:** "Astana was never my team. It was Vino's team and it still is today." (cyclingnews.com, quoted by cyclismag.com le 18/05/2010)
- **Taylor Phinney, cyclist:** "Cheater." (Twitter, 05/2010, quoted by cyclismag.com le 02/05/2010)
- **2011 David Millar, reformed doper:** "I was a fan and (...) his disqualification from the 2007 Tour, in Pau, crushed me. I was really floored." (L'Equipe, 08/07/2011)
- **2012 Werner France, antidoping specialist:** "Vinokourov wasn't caught just once. He's a serial cheater. This is a dirty athlete. And it's proven. His win should be added to his doping biography." (Agence Belga, quoted by rtbf.be le 28/07/2012)

THE MEDIA

"Alexander Vinokourov awaits his turn on the Tour..." - *Le Sport, spécial Tour de France 2007*

"A round-up of the favorites: Vinokourov in pole position." - *2007 Official TDF Program*

"This may be Vinokourov's year..." - *Le Sport, spécial Tour de France 2007*

"Now or never" - *Official 2007 TDF Program*

« My opinion on my performance »

Dear , I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping.

Hence, we would like to present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career?

If so, what would you deem to be the percent increase in performance?

In what ways? Physical? Psychological? Technical?

If not, how do you explain your ability to beat or keep up with racers who have admitted to doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within. Regards.

Alexander declined to respond to the questions asked.



LET'S TALK ABOUT SCIENCE AND TECHNOLOGY!

It's impossible to fit all the science and research behind SKINS into one small brochure, so if you want more details, go to skins.net. Meanwhile, here are just a few of the revolutionary reasons why SKINS are not only the original **compression sportswear**, but also the **best!**

ENGINEERED GRADIENT COMPRESSION

SKINS gradient compression has been engineered to provide the correct level of surface pressure to specific body parts, increasing circulation and delivering more oxygen to active muscles – so you can train harder, perform better and recover faster.

DYNAMIC GRADIENT COMPRESSION

Athletes don't stand still. In developing our revolutionary 400 Series, we studied athletes to determine the compression requirements of each muscle group in motion, while static and during recovery. The result? SKINS dynamic gradient compression for optimal performance.

SUPERIOR CONSTRUCTION

SKINS fabric is warp knitted using multiple fine quality yarns for added strength. Warp knit fabrics have no natural stretch – the elastane mix ensures specific levels of elasticity and perfectly controlled compression.



PERFECT FIT

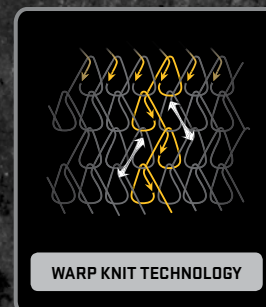
SKINS don't believe in 'one size fits all'. We take sizing seriously so you get the benefits of precise compression and comfort. Each product has a specific size chart. SKINfit takes into account your height and weight – and 400fit, your body shape as well.

TEMPERATURE, MOISTURE MANAGEMENT & SUN PROTECTION

Wicking in SKINS fabric allows moisture to be drawn away from the body to keep you dry. SKINS protect the body from harmful UV rays. Our garments have 50+ UV protection in all non-mesh areas.

RECOVERY

SKINS speed up the turnaround of metabolic waste and improve the recirculation of blood lactate.





DESIGN

BIOMECHANICAL

420D Memory MX fabric for a shaped waistband that moves with you

210D Memory MX fabric for reduced pressure over the ITB & TFL area to ensure natural function with reduced injury risk

Double layer mesh panel promotes airflow around the lower back. And an integrated pocket comes in handy for stashing your key during a workout

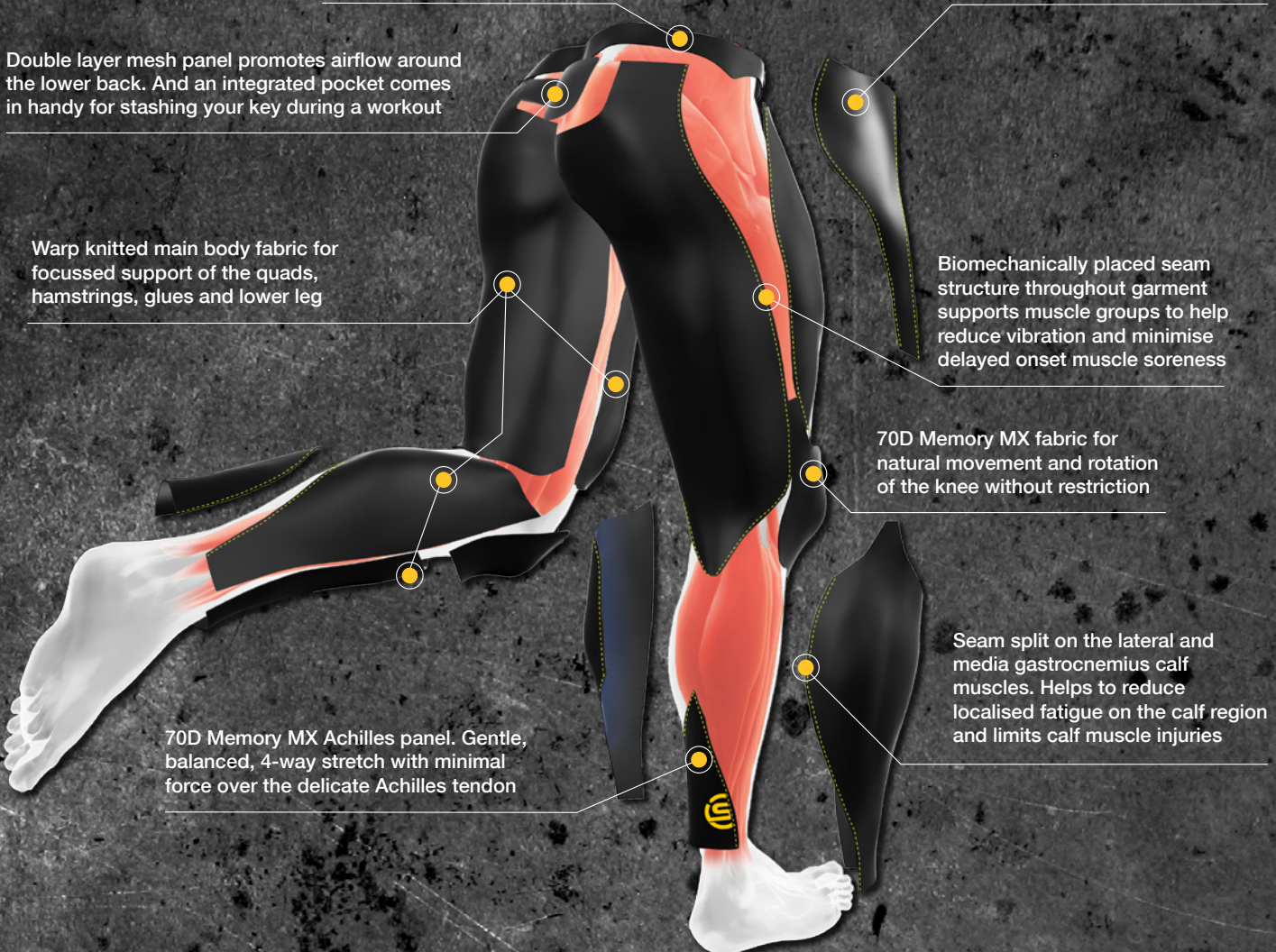
Warp knitted main body fabric for focussed support of the quads, hamstrings, glues and lower leg

Biomechanically placed seam structure throughout garment supports muscle groups to help reduce vibration and minimise delayed onset muscle soreness


70D Memory MX fabric for natural movement and rotation of the knee without restriction

70D Memory MX Achilles panel. Gentle, balanced, 4-way stretch with minimal force over the delicate Achilles tendon

Seam split on the lateral and media gastrocnemius calf muscles. Helps to reduce localised fatigue on the calf region and limits calf muscle injuries





Floyd LANDIS	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Dauphiné 2002 2nd - 27 years old	Joux Plane	376	5,53	386	00:37:50	4
Tour de France 2002 61st - 27 years old Team US Postal	La Mongie. Armstrong teammate, no notable performances	X				2
	Beille	X				5
	Ventoux	X				1
	Les Deux Alpes	X				3
	La Plagne	X				3
	Colombière	X				4
Tour de France 2003 77th - 28 years old	Ramaz. Armstrong teammate, no notable performances	X				2
	Alpe d'Huez	X				2
	Bonascre	X				2
	Peyresourde	X				6
	Luz-Ardiden	X				3
Dauphiné 2004 15th - 29 years old	Mont Ventoux TT	403	5,93	413	01:00:00	1
Tour de France 2004 23rd - 29 years old	La Mongie	X				2
	Beille	X				6
	Chalimont	X				3
	Alpe d'Huez TT	400	5,88	410	00:41:00	1
	Croix Fry. Goes to work for LA, impressive. 6th in stage	405	5,96	415	00:29:30	5
Tour d'Espagne 2004 Withdrawal - 29 years old	Aitana. Clocked over last 6.6 km (1030m-1530m)	400	5,88	411	00:18:48	3
	Calar Alto. Clocked over last 8 km at 7.5% (1520m-2120m)	356	5,24	369	00:24:29	3
Tour de France 2005 8th - 30 years old Team Phonak	Courchevel. First Tour de France as Phonak leader	397	5,84	407	00:45:04	2
	Galibier	380	5,59	390	00:51:20	3
	Bonascre	430	6,32	440	00:22:30	2
	Saint Lary	365	5,37	375	00:33:53	6
	Aubisque	414	6,09	425	00:35:51	3
	Average	397	5,8	407	00:37:44	
Tour de France 2006 1st - then disqualified 	Marie-Blanque. Powerful over 6.85 km at 5.84% from Baqueira	380	5,59	390	00:19:30	2
	Pla de Beret	410	6,03	420	00:24:55	5
	Alpe d'Huez. Big athletic performance, takes lead	429	6,31	440	00:38:36	3
	La Toussuire. Breaks down, «blocked» at la Toussuire	322	4,74	330	00:53:29	4
	Joux Plane, 1st. «Unblocked» and monumental breakaway! 5' ahead of 2nd rider	384	5,65	395	00:36:57	4
	Average	385	5,7	395	00:34:41	

BEST PERFORMANCE: 2006, MORZINE «Breakaway» with 4 cols at 405 watts standard
BEST TOUR DE FRANCE: 2005, 407 watts standard

 **Suspicious**  **Miraculous**  **Mutant**



► Floyd Landis was a team rider for an extended period of time, in particular for Lance Armstrong from 2002 to 2004. He was forced to expend a great deal of energy before the last col of mountain stages. He became team leader for Phonak in 2005 and finished 8th in the Tour de France with 407 average watts.

► He is best remembered for his 2006 Tour de France and his breakdown at la Toussuire followed by an unbelievable breakaway on the way to Morzine (cf. Breakaways). He won the Tour with 395 average watts. In addition to the Morzine stage, he performed incredibly at Alpe d'Huez with 440 watts.

« The Legend »



- ▶ **Born October 14th, 1975 in Lancaster (US),** Floyd Landis is raised in a Mennonite community in Pennsylvania. In 1993, he is US Junior Mountain Biking champion.
- ▶ In 1999, he leaves mountain biking for road racing and is hired by the humble Mercury team. He finishes third in the Tour de l'Avenir. In 2001, he takes the Tour du Poitou-Charentes. At the end of the year, he signs a contract with the prestigious US Postal team.
- ▶ Lance Armstrong is immediately impressed by

his new teammate and takes him under his wing. The two train frequently together in Gerona, Spain, where they live. Right away, and after an excellent Dauphiné Libéré in which he finishes second behind Armstrong, he makes a name for himself as one Armstrong's best wingmen on the Tour.

- ▶ In 2003, he fractures his hip in January. He nevertheless rides in the Tour de France, during which he takes the team-trial, and in the Vuelta a España.
- ▶ In 2004, he takes a stage and finishes first in the Volta ao Algarve. During the Tour de France, he is at the top of his game and plays a significant role in Armstrong's 6th victory. Some see in him a future Tour winner. He leaves the US Postal team for Phonak, which has offered him the leader's position.
- ▶ Wearing his new jersey, he takes the first stage of the Euskal Herriko Itzulia. He then finishes 11th in the Dauphiné. In the Tour de France, he finishes 9th but has little impact on the race.
- ▶ He starts off 2006 by taking the Tour of California. He then takes the Paris-Nice and the Tour of Georgia. In the Tour, Landis claims the yellow jersey after the second mountain stage in the Pyrénées. He loses it after the long breakaway by Jens Voigt and Oscar Pereiro. Landis reclaims the yellow jersey during the first Alps stage. But the next day, on the climb to La Toussuire,

he falters horribly and slips to 11th place. The next day, he breaks away on the col des Saisies more than 150 km from the finish line, seemingly immune to the crushing heat. In Joux Plane, he arrives six minutes ahead, a lead he will keep all the way to the finish line in Morzine. In the overall, he closes in on Pereiro and Sastre, whom he leaves behind for good during the final time-trial, guaranteeing him first place.

- ▶ Four days later, the bombshell drops: Floyd Landis has tested positive. He is the first winner in the history of the Tour to be disqualified.
- ▶ In 2009, he attempts a come-back with the Ouch team. The following year, with the Rock Racing team, he takes the Tour of the Bahamas time-trial. But Floyd Landis, who has admitted everything and fingered other riders, including Lance Armstrong, is no longer welcome in the pelotons.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 5 appearances, 1st (2006), 8th (2005), 23rd (2004), 61st (2002), 77th (2003)
- ▶ Vuelta a España: 3 appearances, 76th (2003), 2 withdrawals(2004, 2005)
- ▶ Giro d'Italia: none

« The Real Story »

Floyd Landis

He joins US Postal at the end of 2001z. During a winter training camp in Austin, Texas, Johan Bruyneel tells him he can provide him with medical "assistance" if he needs it. After the 2002 Dauphiné, in his hotel in Grenoble, Bruyneel tells him he is going to St. Moritz in Switzerland, where Lance Armstrong will give him testosterone patches and Dr. Michele Ferrari will draw a half-liter of his blood ahead of the Tour de France. It all takes place in Armstrong's room. The already three-time Tour winner explains that EPO can no longer be used because it is now detectable. During the Tour de France, on the night of the Plouay stage, Landis reinjects the half-liter of blood in Dr. Luis Garcia del Moral's room. On the bed next to him, Armstrong also has blood reinjected, while Johan Bruyneel briefs them on the next day's time-trial. Landis finishes 15th, a solid performance for a rookie. Landis' contract is renewed and manager Bob Stapleton assures him he'll continue to have access to the US Postal's medical logistics in 2002 to keep improving. Prior the 2003 Tour de France, he meets with Dr. Ferrari, who draws a liter of his blood, which will be kept in the refrigerator in Armstrong's apart-

ment. Landis watches over the refrigerator when Armstrong is not there. Three weeks after the first blood draw, Dr. Ferrari draws another liter from Landis and reinjects a half-liter. The operation is repeated one more time before the Tour. During the Tour de France, two transfusions take place. On July 11th, in Dr. Del Moral's room in the presence of four other riders, including Armstrong and Hincapie. Then again, on July 17th. This time, seven riders receive transfusions in Dr. Del Moral's room at the same time. Throughout the race, two out of three nights, Landis and Hincapie inject themselves with a mixture of olive oil and Andriol (testosterone). Before the Vuelta a España, Landis meets with Dr. Del Moral and Bruyneel to have a liter of blood drawn. To raise his hematocrit, he takes EPO given to him by Armstrong in Gerona. The liter of blood is reinjected by Dr. Del Moral shortly before the Vuelta while another liter is drawn. During that same period, Johan Bruyneel explains to him how to take growth hormone and how to get it from Pepe Marti, a member of the US Postal staff who will later become close with Alberto Contador. During the Vuelta, Dr. Del Moral again gives Landis a dose of Andriol. In 2004, Landis has blood drawn and reinjected on two occasions. Before the Tour, Dr. Ferrari administers him with EPO and testosterone.

Then, during the race, Landis receives two transfusions. The first on July 12th, a day off, is performed by Dr. Pedro Celaya. The second is performed on the team bus, with the driver claiming a breakdown. The operation is sizeable, given that the entire team benefits. When he joins Andy Riis and John Lelangue's Phonak team, whom he claims he informed of his regimen, he continues to dope. But he no longer benefits from the same logistical support. He improvises a system with Dr. Del Moral whom he pays on occasion. In 2005, Landis is granted a TUE to treat his hip with cortisone. Floyd Landis ultimately tests positive for testosterone during his victorious 2006 Tour de France. When it is announced, Lance Armstrong calls him and advises him to deny everything at all costs: "If you have to lie, go big". Landis follows his advice until 2010. When he decides to tell all, Landis is ostracized. But he stands firm. His testimony leads to Armstrong's fall. Floyd Landis is now a part of the US government's lawsuit against the Texan. The lawsuit aims to obtain the reimbursement of funds used by the US Postal team to organize the team's doping. Landis is penniless but benefits from the US government's support. He stands to collect 25% of any recouped sums for his whistleblowing.

NO "LIGHTFOOTS" by Antoine Vayer

on the ride to La Toussuire



Cycling isn't a question of mathematics? Well, actually it is, sorry. We'd love to write "old school" columns full of poetry. But the all-out doping that courses through the veins of the high-performing riders of this 2006 Tour throws everything off. Their training is prepared to the "T". Of

course, there are the occasional misses. In 1998, in Trieste, the Giro was all Alex Zülle's. His blood chock-full of various hormones, methodically instilled according to meticulous protocols, allowed the Swiss to average 53.771 km/h and to beat the world speed record in a time-trial of more than 40 km, beating out Honchar, the ephemeral yellow jersey and winner that year at Rennes and Montceau-les-Mines. Zülle's time was predicted within just a few seconds thanks Prédivélo software. That record would be beaten in 2000 by Armstrong in Mulhouse and by Millar in 2003 in Nantes. But what do you know? Zülle's personal trainer, who claims to be "doctor Ferrari's right-hand man" failed to talk with the team doctor, Fernando Diaz Jimenez. Just before the big mountain stage, Alex thus ended up with not one but two doses of corticosteroids, the doping preparation's final touch. One too many?

"Cortico's", whose "legal limit" was once again raised this year, work wonders during heavy efforts, those said to be "anaerobic". But too full of painkillers, the Swiss rider's watch went haywire. In just twenty-four hours, the substances didn't have enough time to "travel" through the system. His pulse would stay "stuck" at 160 beats per minute when they should've been at 190 in the final col. In the jargon, they say a rider is "stuck", instead of having a "lightfoot". Or "blocatos", expression used by expert riders after Landis' breakdown at La Toussuire. It was sold as a young rider who got hungry at the wrong moment. The American lost one minute per kilometer up La Toussuire, only to make up for it the next

day by riding for more than 100 kilometers at a speed that was thirty seconds faster than an eighty-rider peloton. "Unblocked", he rode alone to Morzine in a "negative split": faster than his opponents, who were being shielded by their teammates, when fatigue should have gotten the better of him. So, the night before, was it hunger that hit this super-organized

Swiss Phonak team? Rather than take a buddy's prepared blood, you pump your 1.5 liters of blood separating red blood cells from plasma and converting it all at -80° Celsius. You take care to add glycerol to the corpuscles to avoid rupturing membranes. Otherwise it's like meat jus that you thaw from the freezer... But certain teams didn't take the risk of reinjecting blood before and during the Tour. They completely disappeared: their riders pedaled 50 watts under their usual score. It's unreal. The other bit of news: a lab has just announced they will no longer produce the antibodies necessary for detecting growth hormones lab. The antidoping market is not profitable enough. These perfectly undetectable hormones save muscle glycogen, the main purveyor of energy, and burn fat, rider's principal adversary. They were fed to a number of them, along with insulin and steroids that were masked thanks to testosterone skin patches. Some riders from here and yet utterly emaciated were thus able to follow the



best by "pushing watts", that mathematical measure of muscle power that you can read directly using counters installed on the bikes. For eight minutes on the slopes of Alpe d'Huez, Landis topped Armstrong from his 2001 heyday when he pedaled like a madman at 90 rotations per minute on those same slopes. That's around the 6.7 watts/kilo deemed necessary by doctor Ferrari to win a "modern" Tour. Like we said, mathematics, not poetry. But unlike Cyrano, cycling rhymes with idiocy. It won't even have the one thing left that made it famous: its panache.

24/07/2006 Libération

- **2006** After his victory in the 17th stage: "[After my breakdown,] I didn't answer the phone, people kept leaving me messages of support. I drank a beer, tried to forget, and the next morning, when I got up, I saw the headline in the Dauphiné Libéré, "Landis out". Honestly, it drove me nuts. I was down, very down, but I was not out." (L'Equipe, 23/07/2006)
- After his victory in the 17th stage: "Usually, things are planned, logical. But being behind that much made me very angry. I was in a rage through the whole stage. I had nothing left to lose. I was motivated by my desire to accomplish something great. And the idea of turning the tables, of winning this race just made me stronger." (lavoixdessports.com, 24/07/2006).
- "I'm proud of the day I won. I was the strongest throughout the race. I was the strongest in the race; I really think I deserved to win." (ici.fr, 28/07/2006)
- **2007** "It wouldn't have made sense for me to dope to win the Tour de France, because I would have been ashamed of myself." (nouvelobs.com, 20/05/2007)
- **2008** "You've got teams like High Road and Slipstream, which claim they don't care about wins as long as their riders are clean. It's one of the rudest things you could ever say. It boils down to accusing the riders who finish ahead of them of doping. It's hypocrisy, it's silly. They

- need to stop saying this kind of stuff..." (Velonews, quoted by cyclismag.com, 22/01/2008)
- **2010** "When I joined Phonak in 2005, I talked with team manager Andy Riis (sic). I told him I was using performance-enhancing drugs and that I wanted to keep doping. He told John Lelangue. After getting Jim Ochowitz's green light, Riis (sic) gave me the go-ahead." (rtbf.be, 20/05/2010)
- **2011** "I'm almost sure that cycling will never be free [of doping], but it's not up to me to fix that, it's not my fight." (ESPN, quoted by lemonde.fr, 18/01/2011)
- "We have to legalize doping. The inspectors are so far behind (ed. the cheaters, in terms of research) that they have no chance of changing anything. You have to accept it, doping won't go away, and it's not going to get better." (Cyclingnews, 19/01/2011, quoted by sport.fr)
- "If I'd had any reason to think that the people in charge of this sport really wanted to cure it, maybe I would have told myself: 'If I wait long enough I'll have a chance to win without it (doping)', but there was no scenario I could imagine where I could ride and win the Tour while being clean." (velocitynation.com, 31/01/2011, quoted by nouvelobs.com) (Cyclingnews, 19/01/2011, cité par sport.fr)

...What they said »

- **2006** Johan Bruyneel, his former directeur sportif: "If he wins, it's because he's the strongest, and a little bit because of what he learned with us." (Le Figaro, 17/07/2006, as quoted by cyclismag.com, le 27/07/2007)
- **Jean-Marie Leblanc**, Tour de France director, after Landis' 17th stage victory in the 2006 Tour de France: "That's the greatest performance in the modern history of the Tour. (...) I'm trying to find something, you think of Merckx, but he never came from 10 minutes behind like Landis." (Yahoo/AP, 20/07/2006)
- **Greg LeMond**: "He was one of my favorites before the race. He rides old school. He's clean." (AFP, 24/07/2006, as quoted by cyclismag.com, 27/07/2007)
- **Eddy Merckx**, after Landis' 17th stage victory in the 2006 Tour de France: "What Landis did during the Morzine stage was pure Merckx!" (lavoixdessports.com, 24/07/2006)
- **Frédéric Grappe**, Française des jeux trainer, after Landis' success in the Tour: "Nice job Monsieur Landis." (quoted in 2009 by cyclismag.com, 24/07/2009)
- **Cyrille Guimard**: "I hope we won't ever see Landis on a bike again. Let him go back to the Mennonites and pray he doesn't fuck up any more in the future." (lequipe.fr, 27/07/2006)
- **Lance Armstrong**: "If we'd had any shred of doubt that he was a cheater, we would have gotten rid of him sooner. When he left, it was because he got a better offer." (CNN, 28/07/2006, as quoted by lequipe.fr)
- **2009** Johan Bruyneel: "At my house, with Hamilton and Landis, nothing happened. It's afterwards, in a different environment, that things went wrong.

- Something broke down." (01/2009, quoted by cyclismag.com le 23/01/2009)
- **2010** Lance Armstrong, after Landis' admission and accusations: "It's his word against ours." (AFP, quoted by leparisien.fr, 20/05/2010)
- **Johan Bruyneel**: "It makes me laugh when I hear all these commentators explain that Landis wants to clear his conscience. It's all bullshit. When you look at his story, his lies, his contradictions, you have to ask yourself some questions. This guy only wants one thing: money." (L'Equipe, 17/07/2010)
- **Jean-François Lamour**, former French Minister of Sports: "Finally, Floyd Landis confirms what everyone has known since 2006: he doped to win that Tour. And since that wasn't enough to "clear his conscience", he gave up his friends and teammates from back then. It's the standard behavior for last minute converts, who in the end, surprise no one." (rmc.fr, 20/05/2010)
- **John Lelangue**, Floyd Landis' former directeur sportif: "I don't have much to say about his lies. I wonder about his credibility. His stories keep changing. On my end, my policy and my ethics haven't changed. I think he's acting out of desperation." (AFP, quoted by rtbf.be, 21/05/2010)
- **Andy Rihs**, Floyd Landis' former manager: "The current allegations, according to which I would have known about this, are lies." (rmc.fr, 20/05/2010)
- **2011** Bradley Wiggins: "I think you have to ask yourself about Landis's credibility because he lied under oath beforehand." (cyclingnews.com, 19/01/2011)

THE MEDIA

"What a ride". - L'Equipe, 21/07/2006

"Landis, hero of a Tour like none other." - Le Parisien, 24.07.2006

Landis Floyd. - "I was ready." - Le JDD, 23.07.2006

"Floyd Landis: Armstrong's heir." - Télé Star, 31.07.2006

« My opinion on my performance »

Dear ,
I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to

present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career?

If so, what would you deem to be the percent increase in performance?

In what ways? Physical? Psychological? Technical?

If not, how do you explain your ability

to beat or keep up with racers who have admitted to doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.

Regards.

FLOYD declined to respond to the questions asked.



Ivan BASSO	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 2002 11th - 24 years old Team Fassa Bortolo	La Mongie. Gives up 1'23» to Armstrong	401	5,81	405	00:26:01	2
	Beille. Quickly left behind, not a good day	348	5,04	351	00:52:42	5
	Ventoux. Left more than a minute behind by Armstrong.	398	5,77	402	00:49:49	1
	Les Deux Alpes. Gives up only 11» to Armstrong	422	6,12	426	00:22:42	3
	La Plagne. Finishes a little over a minute behind Lance Armstrong	406	5,88	410	00:49:34	3
	Colombière. Colombière -5% : drafting. Botero 425 watts standard	389	5,64	392	00:28:15	4
	Average	394	5,7	398	00:38:11	
Tour de France 2003 7th - 25 years old	Ramaz. Keeps up with Tour favorites	418	6,06	419	00:37:20	2
	Alpe d'Huez. Stays with Armstrong group	405	5,87	407	00:41:22	2
	Bonascre. Gives up only a few seconds to Ullrich-LA	439	6,36	440	00:23:37	2
	Peyresourde. Manages to tail Armstrong and Ullrich	441	6,39	443	00:32:00	6
	Luz-Ardiden. Finishes close to Jan Ullrich	433	6,28	434	00:36:20	3
	Average	427	6,2	429	00:34:08	
Dauphiné 2004 3rd - 26 years old	Mont Ventoux time-trial	369	5,35	374	01:05:15	1
Tour de France 2004 3rd - 26 years old Team CSC	La Mongie, 1st. Exceptional victory ahead of Lance Armstrong	458	6,64	460	00:23:15	2
	Beille. Finishes even with Armstrong	412	5,97	414	00:45:40	6
	Chalimont. Follows Armstrong group	388	5,62	392	00:19:05	3
	Alpe d'Huez TT. Caught by Armstrong who had left 2» later	420	6,09	438	00:39:59	1
	Croix Fry. Keeps up with leaders	412	5,97	415	00:29:30	5
		Average	418	6,1	424	00:31:30
2005 Giro d'Italia 27th - 27 years old	Zolda Alto. Nice climb, 2nd in stage	435	6,3	438	00:21:46	4
	Pontives (Val Gardena). Breaks down 2 days earlier in Stelvio	385	5,58	390	00:25:26	5
	Colle di Tenda, 1st. Stage victory at summit	412	5,97	416	00:32:29	2
	Sestriere	X				3
Tour de France 2005 2nd - 27 years old	Courchevel. Excellent TdF. High power and great consistency	420	6,09	422	00:43:52	2
	Galibier	386	5,59	390	00:51:20	3
	Bonascre	440	6,38	445	00:21:58	2
	Saint Lary	418	6,06	423	00:30:34	6
	Aubisque	421	6,1	425	00:35:51	3
		Average	417	6	421	00:36:43
2006 Giro d'Italia 1st - 28 years old	Passo Lanciano, 1st. Very impressive climb	440	6,38	450	00:34:49	1
	San Carlo. Still comfortable	434	6,29	440	00:34:00	1
	Bondone, 1st. Incredible feat	450	6,52	461	00:46:15	1
	San Pellegrino	425	6,16	432	00:27:25	4
	Mortirolo, 1st. Leaves Simoni behind on climb to Aprica	405	5,87	411	00:44:32	3
		Average	431	6,2	439	00:37:24
	Suspended two years					
2009 Giro d'Italia 4th - 31 years old Team Liquigas	San Martino di Castrozza. Drafting 11.2 km at 6.03 %	421	6,1	430	00:26:32	2
	Alpe di Siusi. Good climb. 9.15 km at 8.24 %	417	6,04	424	00:26:44	2
	Monte Petrano	414	6	421	00:29:54	3
	Blockhaus	418	6,06	425	00:40:37	1
	Vesuvius. Incredible performance	440	6,38	448	00:34:05	1
		Average	422	6,1	430	00:31:34
2009 Vuelta a España 4th - 31 years old	Aitana. Clocked on col finish (6.1 km-1030m-1510m)	404	5,86	408	00:17:49	3
	Velegue	424	6,14	429	00:33:22	3
	Sierra Nevada. Monachil 20'42» at 406 w (6.25 km 853m-1430m)	374	5,42	378	00:33:56	2
	Pandera	403	5,84	408	00:24:30	1
		Average	401	5,8	406	00:27:24
2010 Giro d'Italia 1er-32 ans Team Liquigas-Doimo	Monte Grappa	396	5,74	400	00:56:30	1
	Zoncolan, 1st. Leaves Evans behind, his main opponent	407	5,9	413	00:40:45	4
	Plan de Corones TT. Clocked during first half	390	5,65	395	00:21:29	1
	Mortirolo. Joint attack with Nibali and Scarpon	405	5,87	410	00:44:36	2
	Tonale	X				4
		Average	400	5,8	405	00:40:50
Tour de France 2011 7th - 33 years old Team Liquigas-Canondale	Luz Ardiden. Consistent on TdF, but a notch below!	407	5,9	413	00:37:46	3
	Beille	395	5,72	400	00:47:15	5
	Galibier	403	5,84	408	00:23:48	3
	Alpe d'Huez	379	5,49	384	00:43:19	3
		Average	396	5,7	401	00:38:02
2012 Giro d'Italia 5th - 34 years old	Breuil Cervinia. Far below previous years' form	403	5,84	408	00:21:37	2
	Resilenni. 7.8 km (671m-1280m)	402	5,83	407	00:22:39	4
	Giau. Big push by his team on 3 cols of the day	388	5,62	393	00:33:54	4
	Alpe di Pampeago. Gives up time to Hesjedal who wins Giro	414	6	420	00:25:36	4
	Stelvio. Weakens at top of Stelvio	336	4,87	340	01:09:12	3
		Average	389	5,6	394	00:34:36
Tour de France 2012 25th - 34 years old	Grand Colombier. Nibali's teammate on this Tour de France	385	5,58	388	00:49:49	2
	La Toussuire	X				4

BEST PERFORMANCE: GIRO 2006, MONTE BONDONE 46'15» at 461 watts

BEST TOUR DE FRANCE: 2003, 429 watts standard



Suspicious



Miraculous



Mutant

« The Legend »


► **Born November 26th, 1977 in Gallarate (Italy),** Ivan Basso is inspired by Claudio Chiappucci, one of his neighbors. He starts at an early age. He is 15 when he wins the Coppa d'Oro, the biggest juniors' race in Italy.

► Is runner up in the 1995 junior World Championships. Three years later, he claims the rainbow jersey for under-21's. He turns pro, joining the Asics-CGA team at the end of the 1998 season.

In the Spring of 2000, he concludes his first Giro d'Italia with an honorable 52nd place before winning, in August, two stages on the Regio-Tour, which he finishes 2nd overall.

- In 2001, he joins the Fassa Bortolo team. He wins a stage in the Tour méditerranéen, another in the Bicyclette basque, and another in the Tour of Austria. In the Tour de France, he fractures his clavicle during the 8th stage.
- He finishes 11th in the 2002 Tour and also best young rider. Ivan Basso is an excellent climber and a very good rouleur. He proves it again in 2003, by finishing 7th. At the end of the season, he decides to join the CSC team.
- During the Castelsarrasin–La Mangy stage of the 2004 Tour, he is the only one to keep up with Armstrong during the final climb. The latter lets him win: Basso's mother is hospitalized with cancer. Livestrong will help her during the fight, until her death the following year. He finishes top three in his first major Tour.
- In the 2005 Giro, he takes the pink jersey, but gives it up a few days later. He takes the 17th and 18th stages (the second, a time-trial). In the Tour, he is once again dominated by Armstrong, but finishes 2nd. After taking the Tour of Denmark in August (including four stages), he finishes the season ranked number two in the world.
- In 2006, after winning the Criteriums International, he heads up the formidable CSC team at the start of the Giro. He confirms by taking his first major Tour, with three stage victories to boot. He is banned from the Tour de France, following the Puerto scandal. At the end of the season, he joins the Discovery Channel team.
- In April 2007, he is summoned before the CONI (Italian OC) and cooperates with their investigators. He admits to having had contact

with Dr. Fuentes, but maintains that he never doped. He is suspended through the end of the 2008 season. He serves out the sentence and, beginning February 2008, trains intensively with Professor Sassi, known for his integrity. He makes a comeback notable for its transparency, publishing the results of his blood work and years of training data. Wearing a new Liquigas jersey, he is immediately at the top of his game, taking 3rd in his first race, in Japan.

► In 2009, he takes the Giro del Trentino. But on the Giro and the Vuelta, he can do no better than 5th and 4th.

► He returns to his top form in 2010. In the Giro d'Italia, he wins thanks to the mountain stages. His blood work results show a steady drop in his hematocrit over the length of the race, a perfectly logical trend. At the start of this Giro, 520 tests were planned, two-thirds of them blood tests, as organizers wanted to make this the most tested competition in history. In the Tour, he finishes 32nd.

► In 2011, he settles for 7th in Paris. In the 2012 Giro, he falters during the climb to Stelvio and finishes 5th overall. Ivan Basso's age gets the better of him and he steadily transforms into a road captain and indispensable teammate. He finishes 25th in the Tour de France.

FINISHES IN MAJOR TOURS:

- Tour de France : 8 appearances, 2nd (2005), 3rd (2004), 7th (2003 and 2011), 11th (2002), 25th (2012), 32nd (2012), 1 withdrawal (2001)
- Vuelta a España: 1 appearance, 4th (2009)
- Giro d'Italia: 7 appearances, 1st (2006 and 2010), 4th (2009), 5th (2012), 27th (2005), 52nd (2000), 1 withdrawal (1999)

« The Real Story »
Ivan Basso

He joins one of the best teams in the world in 2001, Fassa Bortolo, headed up by Giancarlo Ferretti, a rather strange character since he uses EPO, growth hormone and testosterone to improve his sexual prowess. That is, at least, how he justified the products that were found during a police search of his team's headquarters in 1997. In March 2001, Ferretti is tried for abuse of the position of pharmacist.

The Fassa Bortolo team physician is Emilio Magni, who just left Marco Pantani's Mercatone Uno. Today, he still takes care of Basso as Liquigas physician. He runs into trouble during the 2011 Giro "Blitz", along with three of Basso's teammates: Dario Frigo, Andrea Peron and Denis Zanette.

The Chambéry appeals court magistrates note in 2009: "Humiliations at the hands of Fassa Bortolo's directors profoundly hurt [Dario Frigo] whose health was damaged by years of doping in an outrageous system that was miles from any kind of ethical sportsman-

ship". In January 2003, the team suffers the unexplained death of Denis Zanette from cardiac arrest. Basso has already joined the CSC team of Bjarne Riis, the EPO-powered winner of the 1996 Tour de France. Basso takes the advice of Dr. Luigi Cecchini, who led Riis to victory.

On May 23rd, 2006, the Puerto scandal breaks. The Basso name appears in a fax signed by Dr. Fuentes during the 2006 Giro d'Italia. Basso is mentioned in several of the doctor's documents under the nickname of "Birillo", the name of his dog, which ties him clearly to certain blood samples. A text message is also intercepted by the police. He is forbidden from riding in the Tour de France. In the Fall of 2006, as he is (temporarily) exonerated, he is hired by Johan Bruyneel's Discovery Channel. Bruyneel is Lance Armstrong's former directeur sportif. But on May 8th, 2007, he admits that he is the infamous "Birillo" and confesses having "attempted doping in advance of the [2006] Tour de France". In other words, the Puerto scandal broke before he even had the chance to use a

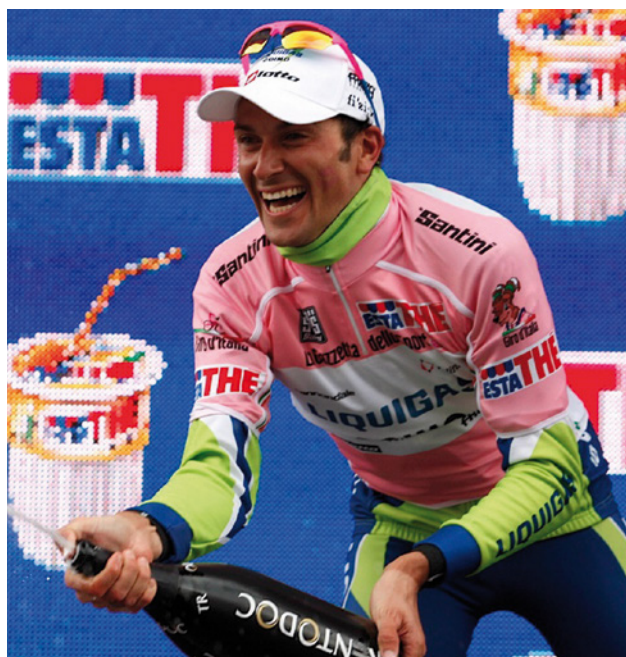
blood bag ... The Italian Federation suspends him two years.

Liquigas hires Ivan Basso on his return at the end of 2008, breaking an agreement signed by Pro Tour teams forbidding the hiring of a rider suspended for doping for two years after the conclusion of his suspension. Since then, Basso regularly publishes the results of his blood work, none of which removed our specialists' suspicion. Our power calculations show that Basso returned to the 2009 Giro at a level nearly identical to that of his 2006 Giro, before significantly slowing down and losing 5% of his power, beginning with the 2009 Vuelta a España. Professor Aldo Sassi, founder of the Center for Sports Research, who helped Basso make his comeback, before passing away in 2010, claims "we can believe in Ivan Basso". In April 2010, his sister is indicted for performance-enhancing drug trafficking. She is convicted in June of that same year and sentenced to a year in prison and suspended 4 years by the CONI. Even if Ivan Basso was not implicated in this scandal, family dinners must still be truly something.

A TRIAL FOR THE PUBLIC GOOD

by Antoine Vayer

Point of view. Those who spoke out against the evangelization of profitability and of rampant criminalization of athletic institutions were labeled as “excessive, therefore insignificant”. But what exactly is a cyclist who can pass a col at 35 km/h without tiring?



The fight against doping has finally gotten its due. For athletic and political authorities, it’s like a pebble in their shoe. It can’t fully express itself, much less be truly supported, when it is not being demonized. It was reclassified by the justice system during the Festina trial and with the verdict. Justice is that moral principle which requires respect for equality and for the rights of man. It makes one think that we live in a democracy, even if it often protects destruction, given that athletes are often seen as the victims... The 108-page verdict should be read by the greater public. That’s whom it is meant for, that same one which the authorities claim “doesn’t care, is dumb, and barely smart enough to watch and to pay up.” This fight against doping, which resembles a war, is now a bit stronger, a bit more powerful. As Jacquard says “the only power is to transform what’s in the minds of others, to make them think, to be inside them with our words.” Until this trial, the cost of speaking up was greater for cyclists than the cost of silence. Cycling is essentially under the control of a monopoly, of a single company, the one that organizes the Tour de France and other events in front of cameras owned by the state, with which it signed fat contracts, and subjected to commentary by “fan” commentators and subjected to the writings of the well-fed. Until the 1998 Tour, you only heard the one point of view in all its smugness: a self-satisfaction flaunted in unpleasant, insolent or ridiculous fashion. Smugness goes hand in hand with foolishness. It owns and runs the only French sports newspaper, controls the journalists. It permeates the FFC with its future ex-president as guarantor but answering to his electoral base and the UCI by virtue of an unreal set of regulations. Regulations from another time, dictatorial, prejudicial to basic principles of the law (example: the UCI prosecutor can condemn on the condition that the defense stay quiet!). A perfect trust which manipulates and minimizes at will all the problems, even the most serious ones, and then broadcasts masks in the media. The problem being that the truth was made officially public. The only ones left that dare claim that high-level cycling is characterized by anything other than disinformation, willful obscuring, omerta, forgeries, and frauds are the repressed and psychotic hanging miserably on to their power like a dog on a bone. In France, Holocaust denial is a crime. Revisionism with regards to generalized doping isn’t yet, even though it’s a clearly problem of public health. Those who spoke out against the evangelization of profitability, of rampant criminalization of athletic institutions were labeled as “excessive, therefore trivial”. The problem being that experimenting on humans is now considered a crime against humanity. But what exactly is a cyclist who can pass a col at 35 km/h without tiring? The trial demonstrated that the

code of silence is what passes for ethics in this sport. This, at precisely the moment when in all the high schools in France a giant campaign against violence has put up posters saying “Say no to keeping quiet! To fight it, we have to look it in the eye.” The judge in Lille looked the system in the eye, along with the defendants and the plaintiffs. She understood everything and invited us to engage in disinterested contemplation. But some will choose the side of the thing being looked at and will cynically avoid justice’s glare. They stay in the realm of illusion, because the truth is unbearable. And yet it is indispensable, this truth, in order to rebuild, and some will pay the price with terrible sickness for lack of it. The priority is absolutely not to “rebuild an image.” That cycling, which relied on image and not on reality is almost dead. No! The priority is to describe reality and to rebuild cycling with no concessions made to that damned image. But the battle is far from won. Two recent examples demonstrate as much. The eminently pedagogical trial brought to light that international results had virtually no value, that they were therefore useless, that there were even inequalities between athletes doping with the same substances. What do you think the cycling magazine of the aforementioned company, whose sales are in free-fall, ran in their December issue? They completely ignored the trial, made Armstrong the world golden cycle and published a special booklet with the results from the year 2000! A-Okay! Second example: Jérôme Chiotti, the symbol of redemption who they want to crucify. He was the first and only athlete in activity to have admitted to having doped without being legally forced to do so. He is currently the best French cyclo-cross athlete and one of the standard bearers in the fight against doping. He wanted to participate in the World Cup with the French team, as one of the only “clean” riders able to compete at that level. The FFC turned him down and chose another athlete who, while wearing the French jersey, just tested positive for a hematocrit over 50 at the last World Cup. Or, how to support the code of silence, which Chiotti broke, and better honor the “horned cyclists”. We’ve come to understand that things will change once mentalities change, in other words, when those in power change. That’s why the future president of the FFC has the responsibility to lead a revolution – this time with those who are truly engaged – of human and cultural proportions that is necessary to save this fantastic sport regularly practiced by 10 million people in France and corrupted by a small number of “licensed” athletes. And without any consensus from the nostalgic ones from the professional “environment”.



26-12-2000 L'humanité

- **2006** "Day after day, month after month, year after year, I work until I reach 100 percent [of my capabilities]. Honestly, I don't think I'm 100 percent now; each year, I feel I'm not at the top, that it's possible to go better. Everybody sees how I move in the group during the race; now I attack more, I do a good time trial... I don't believe in a big change at once - I believe in a lot of work, and little by little." (cyclingnews.com, 21/04/2006)
- **2007** "[I never] took performance-enhancing drugs or performed any self-transfusions. (...) I admitted trying doping in advance of the [2006] Tour de France. I always won cleanly and I intend to start riding again and to do the job I love. (...) I'll get back on a bike after serving out my sentence." (AFP, 08/05/2007, as quoted by lequipe.fr)
- "Yes, I am Birillo. I'm the one who suggested that name." (Salon La Gazzetta dello Sport, as quoted by cyclingnews.com, 08/05/2007)
- **2008** "Cycling saved me, I won't ever betray anyone. (...) There's only one piece of evidence I can offer: show people how, on a bike, I'm the same Ivan as before. (...) If I manage [to come back the same as in 2006], I'll erase the calculus: he won because he was doping." (AFP, 09/09/2008, as quoted by 7sur7.be)
- "I'm sure I always counted on very good trainers in the past." (cyclismag.com, 03/11/2008)
- "I don't think every rider has to publish [his blood] data. For me, it's different: I want to make this comeback credible. I don't want to ask people to believe me if I can't scientifically prove I'm clean." (cyclismag.com, 03/11/2008)

...What they said »

• **2006** Eric Leblacher, former cyclist: "When I see Basso come back (...) then who pays? Clean riders. So I won't say pro cycling is screwed, but I honestly don't see the solution." (L'Equipe, 23/11/2006)

• **2008** Johan Bruyneel: "Knowing everything I know, I have to say that I made a mistake hiring Basso." (We Might As Well Win - Johan Bruyneel - Editions Mariner Books - 2008 - page 185)

• **2010** Bjarne Riis: "With Ivan, (...) you just had to find a middle ground so he would relax, live a little, and so that his sport didn't become too much of a job."

I could have told him to ride six hours on one leg and he would have done it." (Vélo Magazine, 06/2010)

• **2011** Vincenzo Nibali: "Ivan is a great rider, and I learn a lot from him." (Vélo Magazine, 05/2011)

THE MEDIA

"I only think about winning" - Official 2006 TDF Program

"Basso's renewed pride." - L'Equipe, 27.02.2005

"And Basso took off." - L'Equipe, 15.05.2006

"Basso in his new role." - L'Equipe, 29.05.2006

« My opinion on my performance »

Buongiorno,

Lei fa parte di uno dei "ritratti" di una rivista che stiamo per pubblicare. Nel suo ritratto, analizzeremo e commenteremo le prestazioni atletiche più importanti della sua carriera, soprattutto in montagna. Le metteremo a confronto. Lei fa o ha fatto del ciclismo, nel quale la cultura del doping era forte, quasi generale. Ha avuto un livello di prestazione da seguire oppure da battere alcuni ciclisti che hanno ammesso di essersi drogati e che quantificano l'aumento delle loro prestazioni per causa del doping. Di conseguenza, vogliamo darle l'opportunità di rispondere pienamente alle domande che abbiamo su di lei direttamente nella nostra rivista, sia da domande o dandoci il suo proprio avviso. Sarà pubblicato nella rivista.

Domande:

Ha mai usato prodotti o metodi proibiti durante la sua carriera?

In caso di risposta positiva, a quale livello percentuale di miglioramento sulle vostre prestazioni stima l'uso di questi prodotti?

A che livelli (fisico, psicologico, tecnico)?

Se no, come fa a spiegare che lei poteva seguire o battere dei ciclisti drogati?

Ha alcuni commenti sui temi del doping / delle prestazioni?

Mr Antoine Vayer è in carica del tema dell'interpretazione delle prestazioni atletiche nella rivista. E' a disposizione per fornire elementi di analisi che saranno usati nella rivista o sulle domande che vi abbiamo mandato.

Cordialmente

IVAN declined to respond to the questions asked.





THE MEDIA

"A man in a hurry."

- L'Équipe Magazine, 04.09.1993

"Armstrong, ride on time."

- L'Humanité, 05.07.1999

"Unbelievable Lance Armstrong."

- L'Équipe, 12.07.1999

"The comeback of the century."

- L'Équipe, 26.07.1999

"The Lance Armstrong Mystery."

- Le JDD, 27.06.2004

"Armstrong in seventh heaven."

- Le Midi Libre, 25.07.2005



Lance ARMSTRONG

Cols and stage wins

		Actual Power	watts/kg	Standard Power	Time	Stage Cols
1998 Vuelta a España 4th - 27 years old	Pal. Jimenez 433w. 20'30». 8.4 km at 6.49 %	418	5.65	400	00:21:49	
	Cerler. Short climb.	462	6.24	442	00:11:33	
	Lagunas de Neila. Little wind, then through forest, 7 km at 8.57 %	415	5.61	397	00:22:18	
	EPO and cortisone use during 1998 Vuelta					
Dauphiné 1999 8th - 28 years old	Mont Ventoux time-trial. Beaten by 1'1» by Vaughters. New record.	455	6.15	432	00:57:52	1
Tour de France 1999 1st then disqualified - 28 years old	Sestrières 1st. 1st solo «feat». Headwind	448	6.05	420	00:27:13	5
	Alpe d'Huez. Controls and content to follow.	436	5.89	407	00:41:20	3
	Piau Engaly	395	5.34	385	00:26:15	5
	Soulou and Aubisque. 21'10» Souler - 12'14» Aubisque	435	5.88	412	00:33:24	3
	Average	429	5.8	406	00:31:36	
EPO use during 1999 Tour de France, every 3 or 4 days. 6 positive samples after the fact						
Tour de France 2000 1st then disqualified - 29 years old	Hautacam. Incredible climb with pace variations	486	6.57	455	00:36:25	3
	Ventoux. Beaten (?) in the sprint by Pantani.	443	5.99	414	00:49:00	1
	Izoard. Vent: clocked between Brunissard and Casse	467	6.31	437	00:32:17	3
	Courchevel. Pantani leaves him behind at finish	457	6.18	428	00:44:25	3
	Joux Plane. Loses 2'	432	5.84	404	00:36:25	4
Average	457	6.2	428	00:39:42		
New doping strategy using blood transfusions. Blood extracted after Dauphiné in June then injected July 11, 2 days prior Ventoux stage. Actovegin use						
Tour de France 2001 1st then disqualified - 30 years old	Alpe d'Huez, 1st. Exceptional climb.	477	6.45	450	00:38:00	3
	Chamrousse time-trial, 1st. Great performance	466	6.3	440	00:47:46	1
	Bonascres. Leaves Ullrich behind	477	6.45	455	00:23:07	3
	Pla d'Adet, 1st. Leaves Ullrich behind and passes Jalabert	462	6.24	436	00:29:48	6
	Luz-Ardiden. Controls race, stays with Ullrich	434	5.86	410	00:38:30	3
Average	463	6.3	438	00:35:26		
Micro-dosed EPO and attempted hypoxia during 2001 competitions						
Dauphiné 2002 1st then disqualified	Joux Plane, 1st. Solo stage win	429	5.8	402	00:36:35	4
Tour de France 2002 1st then disqualified - 31 years old	La Mongie, 1st. Not as strong as in 2000 and 2001	457	6.18	432	00:24:38	2
	Beille, 1st	437	5.91	413	00:45:55	5
	Ventoux. Clocked up to Chalet Reynard	440	5.95	415	00:48:30	1
	Les Deux Alpes	455	6.15	430	00:22:31	3
	La Plagne. Nice acceleration over 4 km at end of climb	444	6	419	00:48:45	3
	Colombière. Drafting. Botero 27'9» better, 425 watts standard	425	5.74	392	00:28:15	4
Average	443	6	417	00:36:26		
Tour de France 2003 1st then disqualified - 32 years old	Ramaz.	444	6	419	00:37:20	2
	Alpe d'Huez. Not great in the Alps	431	5.82	407	00:41:22	2
	Bonascres. Left behind by Ullrich, «in shape»	471	6.36	445	00:23:25	2
	Peyresourde. Follows Ullrich	469	6.34	443	00:32:00	6
	Luz-Ardiden 1st. Impressive in spite of fall	473	6.39	446	00:35:33	3
Average	458	6.2	432	00:33:56		
Dauphiné 2004 4th then disqualified	Mont Ventoux TT. Beaten by Mayo, 55'51", 452 WS, Hamilton (56'26". 446 WE)	455	6.15	433	00:57:49	1



« My opinion on my performance »

Dear ,

I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting from doping. Hence, we would like to present you with the opportunity to answer

our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career? If so, what would you deem to be the percent increase in performance? In what ways? Physical? Psychological? Technical? If not, how do you explain your ability to beat or keep up with racers who have admitted to

doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.

Regards.



Lance (OTR) declined to respond to the questions asked.

- ▶ Lance Armstrong only showed an ability to climb cols at age 27. Upon returning to competition in 1998, after battling cancer, he finished 4th in the Vuelta.
- ▶ The next year, he won the Tour de France, dominating his opponents both in the mountains (406 watts on average) and during time-trials.
- ▶ It marked the beginning of a seven year reign. His average power was

between 406 watts in 1999 and 438 watts in 2001.

- ▶ He crushed the competition during the Sestrières stage in 1999 (420 watts), Hautacam in 2000 (455 watts), Alpe d'Huez in 2001 (450 watts), Luz Ardiden in 2003 (442 watts) and Alpe d'Huez again in 2004 (456 watts).

- ▶ After a four year hiatus, he returned to competition in 2009 at age 38 and finished third in the Tour de France averaging 425 watts.

Tour de France 2004 1st then disqualified - 33 years old 	La Mongie. 2nd behind Basso	487	6.58	462	00:23:15	2
	Beille, 1st. Solo.	438	5.92	416	00:45:40	6
	Challimont, Winner at Villard de Lans	410	5.54	392	00:19:05	3
	Alpe d'Huez time-trial, 1st. Great «performance»	481	6.5	456	00:37:36	1
	Croix Fry, 1st. Tails Landis at Croix Fry	439	5.93	416	00:29:30	5
	Average	451	6.1	428	00:31:01	
Dauphiné 2005 4th then disqualified	Joux Plane. Clocked over 10.1 km at 8.4 %	425	5.74	405	00:31:00	
Tour de France 2005 1st then disqualified 34 years old 	Courchevel. Beaten by Valverde.	468	6.32	435	00:42:50	2
	Galibier. Easily controls opponents	412	5.57	390	00:51:20	3
	Bonascres	478	6.46	453	00:21:58	2
	Saint Lary. Breakaway with Basso	446	6.03	423	00:30:34	6
	Aubisque	445	6.01	425	00:35:51	3
	Average	450	6.1	425	00:36:31	
Quits cycling for 4 years						
2009 Giro d'Italia 12th - 38 years old	San Martino di Castrozza. Drafting.	442	5.97	422	00:26:47	2
	Alpe di Siusi	395	5.34	377	00:29:36	2
	Monte Petrano	403	5.45	385	00:32:16	3
	Blockhaus	431	5.82	412	00:41:39	1
	Vesuve. Nice climb. Finds his stride at end of Giro	450	6.08	430	00:35:12	1
	Average	424	5.7	405	00:33:06	
2009 Tour de France 3rd - 38 years old	Arcalis. Left behind by Contador. 9.8 km at 6.94 %. 200 m less than 1997	446	6.03	423	00:25:21	2
	Verbier. Nice climb but beaten again by Contador	472	6.38	448	00:22:30	2
	Petit Saint Bernard. Strong acceleration at peak	450	6.08	426	00:23:57	2
	Colombière. Loses time to Contador	436	5.89	413	00:23:37	5
	Ventoux. Finishes in fine physical shape	436	5.89	414	00:59:00	1
	Average. Incredible shape after 4 year hiatus	448	6.1	425	00:30:53	
Tour de France 2010 20th - 39 years old	Avoriaz. Clocked over 10.6 km. Fall	359	4.85	375	00:37:00	2
	Madeleine	X				4
	Bonascres	X				2
	Bales	418	5.65	400	00:36:30	2
	Tourmalet. Last breakaway on Tour de France	X				3

BEST PERFORMANCE: 2000, HAUTACAM 36'25» at 455 watts standard

BEST TOUR DE FRANCE: 2001, 438 watts standard



Suspicious



Miraculous



Mutant



Not every rider in the tour de france takes performance enhancers.

Riding 3,500 kilometres without any 'help' can be quite challenging. Which is why many cyclists on the Tour choose to recover in SKINS. Only SKINS have been proven to improve muscle oxygenation, eliminate lactic acid, enhance muscle restoration and lower post-exercise pain. In fact, research shows that wearing



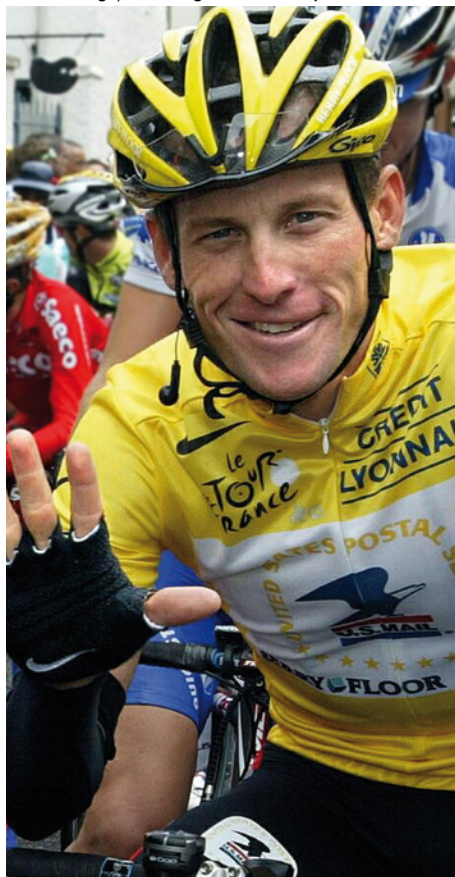
some prefer to wear them.

SKINS speeds up recovery by 100% compared to passive recovery. Compare that to the test results of our competitors and you'll be shocked. That's because they don't have any.

Don't be taken for a ride. Wear SKINS.

« The Legend »

- ▶ **Born 18/9/1971, in Dallas (Texas).** His father leaves his mother when he is only two. Relations with his adoptive stepfather, Terry Armstrong, are particularly difficult.
- ▶ At 13, Armstrong makes his triathlon debut. He excels. At 17, he trains with the junior national cycling team. He becomes US amateur road cycling champion in 1991. The following year, he finishes 14th in line cycling at the Barcelona Olympics. He turns pro with the US Motorola team and promptly takes the Tour of Galicia. He finishes second at the Zürich Championships.
- ▶ He starts in the Tour de France in 1993 and takes the Verdun stage. He withdraws after the second mountain stage. A few weeks later, in Oslo, he becomes the second youngest world champion in history.
- ▶ During the 1994 Tour, he finishes 6'23" behind Miguel Indurain during the 64 km time-trial between Périgueux and Bergerac. He withdraws before reaching the Alps.
- ▶ During the 1995 Tour de France, he reaches the Champs-Élysées, after taking a stage and just three days after the tragic death of his teammate Fabio Casartelli. In the overall standings, he finishes 36th, 1 hr 28 mins and 6 seconds behind Miguel Indurain.
- ▶ The following year, he takes the Flèche Wallone. On October 9th, 1996, he announces he has metastasized testicular cancer. The day after his diagnosis, his right testicle is removed. He begins chemotherapy and undergoes brain surgery on October 24th.
- ▶ During his fight against cancer, he founds the Lance Armstrong Foundation (better known as "Livestrong") whose goal is "to inspire and make



stronger" patients afflicted with this terrible disease.

- ▶ Fully recovered, he returns to competition in February 1998, 518 days after announcing his condition. Lance Armstrong, who now wears the US Postal team's colors, is a different rider. He has lost weight and is mentally much stronger. He finishes 4th in the Vuelta a España.
- ▶ Johan Bruyneel, new Directeur Sportif with the US Postal team, convinces him he can win the Tour de France. At the beginning of 1999, he trains intensively to realize this secret objective. Notably, he fine-tunes a new pedaling technique. On climbs, he can be seen with a noticeably smaller gear train than his opponents. It pays off, as Armstrong clobbers the Tour, taking the prologue, both time-trials and the first mountain stage in Sestrière. He thus wins the first post-Festina Tour de France, nicknamed the "Tour Reborn" by its organizers. European journalists award him the coveted Vélo d'Or and the USOC elects him athlete of the year.
- ▶ In 2000, he figures as the favorite to win the Tour de France. He takes it again after dominating Marco Pantani on the Hautacam and then letting him win on the Mont Ventoux. He finishes the year beautifully by taking the Grand Prix des Nations, a 78 km time-trial.
- ▶ In the 2001 Tour de France, Lance Armstrong cements his victory by taking stages at Alpe d'Huez, Cham Rouse (the next day), Saint-Lary-Soulan and Saint-Amand-Montrond, a 61 km time-trial. Jan Ullrich, runner-up, finishes 6'44" behind.
- ▶ In 2002, no one can keep up. Armstrong takes the Dauphiné Libéré as a warm-up to the Tour de France. In July, he takes the prologue and two mountain stages before completing his victory in the final 52.5 km time-trial.
- ▶ He wins again at the 2003 Dauphiné. Concerned for the health and image of his sport, he writes to inform both ASO (the Tour organizer)

and the WADA (World Antidoping Agency) of his doubts regarding the performance of the Spanish. In Paris, he beats Jan Ullrich by 1'01" after taking the Luz-Ardiden stage and the team time-trial. With five victories, he ties a Tour record held by Anquetil, Merckx, Hinault, and Indurain.

- ▶ In 2004, Armstrong becomes the first rider in history to win six Tours de France. He finishes 6'16" ahead of Andreas Klöden. He takes six stages in the process. That year is also marked by the appearance of a yellow bracelet on the American rider's wrist. Designed to raise money for his foundation, it is adopted by riders and millions of people across the globe.
- ▶ For his seventh Tour de France in 2005, he breaks the event's speed record with 41.654 km/h. He wears the yellow jersey 17 days. He takes the final time-trial in Saint-Etienne and enters the history books. He retires at the top of his game, and with plaudits from all the greats.
- ▶ Lance Armstrong, youthful retiree, remains an avid athlete. He participates in several marathons. He also remains very active with his Livestrong Foundation, for which he travels the world and gives lectures. Some even claim he aspires to become president of the United States.
- ▶ At the end of 2008, he stuns the cycling world by announcing his return to competition to promote the fight against cancer. He teams up once more with his mentor, Johan Bruyneel, on the Astana team. He begins his come-back on the Tour Down Under, in January 2009. He is slowed down by a fractured clavicle after a fall on the Tour of Castilla and León. He rides in the Giro d'Italia for the first time in his career and finishes an excellent 12th, after having found his rhythm as the race progressed. Despite Alberto Contador's presence on his team, Armstrong is considered the favorite at the start of the Tour de France. But he succumbs to the pressure of his young rivals during the first stage in the Alps. In Paris, he nevertheless finishes third.
- ▶ 2010 marks his 13th and final Tour de France. He falls several times and can do no better than a 23rd place finish.
- ▶ Lance Armstrong ends his cycling career for good during the 2011 Tour Down Under. Then, seemingly tireless, he embarks on a professional triathlete career. At 40, he takes the Ironman, beating the event record in the process.
- ▶ The most tested athlete on the planet, he was never found positive, much to the dismay of his critics.
- ▶ Lance Armstrong is the father of five. He has lived with Anna Hansen since 2004.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 13 appearances, 7 wins (1999 to 2005), 3rd in 2009, 23rd in 2010, 36th in 1996, 3 withdrawals (1993, 1994, 1996)
- ▶ Vuelta a España: 1 appearance, 4th in 1998
- ▶ Giro d'Italia: 1 appearance, 12th in 2009
- ▶ All his results beginning August 1998 through to 2012 have been voided

LANCE ARMSTRONG

would have left Miguel Indurain 2 min 20 sec behind and Jan Ulrich 2 minutes behind at the Metz time-trial.



To move forward on a bicycle, it's necessary to overcome three types of resistance: wind resistance, surface and mechanical friction, and resistance linked to gravity (hills). If we know what the ground is like, if we know atmospheric conditions, and a rider's build, then we can estimate the mechanical power necessary (in watts) to ride at a given speed. Then we have to estimate the average power a rider can generate over a given period to estimate his time over a certain distance.

For the last three years, Predivel software has used mechanical and aerodynamic models associated with physical models to estimate a rider's effort endurance over a given time-trial. The prediction is reliable within 1 % in most cases (less than 30 seconds). For example, the time predicted for Christophe Bassons at the Metz time-trial, was 1 hour 16 minutes and 8 seconds whereas his actual time was 1 hour 16 minutes and 13 seconds at an estimated average power of 384 watts. Recall that Christophe Bassons was a French cap at the World Championships in Lugano in 1996. Predictions of Bassons' times have always been reliable on any number of time-trials (French championships, World Championships in Lugano etc.).

During the Metz time-trial, Predivel made predictions on dozens of riders based on their physical attributes and their results from previous years... Predictions varied wildly. There are those who do much better than expected with already optimal physical attributes (stunning!), those who meet predictions (room for improvement!) and those who don't do as well (encouraging!)

We took an interest in Armstrong's performance in an attempt to explain it. We know his height and weight, which allows us to estimate his Scx (the product of the surface facing wind resistance and the coefficient of air penetration) to be 0.21. The weight of his bike was assumed to be 8-9

kg. Wind resistance (including the wind), friction, and forces of gravity can therefore be estimated perfectly. To achieve a time of 1 hour 8 minutes and 36 seconds at Metz, Predivel tells us that you would have to maintain an average of 450 watts.

If we consider that Armstrong's endurance index corresponds to that of the best riders or runners in the world, we can consider that those 450

watts which he can maintain for more than an hour correspond to an intensity of 89 % to 90 % of his maximum (which can be maintained approximately 7 minutes). As an indicator, consider that few riders in the peloton are capable of maintaining 450 watts beyond 7 minutes (time during which Armstrong could sustain 520 watts: his maximum aerobic power?).

This maximum aerobic power of 520 watts seems outrageous, so we can advance another equally absurd hypothesis: 450 watts of power can be obtained by maintaining 94 % of maximum for one hour, in other words with an effort endurance index that is extraordinary, even never-before-seen as of today. The software also tells us that Armstrong would have left Miguel Indurain 2 minutes 20 seconds behind and Jan Ulrich 2 minutes behind at the Metz time-trial. The calculation also tells us that if the riders had left at the same time, Armstrong would have been 6 km ahead of Christophe Bassons, 5.5 km ahead of Laurent Brochard, and 2.8 km ahead of Chris Boardman, the current hour-

record holder with 56.375 km.

A rider who wants to go fast over a long period of time needs a powerful "engine", optimized oxygen consumption, and phenomenal endurance to deliver maximum power over a given amount of time. New limits for human beings are being established.



Le Monde 17/07/2000 :

Lance Armstrong goes fast but we don't know why

« The Real Story »



Lance Armstrong

In 1993, in order to win a series of three races with a one million dollar purse for whomever could win all three, he signs a pact with a rival team.

In 1995, Eddy Merckx puts him in contact with the notorious Dr. Michele Ferrari.

At the close of the 1996 season, he receives steroid injections to treat chronic back pain. A few days later, he is diagnosed with testicular cancer. On October 28th, during an interview with an Indiana Hospital doctor, he admits having used EPO, growth hormone, cortisone, steroids, and testosterone.

During the world championships in Valkenburg in 1998, Dr. Pedro Celaya, team physician for US Postal, lowers his hematocrit just before a doping test, using a liter of saline solution.

In 1999, as preparation for the Tour de France, he invites certain teammates to consult with Dr. Ferrari. He is not afraid to lend a helping hand and to provide Tyler Hamilton with additional EPO when he is caught short. To ensure the team is discreetly resupplied, he uses a trusted assistant, who follows the race from a distance on his motorcycle.

Every three or four days, Lance Armstrong, Tyler Hamilton and Kevin Livingston take their dose of EPO and testosterone. In Pau, during the day off, and while he holds the yellow jersey, it is revealed he tested positive for a synthetic cortico-steroid with delayed effect during the July 4th prologue. The UCI is lenient and accepts a medical certificate presented after the fact.

The following year, USA Today estimates his earnings to be 7.5 million dollars. He bills 100,000 dollars for his lectures.

With the 2000 Tour de France approaching, rumors swirl about a test capable of detecting EPO. On the advice of Dr. Ferrari, US Postal's climbers update an old-time doping strategy: blood transfusions. 500 milliliters of blood are drawn two days after the Dauphiné finish. The drawn blood, chock-full of fresh red blood cells, is reinjected on the night of July 11th, less than 48 hours before the Mont Ventoux stage that Lance Armstrong gives away to Marco Pantani.

In the Fall, a film made by a France 3 team shows staff members of the US Postal team getting rid of syringes and medication. A preliminary investigation is launched by the Paris prosecutor's office. It culminates in a dismissal.

During the 2001 Tour de Suisse, a sample of Armstrong's urine is declared "suspicious" by the antidoping lab in Lausanne. It is virtually positive. Getting wind of the incident, Armstrong and the lab director meet in 2002, to have the testing methodology developed by the Châtenay-Malabry labs explained to him. To better quiet the UCI, he donates 25,000 dollars to help fight doping. Armstrong admits to having worked with Ferrari since 1995, just before an article in the "Sunday Times" can. According to the official version, he chose to consult with the controversial Italian doctor with the ambition of beating the world hour record.

In 2002, Professor Michel Audran, who has analyzed Lance Armstrong's urine on the Tour manifests his "stupefaction at his urine clarity". He requests DNA identification of the samples, but nothing happens.

In 2003, Armstrong bears down on Filippo Simeoni, calling him a liar. Simeoni dared testify against Dr. Ferrari. The two men sue each other for libel.

In May, Dr. Michele Ferrari draws his blood in Gerona, Spain. Floyd Landis is asked to stay a few days in the Texan's apartment to check the temperature of the blood bags, which are kept in his refrigerator. Just before the Tour de France, Dr. Del Moral reinjects Armstrong with 500 milliliters of blood. During the Tour, two new transfusions (at least) take place on July 11th, before the Morzine stage, and July 17th, before the 47 km time-trial. In addition, Armstrong receives small doses of EPO. That year, Dr. Ferrari receives 475,000 dollars from the five-time Tour winner.

In the Spring of 2004, Armstrong is on his ranch in Texas. He pretends to be away in order to delay a surprise USADA test.

On July 2nd, he pays Ferrari 100,000 dollars.

According to Floyd Landis, Armstrong receives two blood transfusions during this Tour, one of which occurs on the team bus following a stage. Before the Tour, David Walsh and Pierre Ballester publish L.A. Confidential, a book in which they attempt to

demonstrate the doping organized around Lance Armstrong. The two investigators are unable to bring new evidence to light, but manage to string together what is legally termed a body of corroborating evidence.

In March 2005, Lance Armstrong redirects 100,000 dollars from his 14.5 million salary to Dr. Ferrari. In France, a preliminary investigation for suspicion of doping is launched by the Annecy state prosecutor. In the US, he is sued by Mike Anderson, his former personal assistant for "fraud, breach of contract, libel, and intention to cause grievous mental anguish". On the Tour, and according to lawyer Thibault de Montbrial, a police search of the team hotel is cancelled at the last minute. According to George Hincapie, Armstrong "only" received one transfusion. After the Tour, Johan Bruyneel sends George Hincapie to "clean" the Texan's Spanish apartment. Armstrong has returned straight back to the US.

On August 23rd, 2005, Damien Ressayat publishes a resounding scoop in L'Equipe: during the 1999 Tour de France, six Armstrong urine samples contained EPO. A report requested by the UCI attempts to exonerate the American. In a press release dated 27/02/2006, the authenticity of the antidoping reports published by the paper is confirmed by the UCI.

When teammate Floyd Landis tests positive after the 2006 Tour de France, Armstrong leads a crusade against the French lab at Châtenay-Malabry, the very one that performed the 1999 tests.

At the end of 2008, when he announces his comeback, he states his intention to appeal to Nicolas Sarkozy should ASO refuse to let him ride in the 2009 Tour de France. Meanwhile, the AFLD (French Antidoping Agency) offers to run new tests on his 1999 urine samples. He refuses. Armstrong hires the services of Don Catlin, a renowned expert, to develop an internal testing program. He vows the utmost transparency. Ultimately, Catlin does not test him a single time.

On March 17th 2009, Armstrong is tested by the French anti-doping agency at his home in Beaulieu-sur-Mer. He makes the inspector wait nearly thirty minutes. An investigation is launched, but the American is ultimately exonerated by the UCI. During the Tour, the Gendarmes seize IV kits belonging to Armstrong and Contador's Astana team. It is a crime to possess them, but there is no further action. The UCI is accused of having been particularly lenient.

In 2010, he founds the RadioShack team with Bruyneel and pays himself 700,000 euros a month. He brags about having asked for Pierre Bordry's resignation from the AFLD – whose budget has been cut in half – directly to President Sarkozy. In September 2011, Swiss and Italian investigators bring to light financial transactions between Health and Performance, a company tied to Stefano Ferrari, Dr. Ferrari's son, and 20 to 30 high-profile riders including Lance Armstrong (for the tidy sum of 250,000 euros). According to Dr. Ferrari, the riders were paying his son for training programs.

In February 2012, the US Department of Justice closes its investigation of Armstrong. The USADA picks up where it left off. The rest is history. Armstrong is stripped of all his titles since August 1998.

« What he said... »

- **1993** "I'm more meant for one day races. (...) The Tour de France (...) I don't think that's really my line." (L'Equipe, 01/12/1993)
- **1999** "To think that someone like me, who has stared death in the face, is going to dope is just bullshit..." (Le Parisien, 07/06/1999)
- **2001** On working with Dr. Ferrari: "Ferrari has followed me from a distance since 1995, but it's only recently, with the hour record in mind that I met with him more often. (...) I never denied having contact with him, but it's true it was hard for me to talk about because, the minute you say his name, everybody gets the wrong idea. (...) He's been in all the doping investigations ? Who isn't, or hasn't been, been under scrutiny in cycling ?" (L'Equipe 08/07/2001)
- **2003** "[My son's] name is Armstrong, it's a famous name, and the day he goes to school I don't want anyone to say: 'Armstrong, oh yeah! Your dad's a cheater, a guy who dopes!' It'd kill me." (Lance Armstrong, Chaque seconde compte, Albin Michel 2003)
- **2005** On Hein Verbruggen: "A great friend, (...) advocate for the rights of riders. (...) Thank you for everything." (UCI book honoring its outgoing president, 2005, quoted by lemonde.fr)
- **2008** "I'll be totally open with the media. I'll give them my program and there won't be any way to cheat..." (Chicago Tribune, 10/10/2008, quoted by Bruno Jedy and Karim Nejari in Sarkozy côté vestiaires)
- **2010** Responding to new accusations by Floyd Landis in the Wall Street Journal on 03/07/2010: "Landis' credibility, it's like milk that's gone bad: you don't need to take more than one sip to know it's gone bad." (Quoted by lemonde.fr, 03/07/2010)
- **2012** On his first time in public after announcing his decision: "No one should cry about my future, everything's going to be fine (...). My foundation isn't affected by all this noise." (quoted by lemonde.fr, 26/08/2012)

...What they said »








- **1993** Claudio Chiappucci: "He's a weird guy. One day he'll be okay, the next, he won't even say hello. I don't even want to make predictions about his career. One thing's for sure, he'll never win a major Tour." (L'Equipe, 31/08/1993)
- **1996** Laurent Jalabert, former rider: "I appreciate his aggressive style, but he also has his flaws: he has his head in the clouds a little, he thinks he's the center of the universe. He's fake." ("On m'appelle Jaja", Editions Solar 1996, page 189)
- **2004** Jean-Marie Leblanc, former rider: "If I found out that Armstrong's career was a sham, I'd slam the door on cycling. (...) That would mean I don't understand anything anymore about cycling and that I'd have no reason to love or believe in this sport." (Interview with Stéphane Mandard, Le Monde journalist, in 2004)
- **2005** Bernard Hinault, former rider: "The French don't like winners, that's their mentality. (...) Lance Armstrong trains only for the Tour and he wins. He's a pro down to his toes. So he's the one who's right!" (Cyclismag - 02/10/2005)
- **Christian Prudhomme** (Tour de France director): "I don't for a minute doubt the credibility of the L'Equipe investigation. We nevertheless need to confirm, verify, etc. But I repeat, [it's] a real shock [...] But I see a glimmer of hope in it. Today, the people who cheat have to be telling themselves: in a year, two years, in five years maybe, I'll get caught." (23/08/2005, recalled by cyclismag.com 13/05/2009)
- **2008** Johan Bruyneel, his mentor: "We made everyone believe he was so much stronger... I read that he climbed the Alpe d'Huez eight or ten times. Honestly, I never saw it. For the Tour time-trial, he only climbed it one and a half times." (L'Equipe, 12/02/2008, quoted by Pierre Ballester in Tempêtes sur le Tour)
- **2009** (on the come-back) Frankie Andreu, former teammate: "It was a mistake, it was crazy! He revived all the tensions and disagreements he used to provoke. A real tornado. If he'd admitted the hospital story, if he hadn't terrorized my wife and forced her to defend herself, to testify, if he hadn't made this come-back, he wouldn't have so many problems today." (L'Equipe, 18/11/2011)
- **Jean-René Bernaudeau**, Bouygues Telecom directeur sportif: "Comebacks like this are absolutely not my conception of the sport. (...) With Armstrong, you get the impression that everything is easy: he quit three years ago and he comes back like it was nothing. That's not what cycling is." (sport.fr - 10/09/2008)
- **2009** Jean-François Lamour, former Minister of Sports: "The UCI has always protected Lance Armstrong." ("Le sale tour", Editions Seuil 2009, page 144)
- **Jan Ullrich**, former opponent, on Armstrong's performance on the Tour: "I think Lance deserves respect and admiration." (eurosport.fr, 23/07/2009)
- **2011** Jean-Pierre De Mondenard, former doctor, doping historian: "[Armstrong], a small step for cycling, a giant step for pharmacology." (Tour de France - 33 vainqueurs face au dopage, page 15)
- **Thomas Voeckler**, rider: "I have enormous respect for what he did on the athletic level, winning seven Tours de France." (lequipe.fr - 18/07/2011)
- **2012** Christophe Bassons, former rider and Armstrong bête noire: "(...) I'm sad more than anything. That need to feel superior, to crush the competition, it's all tied to stuff in his past." (lemonde.fr, 27/08/2012)
- **Laurent Jalabert**, the day the UCI announced Armstrong's lifetime ban: "Regardless, he's a great champion, he had enormous talent." (RTL,



22/10/2012, quoted by lequipe.fr)

- **Travis Tygart**, USADA director: "Americans are necessarily divided. (...) He was and will be a hero to many. It's a sad destiny. Shattering dreams and legends doesn't get me particularly excited (...) But the facts are the facts." (L'Equipe 24/09/2012)
- **Alejandro Valverde**, rider: "These Tours, he won them with his legs, with his body. No one should think that he didn't suffer to win them. For me, they belong to him." (Marca, 23/10/2012, quoted by rtl.fr, 23/10/2012)
- **Bradley Wiggins**: "Lance Armstrong is like Santa Claus. When you get older you realize that Santa Claus doesn't exist." (lequipe.fr, 24/10/2012)



Alberto CONTADOR	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 2005 31st - 22 years old	Courchevel	337	5,44	369	0:49:28	2
	Galibier	322	5,19	351	0:56:04	3
	No measures with other 2005 col radars: finished too far behind winners					
Romandie 2006 (2nd)	Leysin - 1st	400	6,45	435	0:33:39	1
Tour de Suisse 2006 22nd - 23 years old	Saint Gotthard - 1st	333	5,37	367	0:25:25	3
	Puerto Scandal: Contador disqualified from 2006 Tour de France					
Dauphiné 2007 6th - 24 years old	Télégraphe	371	5,98	411	0:32:15	5
	Forclaz de Montmin	378	6,1	418	0:14:50	2
Tour de France 2007 1st 	Colombière	374	6,03	419	0:23:22	1
	Galibier	373	6,02	410	0:49:10	3
	Beille, 1st (Sprint duels with Rasmussen)	393	6,34	431	0:44:17	2
	Peyresourde (Sprint duels with Rasmussen)	390	6,29	436	0:23:26	5
	Aubisque, 2nd (Rasmussen record)	375	6,05	419	0:31:28	5
	Average	381	6,1	423	0:34:21	
2008 Giro d'Italia 1st - 25 years old 	Alpe di Pampeago	370	5,97	410	0:25:45	2
	Fedaia	372	6	412	0:19:07	5
	Plan de Corones time-trial	369	5,95	408	0:20:48	1
	Monte Pora	372	6	412	0:13:34	3
	Mortirolo	354	5,71	395	0:46:13	2
	Average	367	5,9	407	0:25:05	
2008 Vuelta a España 1st - 25 years old 	Angliru. 1st	391	6,31	433	0:41:40	4
	Fuentes de Invernio- 1st	380	6,13	420	0:25:49	3
	Navacerrada time-trial, beaten by Leipheimer	387	6,24	428	0:33:37	1
	Average	386	6,2	427	0:33:42	
Paris-Nice 2009 (4th)	Montagne de Lure - 1st	387	6,24	424	0:34:20	1
Dauphiné 2009 3rd - 26 years old	Ventoux	356	5,74	395	0:33:32	1
	Izoard	331	5,34	365	0:26:33	1
	Saint François Longchamp	365	5,89	405	0:35:48	3
	Average	351	5,7	388	0:31:58	
Tour de France 2009 1st - 26 years old 	Arcalis	388	6,26	430	0:25:00	2
	Verbier - 1st	444	7,16	491	0:20:55	2
	Petit Saint Bernard	390	6,29	431	0:23:45	2
	Colombière	388	6,26	431	0:22:48	5
	Ventoux	372	6	413	0:50:00	1
	Average	396	6,4	439	0:28:30	
Dauphiné 2010 2nd - 27 years old	Risoul	365	5,89	400	0:34:40	1
	Chamrousse	355	5,73	393	0:39:43	2
	Alpe d'Huez- 1st	380	6,13	395	0:42:20	3
	Average	367	5,9	396	0:38:54	
Tour de France 2010 1st. Disqualified 	Avoriaz	375	6,05	415	0:33:22	2
	Madeleine	356	5,74	394	0:31:21	4
	Bonascres	389	6,27	432	0:24:01	2
	Bales (Schleck's chain slips)	373	6,02	412	0:35:30	2
	Tourmalet (2nd behind Schleck)	389	6,27	431	0:50:00	3
	Average	376	6,1	417	0:34:51	
	Clenbuterol scandal					
2011 Giro d'Italia 1st. Disqualified - 28 years old 	Etna 1st	375	6,05	417	0:48:19	2
	Grossglockner	386	6,23	429	0:20:29	3
	Zoncolan	364	5,87	405	0:41:28	3
	Gardecchia	364	5,87	404	0:21:52	5
	Nevagal TT 1st	391	6,31	433	0:28:00	1
	Average	376	6,1	418	0:32:02	
Tour de France 2011 5th. Disqualified	Luz Ardiden	372	6	410	0:37:59	3
	Beille	362	5,84	400	0:47:15	5
	Galibier	320	5,16	355	0:25:20	3
	Alpe d'Huez (Record attack at Télégraphe)	363	5,85	403	0:41:36	3
	Average	354	5,7	392	0:38:02	
	Suspended					
2012 Vuelta a España 1st - 29 years old 	La Gallina	396	6,39	439	0:21:05	2
	Puerto de Ancares	380	6,13	422	0:25:52	4
	Lagos de Covadonga	400	6,45	444	0:26:05	2
	Pajares	375	6,05	415	0:33:10	3
	Bola del Mundo	348	5,61	387	0:36:17	5
	Average	380	6,1	421	0:28:30	

BEST TOUR DE FRANCE: 2009, 439 watts standard

BEST PERFORMANCE: 2009, VERBIER 20'55» at 491 watts standard



Suspicious



Miraculous



Mutant

« The Legend »



► Born December 6th, 1982 in Madrid.

- In 2002, becomes Spanish under-21 time-trial champion. His climbing qualities earn him the nickname "Pantani" in the amateur ranks.
- He turns pro in 2003 with the formidable Once team, alongside Joseba Beloki, Luis León Sanchez and the brothers Gonzalez De Galdeano. He records his first victory in the Tour of Poland time-trial.
- In May 2004, he suffers a serious fall that may have been caused by a brain aneurysm. He stays in a coma for three weeks and requires surgery to remove a clot in his brain and to repair his fractured jaw. In December, he begins cycling again.
- In January 2005, he takes the fifth stage of the Tour Down Under, then the Catalan Cycling Week. In his first Tour de France, he finishes 31st and is 3rd-best young rider.

- Contador notches a stage victory in the 2006 Tour de Suisse before having to pass up the Tour de France because of the implication of his directeur sportif, Manolo Saiz, and several teammates in the Puerto scandal. The judge in charge of the case files no charges against him.
- In 2007, he joins the Discovery Channel team led by the famed Belgian manager Johan Bruyneel. He takes the Paris-Nice, the Tour of Castilla and León and the Tour de France (with a stage to boot). His talents as a climber and rouleur work wonders.
- In 2008, with the Discovery Channel team disbanded, he follows Bruyneel to Astana. Invited at the last minute to participate in the Giro d'Italia, the team calls on him even though he is out of shape. He finds his rhythm over the course of the race and finally wins, beating out the formidable Riccardo Ricco. The team is not invited to participate in the Tour de France. He makes up for it by winning the Vuelta a España and two of its stages.
- 2009 is marked by the return of the legend, 7-time Tour de France winner Lance Armstrong. The American rider reconnects with his mentor, Bruyneel. Contador dominates the Paris-Nice but is forced to give away the victory. He is nevertheless co-leader in the Tour de France. Despite tensions with Armstrong, the Castilian wins decisively.
- His friend Alexandre Vinokourov, having served his suspension, joins him in 2010 on the Astana team, which Armstrong and Bruyneel have deserted along with several teammates. With a weaker team than the previous year, he takes the Tour of Algarve, the Paris-Nice, and the Tour de France. In September, everyone is stunned

when it is announced that he tested positive for Clenbuterol (0.0000000005 grams) during the Tourmalet stage, after having eaten tainted meat. A protracted legal battle follows. He offers to submit to a lie detector test to prove his bona fides.

► In 2011, after having been exonerated by his federation and despite having been clearly upset by the scandal, he saddles up once more and chases a second victory in the Giro d'Italia. On the Tour, he is hit with bad luck and falls several times. He loses, but not without a certain panache, to Cadel Evans at the peak of his career.

► On February 6th, 2012, the CAS condemns Alberto Contador to two years' suspension (partly retroactive). He is stripped of all his victories since the 2010 Tour de France. After having considered quitting cycling, he returns in August, more motivated than ever. Despite having not ridden competitively for some time, he wins the Vuelta a España. He crosses the finish line making the number "7" with both hands, seven like the number of major Tours he knows he won: "If another number shows up on a piece of paper, that's secondary to me. What matters is what I feel and what remains in spectators' retinas."

FINISHES IN MAJOR TOURS:

- Tour de France : 5 appearances, winner in 2007, 2009 and 2010, best young rider in 2007
- Giro d'Italia: 2 appearances, 2 victories (2008 and 2011)
- Vuelta a España: 2 appearances, 2 victories (2008 and 2012), winner of the 2008 combine.

« The Real Story »

Alberto Contador

starts his professional career in 2003, with the Once team of the notorious Manolo Saiz, the very one who rejoiced in having stuck "a finger in the Tour's ass" by leading a revolt of the Spanish teams during the 1998 "Festina Tour". In January 2005, at the head of a raging team, Contador takes the fifth stage of the Tour Down Under ahead of three of his teammates, just like in the glory days of the Gewiss team when it was treated by Dr. Michele Ferrari. Six months later, he finishes 31st in his first Tour de France. An (anonymous) trainer from his team accuses him in 2012 of having doped with insulin at the time.

Contador remains faithful to Manolo Saiz (whom he presents as a "second father") until 2006, when both find themselves caught in the swirl of the Puerto affair. Even though he appears twice in documents seized in the apartment of Dr. Fuentes, Contador denies having had any contact. He refuses to submit to a DNA test to prove his innocence. Following a ten minute interview, he is granted judge Serrano's leniency. No charges are held against him.

Contador then joins Bruyneel (who is looking for a successor to Armstrong) on the Discovery Channel team. He simultaneously begins working with trainer "Pepe" Marti, who is banned

for life in 2012 for his implication in the US Postal team's doping operation. In the mountains, Contador is the only one able to keep up with Michael Rasmussen, before the latter is disqualified. In the Aubisque, the Spaniard beats the climb record by one minute and twenty seconds, a record previously held by a certain Richard Virenque. Werner Franke, the German antidoping expert, characterizes this victory as the "biggest sham in the history of sports."

In 2008, Contador joins Astana. A poor choice as the team is not invited to the Tour de France given Vinokourov's disqualification the previous year.

At the start of 2009, he still keeps company with the suspended Vinokourov. Company he likely prefers to that of Lance Armstrong, who makes life difficult for him on the Tour de France. Regardless, Contador still wins. He takes full advantage of the UCI antidoping inspector's laxness with regards to the Texan-Spanish duo. The Gendarmes discover IV kits amidst the Astana team's belongings. Their investigation is nevertheless closed. During the Verbier climb, he crushes all his opponents. According to our calculations, his VO2 Max was 99,5ml/mn/kg. "Alberto, prove to me we can believe in you," exclaims Greg LeMond in a Le Monde editorial. "Next question," replies the Spaniard when asked about the topic.

In 2010, the party that follows his third victory in the Tour is cut short in September. He is accused of Clenbuterol doping. 565 days of legal battles follow and result in a (retroactive) suspension of two years and the withholding of his earnings from July 2010 to February 2012. Alberto Contador claims he was contaminated by tainted veal bought in the Spanish Basque country by a friend. The explanation fails to convince the CAS. The CAS furthermore does not admit the hypothesis of a blood transfusion despite the "extremely high concentration of phthalates" in the Spaniard's blood. It favors instead the more classic theory of contamination through dietary supplements. They rely on the athlete's responsibility with regards to what he ingests to justify suspending Contador.

In the meantime, Alberto Contador has left Bruyneel and joined... Bjarne Riis, the former Mr. 60%, with whom he wins the Vuelta a España after having served his suspension. At the finish line, he makes the number "7" with both hands. The same victory sign as Armstrong in 2005. Despite his close ties with Vinokourov and Armstrong, two of Dr. Michele Ferrari's patients, the Spaniard continues to claim he never consulted the Italian doctor.

Editorial

Laurent Joffrin

LIBÉRATION 27/07/2009

Cynicism:

Too fast to be clean... Tour lovers who rejoice to see this year's race escape the opprobrium that struck the previous editions are wrong to cry victory. The speed calculations made by our consultant Antoine Vayer – easily verifiable – demonstrate that the Tour leaders' averages in the main cols are well above normal athletic levels, even at competitive levels. Short of having created a new species of man, the two-wheeled Superman, cycling cannot explain these inhuman performances any other way than by the use of chemical adjuvants. In the "rubber tongue" language which the Tour organizers use, these calculations are refuted by the reassuring tests administrated during the course of the race. A weak defense, given that it is contradicted by experience. Dopers' savoir-faire is always a step ahead of the testers. It generally takes several months to find out the truth and hopefully to discipline cheaters. In the meantime, "Tour magic" – and its profits – will have been protected. In the end, the public has an aversion to looking lucidly upon these road giants who are actually needle giants. Cycling competitions are, first and foremost, competitions of cynicism. Cheating is second nature, at the cost of riders' health. Doping has already committed several murders. But the silence is deafening. What matters, for the EPO profiteers, is that they not kill the goose that lays the golden eggs. Everyone knows what to think of the emperor's new jersey. But no one dares to speak up.

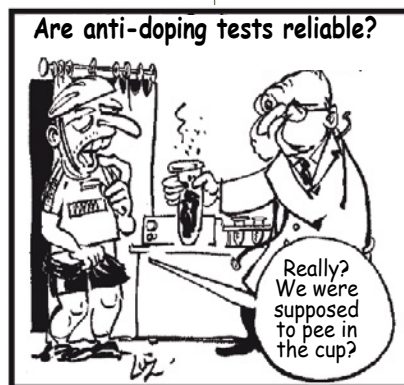
CONTADOR, by Antoine Vayer
kerosene in the veins



Base 10 is the basis for calculations in science. It is used universally by men with two feet on the ground. There are others, Babylonian, Aztec, even Indian for astronomy. Even with your head in the clouds, some points of reference remain and they all bring us back to the fact that $1 + 1 = 2$. There nevertheless exists a "Base Tour", according to which $1 + 1 = 2.6$. A thirty percent increase in twenty years of EPO use delivered a change in the hematological profile, even genetic, which thousands of years had patiently made evolve. What an advance for mankind. Contador's estimated VO2 max (oxygen consumption) after Verbier was 99.5. Impossible, according to studies of human physiology. How can you possibly circulate more than 5 liters of oxygen per minute inside an organism? Short of having kerosene-based blood, which would make a 125 cc bike run like a 1300 cc? Except in "Base Tour" terms, where grown-up children are told the story that we are not those who, on four legs, eat out of a dog dish. Let's compare, in "Base 2009 Giro" terms, Danilo Di Luca, second place at the last Giro, who twice tested positive for CERA (third-generation EPO, which increases the number of red blood cells). He climbed San Luca, above Bologna, in 5' 54" at 21.36 km/h on a 9.7 % grade. This corresponds to six minutes at 100 % MAP (Maximum Aerobic Power), 460 watts, or 7.54 watts/kilo. This would mean a VO2 of 94.5 milliliters per minute and per kilo for Di Luca, to compare against Contador's 99.5. CERA, among other undetectable doping substances and methods, like self-blood transfusion, explain the performance "boost" quite well. Contador is much stronger than CERA in "Base Tour". The three Tour leaders (Contador and the brothers Schleck) managed 440 watts standard for an hour on Wednesday, over the last three cols (Araches, Romme, Colombière) on the way up the Grand-Bornand, dur-

ing the Tour's most difficult stage. This was essentially something we'd never seen before. On the watts side, it's amazing. A human being ascended 1864 meters per hour on a bicycle on an end-of-stage col: Verbier, July 19th. The final count? Eight riders finished the Tour between 410 and 440 average watts on the circuit's most difficult stretches. Like the Ventoux, which the "Base Tour"

turned into a ride through the park, and where the little Schleck's dozen out-of-this-world accelerations (those very same ones that ignited the Rasmussen furor in 2007), all of which were accomplished with his mouth closed, drew little or no attention. It's like Lance's heyday in 2004, his best Tour. With his 2009 potential, he would only have lost two of his seven Tours to himself. He now has opponents who have even crazier legs. For the record: we deem a performance "suspicious" at 410 watts, "miraculous" at 430 watts and "mutant" at 450 watts. During the Festina trial, I was summoned as an expert witness. I talked about what I know: "base 10" and doping. I keep talking with riders about the dangers of using substances. These proofs have been corroborated by confessions, positive tests, and deaths. When will the next "base 10" trial and learning experience, like the Festina trial, happen? We could even use the urine that is stored in France, and which can be legally held for eight years. We could dream of a VO2 max test for Contador, in the courthouse, with an oxycon (mask which measures the amount oxygen exhaled). All on an ergometric cycle equipped with watt-measuring instruments. Laurent Fignon says it's all "bullshit". The fight and campaigns against doping are not handled by independent authorities from the world of sports, like the German Franke or the Italian pontiff of anti-doping, Sandro Donati. We live by the fable, we die by the fable. Especially the clean riders. It helps justify "Base Tour" prices, where the baguette also just went up 30 %.



Libération le 27/07/2009

- “I was at every test, in competition and out, and I have no connection to the Puerto affair. I just found myself in the wrong team at the wrong time.” (27/07/2007 - eurosport.fr)
- “I’m not crazy to the point of asking, when I renewed my contract with Astana, to add clauses stipulating that at the first sign of doping trouble that I would leave the team.” (L’Equipe, quoted by cyclismag.com - 03/10/2010)
- “I’m the victim of an injustice. The people who know me and the people who work with me know I’m innocent (...) (eurosport.fr - 04/10/2010)
- “I won’t ever eat meat again if I don’t know exactly where it’s from. Even if I really like meat a lot.” (eurosport.fr - 04/10/2010)
- “I’ve had about 500 tests in my life, at home, on my birthday, at the movies... Each time, I accepted it because I trusted the antidoping system, but I don’t believe in it anymore. The system is obsolete.” (lequipe.fr, 28/01/2011)
- “I’ve been accused of things that went against everything I was taught from a young age. I did everything to prove my innocence and I don’t understand the CAS’ decision.” (Press conference on 07/02/2012, quoted by sport24.com, 07/02/2012)

...What they said »

► **Johan Bruyneel**, his directeur sportif: “Alberto surprises us. He surprises Lance too.” (quoted by cyclismag.com, le 24/07/2007)

► **Laurent Fignon** on the controversy generated by Greg LeMond: “I think his performances are entirely plausible. There are lots of things which have come to improve performance over the years: the weight of the bikes(...), the roads are much better, they’re often repaved for the Tour de France (...)”

► **Frédéric Grappe**, Française des jeux trainer: “Alberto Contador is an athlete who is evolving, in my opinion, towards an unexplored dimension. Is he an exceptional athlete? (...) His performances have reached unexplored zones given what we currently know. We may be in the presence of an extraordinary champion, stronger than Armstrong, stronger than Indurain?” (La Tribune - 28/07/2009)

► **Greg LeMond**: “I remain skeptical of any performance that seems to be good to be true.” (Le Monde, 23/07/2009)

► **Sylvain Chavanel**, rider: “It’s another story that’s going to hurt cycling. It comes as a surprise, it’s too bad for a rider like him, but that’s the way it goes. Cycling didn’t need this scandal.” (AFP, quoted by sport365.fr, 30/09/2010)

► **Chantal Jouanno**, French Minister of Sports: “The real tragedy for the Tour de France, is that there is suspicion regarding all the winners. We’re often at the line between helping and doping.” (rmc.fr, 06/12/2010)

► **Andy Schleck**: “To me, Contador will always be the winner of the 2010 Tour.” (sport365.fr, 09/11/2010)

► **Angel Juanes**, president of the National Audience, Spain’s highest criminal court: “We note that the rider did not dope and that the amount of Clenbuterol absorbed is so small that it could not have helped improve his performance. (...)» (El Mundo, quoted by ouestfrance.fr 13/02/2011)

► **Jose Luis Rodriguez Zapatero**, Spanish Prime Minister: “[There] does not exist any legal reason to sanction Contador.” (Twitter, 11/02/2011)

► **Laurent Jalabert**, commentator: “Alberto Contador remains regardless of what people may say, a great champion.” (France 3, 06/03/2011)

► **Damien Ressirot**, L’Equipe journalist: “I’ve been handling doping for over ten years across different sports and I’ve never seen so much political meddling in a sports issue(...). I think Spain has a real doping issue, even if Mr. Lissavetzky, State Secretary of Sports, doesn’t agree.” (rfi.fr, 16/02/2011)

► **Christophe Bassons**, former rider: “It’s not normal that a rider suspended two years for doping could come back proudly and win races. Why don’t they own up? Why aren’t they ashamed to have cheated?” (lemonde.fr, 27/08/2012)

► **Jérôme Coppel**, his runner-up on the 2011 Tour of Murcia: “In my eyes, it changes nothing. Alberto is the winner of the Tour of Murcia.” (L’Equipe, 07/02/2012)

► **Eddy Merckx**, former cyclist: “Once again it’s cycling that will pay. I’m disgusted. The punishment is too much. It’s bad for everyone. For cycling’s reputation. For the sponsors.” (sportmagazine.levif.be, 06/02/2012)

► **Rafael Nadal**, tennis player: “There is no absolute proof and they inflict the worst sanction... PATHETIC... I’m behind you, champ. You have my support!” (Twitter, quoted by lequipe.fr, 07/02/2012)

THE MEDIA

“**Contador the Matador**” *L’Equipe 20/07/2009*

“**Cycling takes a turn, an era ends.**” *L’Equipe 30/07/2009*

“**He’s at the same level as Armstrong**” *by F.Grappe. L’Equipe 30/07/2009*

“**Contador, the bird-man**” *.L’Equipe 30/07/2009*

« My opinion on my performance »

Preguntas:

¿Usted utilizó productos o métodos prohibidos durante su carrera deportiva?

En el caso de que la respuesta anterior sea afirmativa, ¿En cuánto estima usted el porcentaje de mejora en su rendimiento?

¿Esta mejora de rendimiento en que aspectos aumentó? (físico, psicológico, técnico)

En el caso de que la respuesta sea negativa, ¿Cómo puede explicar que usted consiguió ganar a corredores dopados?

¿Tiene usted algunos comentarios adicionales sobre éstos asuntos de dopaje/ rendimiento?

Cordialmente.

Alberto declined to respond to the questions asked.



Miguel INDURAIN	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 1990 10th - 26 years old Team Banesto	Le Bettex. Manages to follow LeMond's group	444	5.55	386	00:22:12	3
	Alpe d'Huez. Makes sacrifice in the plain for his leader. Delgado	325	4.06	290	00:55:50	3
	Millau Causse Noire. 2nd in stage behind Lejaretta	477	5.96	434	00:17:55	1
	Luz Ardiden 1st ahead of Greg LeMond. Could have won the Tour	444	5.55	390	00:39:38	3
	Average	423	5.3	375	00:33:54	
1991 Vuelta a España 2nd - 27 years old	Lagos de Covadonga	451	5.64	403	00:22:02	2
Tour de France 1991 1st - 27 years old	Somport. Makes climb slowly	376	4.7	334	00:40:40	2
	Val Louron. 7 hrs with 5 cols. Takes yellow. 5.55 km at 8.38 %: 19'10"	408	5.1	359	00:20:00	5
	Alpe d'Huez. New climb record with Leblanc and Bugno	478	5.98	420	00:39:45	3
	Average. 1st time on Tour that an 80 kg rider is able to climb	421	5.3	371	00:33:28	
1992 Giro d'Italia 1st - 28 years old	Campolongo	469	5.86	415	00:10:56	5
	Monviso (end of climb)	460	5.75	411	00:15:03	1
Tour de France 1992 1st - 28 years old	Marie Blanque	495	6.19	435	00:20:00	1
	Sestrières	418	5.23	372	00:26:34	5
	Alpe d'Huez	430	5.38	383	00:43:33	4
	Average	448	5.6	397	00:30:02	
1993 Giro d'Italia 1st - 29 years old	Pordoi. Last small col at the end of long stage in Dolomites	412	5.15	372	00:31:00	5
	Sestrières time-trial. 1st. Too much wind and not enough grade	X				1
	Oropa. 1st Ugrumov in 25'23" 460w standard. 10.7 km (435 m-1135 m)	505	6.31	447	00:25:58	1
Tour de France 1993 1st - 29 years old	Galibier. Attacks with Rominger, who beats him at Serre Chevalier	446	5.58	395	00:50:00	2
	Isola 2000. Clocked over 13.4 km at 6.3 % (1067-1911) in 34'47"	440	5.5	390	00:41:00	4
	Andorre Pal. Clocked over 8.2 km at 6.65 % (1355-1900). 7 hr 20 mins stage!	467	5.84	415	00:20:57	5
	Saint Lary. Record climb for Jaskula, Rominger, and Indurain	476	5.95	427	00:29:47	5
	Average	457	5.7	407	00:35:26	
1994 Giro d'Italia 3rd - 30 years old	Monte Giovo. 7 hr 43 min Stage. Rain. 12.3 km at 7.59 % (1165-2099)	451	5.64	400	00:35:35	2
	Santa Cristina. Breaks down, Pantani leaves him behind	410	5.13	360	00:25:45	3
	Passo del Bocco time-trial. 14 km at 6.69 %, beaten by Berzin	492	6.15	444	00:34:11	1
	Les Deux Alpes. Fast climb with attacks beforehand in Izoard	533	6.66	480	00:20:40	3
	Average	472	5.9	421	00:29:03	
1994 Tour de France 1st - 30 years old	Hautacam. 2nd behind Leblanc. Distances rivals	530	6.63	470	00:35:26	1
	Luz-Ardiden. Settles for «controlling race»	472	5.9	415	00:37:40	4
	Ventoux. Lets Pantani go it alone before catching up during descent	483	6.04	424	00:47:30	1
	Alpe d'Huez. Finishes 1'40" behind Pantani	481	6.01	423	00:39:30	2
	Val Thorens	478	5.98	442	00:20:40	3
	Avoriaz time-trial. Beaten by Ugrumov who pulls off feats in Alps	490	6.13	433	00:33:24	2
	Average	489	6.1	435	00:35:42	
Tour de France 1995 1st - 31 years old	La Plagne	512	6.4	448	00:45:40	3
	Alpe d'Huez. Incredible feat. 5' less than Fignon in 1984.	500	6.25	448	00:38:10	3
	Guzet Neige. 1'20" behind Pantani, who breaks record	520	6.5	470	00:16:50	2
	Cauterets. Not in the average, climb too short	616	7.7	560	00:11:20	4
	Average	511	6.4	455	00:33:33	
Tour de France 1996 11th - 32 years old	Les Arcs. Surprising breakdown. Loses 3'	414	5.18	365	00:38:44	3
	Val d'Isere time-trial	500	6.25	440	00:33:22	1
	Sestrières	520	6.5	450	00:24:20	2
	Hautacam. Easily dominated by Riis, in the feat of the century	500	6.25	440	00:37:03	1
	Average	484	6.1	424	00:33:22	

BEST PERFORMANCE: 1995, LA PLAGNE 45'40" at 448 watts standard

BEST TOUR DE FRANCE: 1995, 453 watts standard



Suspicious



Miraculous



Mutant

▶ Miguel Indurain won his first Tour de France at age 27 after several years' apprenticeship with Delgado. With Bugno and Leblanc, he improved on Luis Herrera's Alpe d'Huez record by 2'05». Never had such a heavy rider (80 kg) demonstrated such talent in col climbs.

▶ From 1991 to 1995, between the ages of 27 and 31, he consistently improved, developing 453 average watts in 1995. His greatest feat remains his climb to La Plagne that same year, with 448 watts standard over 45'40». On the same occasion, he beat Lauren Fignon's record climb to La Plagne by 5 minutes.



« The Legend »



► Born July 16th, 1964 in Villava (Spain).

Records his first significant victory by becoming Spanish amateur champion at age 19. He turns pro at the end of 1984 with the Reynolds team, which will later become Banesto. He spends his whole career with the same team.

► In 1985, takes the Tour de l'Avenir time-trial, before riding in his first Vuelta a España. He finishes 84th. The next year, he finishes first in the Tour de la Communauté Européenne (former Tour de l'Avenir).

► He then makes a name for himself as a "luxury" teammate, notably with Pedro Delgado, while taking victories like the Tour of Catalonia in 1988.

► At the start of the 1989 season, he wins the Paris-Nice then the Criteriums International. He finishes 17th in the Tour.

► In 1990, he wins the Paris-Nice again, before dominating his Tour opponents in the Pyrénées, where he easily finishes first at the Luz Ardiden summit.

► During his 6th appearance in the Tour, in 1991, he finishes first in the overall standings. He wins the 73 km time-trial ahead of LeMond, then claims the yellow jersey in the Pyrénées.

► In 1992, he wins the Giro on his first time out. In the Tour de France, he takes the yellow jersey right from the prologue. In the Luxembourg time-trial (65 km), he crushes his opponents. "He's not a man, he's a plane!" exclaims Fignon.

► The following year, he manages another Giro-Tour combination, once again building his victories in the time-trials even if he leaves the Tour's last time-trial to Tony Rominger. Indurain is head and shoulders above all other cyclists.

► In 1994, he begins to show his first signs of weakness. Hampered by an allergy, he finishes the Paris-Nice nearly 15 minutes behind the winner, Tony Rominger. In the Giro d'Italia, he finishes behind Evgueni Berzin in the 35 km time-trial. The young Russian prodigy wins the race, ahead of Pantani and Indurain. He gets his act back together in the Tour de France: he wins the long time-trial in Bergerac, then puts on a clinic on the slopes of the Hautacam and Ventoux. Indurain wins in Paris for the 4th time. Piotr Ugrumov and Marco Pantani accompany him on the final podium. In September, he tackles

the hour record at sea-level and breaks the 50 km barrier on the track in Bordeaux.

► Before the 1995 Tour de France, he claims the Grand Prix du Midi Libre and the Critérium du Dauphiné Libéré. In Paris, he adds a 5th (consecutive, no less) victory in the Tour to his name. He joins Jacques Anquetil, Eddy Merckx and Bernard Hinault in total victories. He completes his season with a flourish, becoming world time-trial champion.

► In the 1996 Tour de France, the Indurain machine sputters. On the climb to Les Arcs, he loses over three minutes to the top riders. The next day, in the time-trial, he can do no better than fifth, more than a minute off Berzin's time. Worse, during the Hautacam climb, he is humiliated by a near-unknown, Bjarne Riis, who flies unstoppably to a stage and overall victory. Indurain is 11th in Paris. During the Vuelta a España, the three Swiss, Zülle, Dufaux and Rominger take the top three spots. Miguel Indurain had given up long before.

► On January 2nd, 1997, he announces his retirement.

FINISHES IN MAJOR TOURS:

► Tour de France : 12 appearances, 5 victories (1991 to 1995), 10th in 1990, 11th in 1996, 17th in 1989, 47th in 1988, 97th in 1987, 2 withdrawals (1985, 1986)

► Vuelta a España: 8 appearances, 2nd in 1991, 7th 1990, 84th in 1985, 92nd in 1986, 4 withdrawals (1987, 1988, 1989, 1996)

► Giro d'Italia: 3 appearances, 2 victories (1992, 1993), 3rd in 1994

« The Real Story »

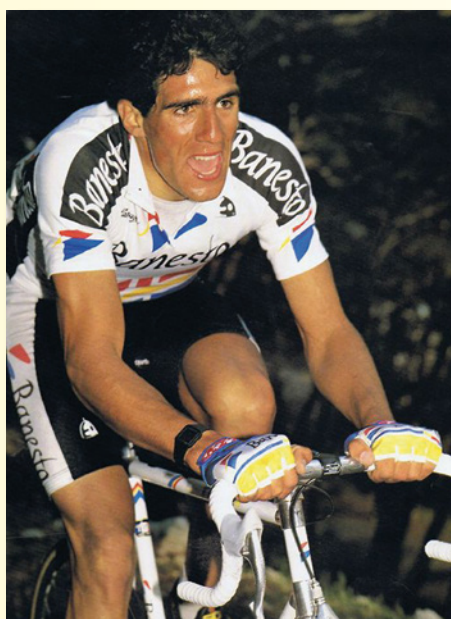
Miguel Indurain

In 1986, Miguel Indurain is given exams in Italy, at the Ferrara clinic, headed by Dr. Conconi.

The Italian physician handled the second half of Francesco Moser's career and helped him beat the world's hour record by modernizing blood transfusions. The Spaniard returns with a five year plan officially based on specific training and weight loss: at the time, Indurain weighs 90 kg.

Five years later, in 1991, Indurain is an entirely different rider. A few months earlier, he has begun working with Dr. Sabino Padilla. His exams are excellent, better than Delgado's. He wins his first Tour. The previous year's winner, Greg LeMond, is at a loss: "Speeds that had never been reached before became the norm. Good riders certainly, but not born champions, started dominating the sport. Those who had been at the top until then, were suddenly too old, too fat or too lazy to stay at the top", he writes in 2009.

On May 15th, 1994, Miguel Indurain tests positive in France for Salbutamol, asthma medication, better known under the name Ventolin. In September, Indurain is exonerated by the French Professional Cycling League's disciplinary committee, made up



of Pierre Chany (L'Equipe journalist, of the Amaury group, like ASO, the Tour de France organiz-

ers), Cyrille Guimard (directeur sportif), Thierry Cazeneuve (Dauphiné Libéré organizer) and Jean-François Lachaume (lawyer). He benefits from the ambiguity of the rules: Salbutamol is authorized in certain cases in France and by the International Olympic Committee (IOC), and without any restrictions by the Union Cycliste Internationale (UCI). In 1995, the Banesto team hires a French rider, Thomas Davy. Deposed during the Festina trial, he testifies that he took EPO, and Pantestone capsules, like all the other riders on the team during big races. Dr. Padilla supplied the substances. At the end of the 1995 season, Padilla leaves Banesto. On January 3rd 1996, Jose Miguel Echavarri, the team manager, travels to Milan looking for a new physician: "(...) Sabino Padilla left a void. (...) We have to find a new doctor, be it in Spain or in Italy, but probably at the University of Ferrara." Just like Greg LeMond in 1991, Miguel Indurain is also passed by a new generation of riders on the 1996 Tour de France. He no longer has what it takes. At the end of the season he ends his career.

In 2009, Indurain is selected by the European Commission to promote organically-grown agricultural products.

Editorial

MONDE-EDITORIAL

The real nature of the Tour

No flowers, no wreaths. There was no one to greet or regret the forfeit of Christophe Bassons, Tour de France rider so full of illusions that he thought he could change the international peloton's mores. No one. No condolences. Quite the contrary. Not one of the interviewed riders had a single word of sympathy for this young man who fell on the battlefield of honesty, carrying a still noble vision of his sport, when he announced he was pulling out of the competition on the morning of Friday July 16th at Saint-Galmier, at the start of the twelfth stage of the 86th Tour de France. Not even in his own Française des jeux team, where they were beating him cold and where today they fault his "cowardice". "Clowned", marginalized, pushed around, threatened, he finally gave up. Not out of physical fatigue. Out of psychological fatigue, out of too much solitude. The name of the peloton's godfather is Lance Armstrong. The day before yesterday, the yellow jersey, the one who is crushing the Tour with insolent domination, had come up on him during the race and told him bluntly it would be preferable, and in his own best interest, that he shut up once and for all. Bassons had written about the incident in his daily column in *Le Parisien-Aujourd'hui* and which everyone held against him. It was his last column. Now Armstrong says: "It's better for everyone that he went home." Everything is back in order. And so, in the plain light of day, the real nature of the Tour becomes apparent. From the start, one could feel a certain lack of motivation on the part of the authorities to follow through on their operation "clean hands". Something happened, evidently, between the moment when the Société du Tour de France announced the list of those excluded from the competition and the UCI (Union Cycliste Internationale) ordered the inclusion of some of the banned. Since then, every one is keeping their head down. Even Jean-Marie Leblanc, director of the Société du Tour de France, the very same one who stated that Virenque "was not welcome" on the Tour and who today shakes his hand while wishing him good luck. Jean-Marie Leblanc goes jogging with Hein Verbruggen the shady head of the UCI, and who henceforth warns the press against turning Bassons into a martyr... But we'd been told that the Société du Tour was an independent and sovereign organization, in charge of its own code of ethics. Today, the UCI is making all the calls on the Tour. The chaos is over, as are all these stories about ethics, morals, "Tour Reborn", "clean" riders, transparency. All those big words we were weak enough to believe, for a brief moment, were sincere. How naïve! The way Bassons was treated is perverse to the extent that it casts more doubt on the entire peloton, including on those, and they do exist, who decide to ride "clean".

18/19 July 1999

QUESTIONS For The Winners

by Antoine Vayer *

ANALYSIS: What is the right pace? Is it enough to denounce doping once a month (except in July) ?



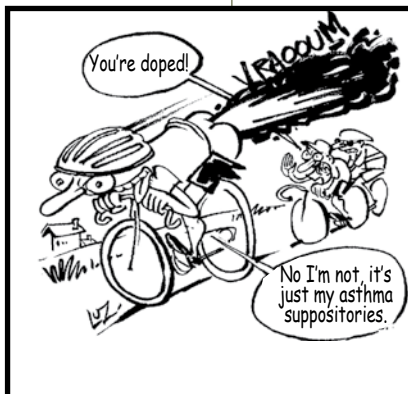
Could we expect anything other than for the "ugly duckling", Christophe Bassons, the one with Indurain for a hero and the defenseless victim, to quit? No.

Over the course of the day, on Monday July 19th, a day "off", his case will fuel discussion and draw all kinds of ire. In the "world" of cycling, the ill wind never fails to knock down the trees that stand too tall. After which, they're cut, crushed, burned, and buried, with the abuse being justified by blaming the tree trunk in front of the witnesses. Then they say: "What a shame". You don't have to take their word for it. Here's

the thing, and now we're sure of it: the members of the "cycling family" confirm the Peter Principle – an ambitious man always rises to the level of his incompetence, the one where he will exert the worst possible influence – by way of anguish towards and then violent rejection of a 25 year-old man who spoke frankly and openly. Could we expect anything less? No. Add to that some actual jealousy, a couple doses of paranoia, a hint of psychopathy and you get the – explosive and disgusting – cocktail, which led to Christophe Bassons' departure. Could we expect anything other than the violence of the silence and solitude endured for eleven days and eleven nights (including one filled with tears), up until this forfeit? No. In terms of doping, can we expect to replace urgency and radicalism with leniency and patience? No. Yet it's what we're doing. From there, can we be surprised by the growing suspicion with regards to the performances of some of the riders of this 86th Tour de France and the na-

ive optimism of their managers. No ? Finally, how can we not expect the death of a magnificent sport (please read "sport" and not "circus act") which bears the name of cycling, if we leave its elite in the hands of a few, whose acknowledged behavior instills fear? Given these conditions, can we expect anything other than anger from those who subscribe to the philosophy of that rider, who, up until Friday July 16th, wore number 152? No. It won't be long before it explodes. "Every day, it's painful" said a rider on a television show when they asked him to explain the peloton's bitterness towards Christophe Bassons and the impact of his repeatedly stated position. What's the right pace, then? Is it enough

to denounce doping once a month (except in July, because people are on vacation, and you can't get in the way of their dreams, besides which, the spectacle of a rider hurtling through a stage like a cruise missile is a sight to behold that nothing should come and spoil)? Once a year? Once a century (preferably the 21st)? Such a pace would allow one to fully appreciate – i.e. without thinking – Lance Armstrong's final victory and Richard Virenque's mountain triumph. On Monday, the teams will begin their circus of alliances again, before the Pyrenees, and the race organizers will do their elaborate dance, they who see Christophe Bassons' forfeit as an excellent reason to drop, ever so discreetly, the price per kilo of integrity, just to make it even less attractive. The habit of secrecy spares none once you belong to a system whose chief source of energy is games of power.



19-07-99 Le Monde

- **“If I slip into the decisive breakaway and I have to pay the others to win in Paris, I won’t hesitate.”** (Sport 90, 03/07/1991, quoted in 33 vainqueurs face au dopage - Jean-Pierre De Mondenard - Editions Hugo & Cie – 2011 – page 219)
- **On L’Equipe’s revelation that Lance Armstrong’s urine from the 1999 Tour de France contained EPO:** “It seems unhealthy to unearth tests performed years ago. I find it very strange and I wonder if it’s legal to keep those samples. (...) Everything that has to do with Armstrong is good for the media, but the real question is whether it’s true or not. There are real doubts about the reliability of these tests (for EPO) and there are doubts about all of this affair.” (dnet.be, 23/08/2005)
- **On Lance Armstrong:** “Until now I have believed in his innocence, he always passed every test. And all the lawsuits he faced, he won.” (Radio Marca, 23/10/2012, quoted by eurosport.fr, 23/10/2012)

... What they said »

► **Laurent Fignon**, cyclist: “He’s not a man, he’s a plane!” (1992, quoted in *Campionissimi*, Jean-Paul Vespini, page 174)

► **Christophe Bassons**, cyclist, to the question “Did you have heroes?": “Just one: Miguel Indurain, because he won his first Tour de France when I started cycling.” (humanite.fr, 13/07/1999)

► **Bernard Hinault**, former cyclist: “The day Miguel Indurain lost 4 kilos, is the day he won the Tour de France” (L’Equipe, 18/07/2007, quoted by Jean-Pierre de Mondenard in *La grande imposture*, page 161)

THE MEDIA

“Chevalier de la légion d’honneur” (20/11/1993)

“Vélo d’Or” (*Vélo Magazine* ranking) 1992, 1993

“Indurain: one day it will be his Tour.” – *La France Cycliste*, 15.07.1990

“A biological phenomenon.” – *L’Année du cyclisme 1993*. – Paris, éd. Calmann-Lévy, 1993.

“Indurain in a class of his own.” – *Le Dauphiné Libéré*, 21.07.1993

“Indurain, a cannonball like none other.” – *Libération*, 12.07.1994

“What’s behind the Indurain mystery?” – *L’Équipe Magazine*, 1996

« My opinion on my performance »

Hola,

Usted forma parte de unos retratos que vamos a publicar en una revista. En éstos retratos hablamos de la mayoría de las grandes actuaciones que usted realizó a lo largo de su andadura deportiva, especialmente en la montaña.

Usted ha hecho ciclismo, o lo sigue haciendo, deporte donde la cultura del dopaje ha sido fuerte, quizás una cultura generalizada. Usted logró un nivel deportivo que le permitió ganar a corredores que han admitido haberse dopado, y que han cuantificado el aumento de su rendimiento gracias al dopaje. Por lo tanto, le damos la oportunidad de contestar plenamente y sinceramente a nuestras preguntas sobre su persona en nuestra revista. Usted puede responder a las preguntas o hacer un comentario sobre el tema. Lo que usted nos envíe será publicado.

Preguntas:

¿Usted utilizó productos o métodos prohibidos durante su carrera deportiva?

En el caso de que la respuesta anterior sea afirmativa, ¿En cuánto estima usted el porcentaje de mejora en su rendimiento?

¿Esta mejora de rendimiento en que aspectos aumentó? (físico, psicológico, técnico)

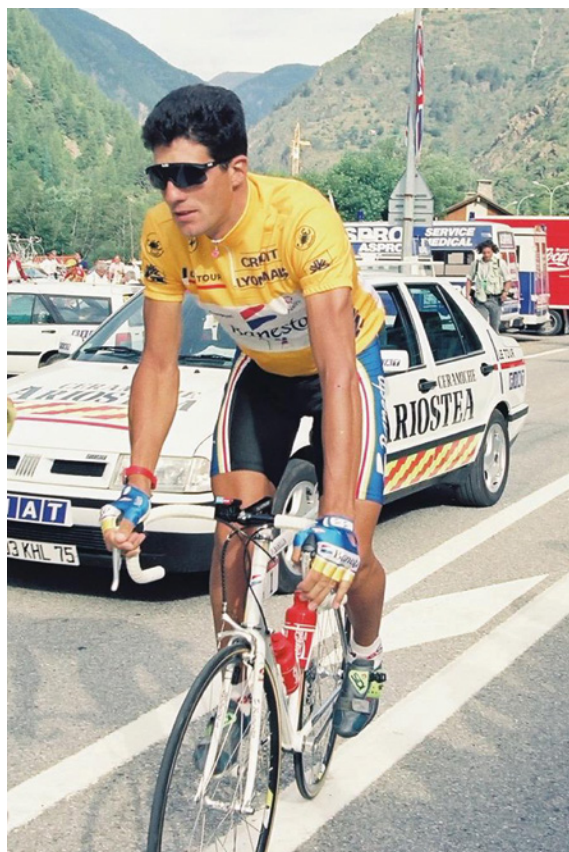
En el caso de que la respuesta sea negativa, ¿Cómo puede explicar que usted consiguió ganar a corredores dopados?

¿Tiene usted algunos comentarios adicionales sobre éstos asuntos de dopaje/rendimiento?

El Sr. Antoine Vayer es el encargado, por parte de la revista, de la parte de interpretación del rendimiento. Está disponible para aportarle información de lo que aparece en la revista y sobre las preguntas formuladas.

Cordialmente.

Miguel declined to respond to the questions asked.





Ride harder.

Punish your bike, not your body. SKINS Cycle gear with BioAcceleration Technology™ increases power, endurance and recovery, while the revolutionary cut provides greater movement and reduced friction. Specifically designed ranges for men and women use an Elastic Interface Technology chamois, giving you perfect weight distribution for longer, comfortable rides. And our reflective strips enhance your visibility to drivers. Not that they'll keep up.





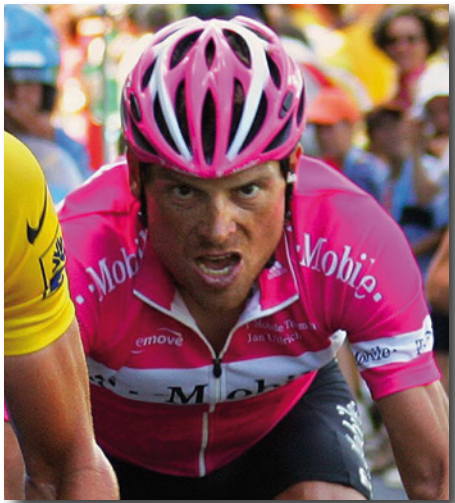
Jan ULLRICH	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 1996 2nd - 23 years old Team Deutsche Telekom	Les Arcs	424	5.81	410	00:35:20	3
	Val d'Isère Time Trial	450	6.16	435	00:33:30	1
	Sestrières	467	6.4	450	00:24:30	2
	Hautacam. Ship-shape! Takes St Emilion time trial	469	6.42	455	00:36:10	1
	Average	453	6.2	438	00:32:22	
Tour de Suisse 1997 3rd - 24 years old	Kandersteg. 1st. Solo	X				2
	Bosco Gurin. «Prepares». not at peak capacity	401	5.49	388	00:43:37	3
Tour de France 1997 1st - 24 years old 	Azet	431	5.9	416	00:28:50	4
	Arcalis 1st. Incredible!	494	6.77	474	00:22:55	5
	Croix de Chaubouret time-trial 1st. Incredible! 3' ahead of Virenque!	495	6.78	494	00:29:02	1
	Alpe d'Huez. Nice climb behind Pantani	465	6.37	455	00:37:40	1
	Courchevel. Long breakaway with Virenque. «Sells» stage.	387	5.3	374	00:48:45	3
	Joux Plane	451	6.18	433	00:33:50	4
	Average	454	6.2	441	00:33:30	
Tour de France 1998 2nd - 25 years old	Peyresourde	450	6.16	435	00:24:05	4
	Beille	436	5.97	422	00:45:10	4
	Les Deux Alpes. Breaks down. Loses 9' to Pantani. Cold and rainy	359	4.92	350	00:26:20	2
	Madeleine 1st. Record climb with Pantani tailing.	463	6.34	446	00:52:50	2
	Average	427	5.8	413	00:37:06	
1999 Vuelta a España 1st - 26 years old 	Angliru. 9.6 km at 10.92 % 48' in the rain. 1st climb to Angliru	381	5.22	368	00:40:05	3
	Arcalis	X				3
	Rassos de Pegueira. 5th place for stage	446	6.11	432	00:43:51	1
	Abantos. In trouble. 460 watts (12'). shelf. 420 watts (13') high.	456	6.25	440	00:28:20	3
	Average	428	5.9	413	00:41:58	
Tour de France 2000 2nd - 27 years old	Hautacam. Easily beaten by Armstrong	430	5.89	409	00:39:45	3
	Ventoux. Left behind by Armstrong and Pantani over last kilometers	436	5.97	414	00:49:30	1
	Izoard	458	6.27	436	00:32:20	3
	Courchevel. Again left behind by Lance Armstrong	418	5.73	399	00:46:55	3
	Joux Plane. Catches up to Armstrong, who has unexpected breakdown	450	6.16	428	00:34:40	4
	Average	438	6	417	00:40:38	
Tour de France 2001 2nd - 28 years old	Alpe d'Huez. Gives up 2' to Armstrong who took off like jet plane	442	6.05	423	00:40:00	3
	Chamrousse time-trial. Finishes 2nd behind unstoppable Armstrong	449	6.15	431	00:48:35	1
	Bonascre. Left behind in last kilometers by Armstrong	463	6.34	446	00:23:30	3
	Pla d'Adet. Attacks at Peyresourde. falls during descent. 1' behind LA	437	5.99	420	00:30:48	6
	Luz-Ardiden. Finishes stage even with Armstrong	427	5.85	410	00:38:30	3
	Average	444	6.1	426	00:36:17	
Tour de France 2003 2nd - 30 years old Team-Coast / Team Bianchi	Ramaz. Stays in main leaders' group	437	5.99	419	00:37:20	2
	Alpe d'Huez. Out of shape...	408	5.59	391	00:42:46	2
	Bonascre. Leaves Armstrong behind and improves in the overall	466	6.38	448	00:23:18	2
	Peyresourde. Doesn't make up a single second on Armstrong	461	6.32	443	00:32:00	6
	Luz-Ardiden. 40» behind LA. Tourmalet record beforehand...	454	6.22	436	00:36:13	3
	Average	445	6.1	427	00:34:19	
Tour de France 2004 4th - 31 years old T-Mobile	La Mongie. Not great in Pyrénées. still behind LA	427	5.85	408	00:25:45	2
	Beille	399	5.47	387	00:48:22	6
	Chalimont. Attacks in Echarasson with 425 watts. 32'. Is caught	406	5.56	392	00:19:05	3
	Alpe d'Huez time-trial. Finishes 2nd behind unstoppable Armstrong	460	6.3	441	00:38:40	1
	Croix Fry	430	5.89	415	00:29:30	5
	Average	424	5.8	409	00:32:16	
Tour de France 2005 3rd - 32 years old	Courchevel. In trouble. not a good day.	427	5.85	407	00:45:04	2
	Galibier	410	5.62	390	00:51:20	3
	Bonascre. Dominated by Armstrong and Basso in the Pyrénées	469	6.42	447	00:22:13	2
	Saint Lary	436	5.97	401	00:31:58	6
	Aubisque	447	6.12	425	00:35:51	3
	Average	438	6	414	00:37:17	
Tour de Suisse 2006 1st - 33 years old	Albula. 3rd place in stage. 13.2 km at 7.04 %.	420	5.75	406	00:35:38	3
	Saint Gotthard. Last big col prior suspension Puerto	397	5.44	383	00:24:31	3

BEST PERFORMANCE: 1997. ARCALIS 22'55» at 474 watts standard
BEST TOUR DE FRANCE: 1997. 440 watts standard

Suspicious Miraculous Mutant

▶ Jan Ullrich broke out very early, at age 22, in 1996. He was seen as a rider with great potential in races run in stages. He already averaged 438 watts of standard power on the last climbs of mountain stages. He confirmed the following year by winning the Tour with 440 watts on average and with two record-setting athletic performances at Arcalis (474 watts), then on the climb to Croix de Chaubouret (494 watts) during the Saint Etienne time trial. After 1998, he failed to deliver similar performances. He came close once in the Pyrénées during the 2003 Tour.

« The Legend »



- ▶ **Born December 2nd, 1973 in Rostock (DDR),** Jan Ullrich is raised by his mother.
- ▶ Starts competing in 1983 and takes his first race at age 11. In 1987, enters the SC Dynamo Berlin's National School for Sports, which trains the future elite athletes of East Germany. After the fall of the Berlin Wall in 1989, he joins the RG Hamburg team. In 1993, he becomes world amateur road cycling champion.
- ▶ The following year, he turns pro, joining Walter Godefroot's Deutsche Telekom team. In his first year as a professional, he finishes 3rd in the world time-trial championships.
- ▶ In 1996, he lines up for his first Tour de France.

He attracts attention by finishing 2nd in Paris, less than 2 minutes behind his leader, Bjarne Riis. He wins the final time-trial, dominating Miguel Indurain.

- ▶ The next year, wearing the German champion's jersey, he wins at the Arcalis summit and then, again, a few days later in the 55 km time-trial around Saint-Etienne. In Paris, he is more than 9 minutes ahead of Richard Virenque and more than 14 minutes ahead of Marco Pantani. At the end of the season, he is awarded the Vélo d'Or.
- ▶ After donning the yellow jersey after the time-trial, he loses nearly 9 minutes to Marco Pantani at the Deux-Alpes on the '98 Tour. He is unable to change the tide and finishes 2nd in Paris.
- ▶ In 1999, while preparing for the Tour de France, Jan Ullrich injures himself in the Tour de Suisse. He is forced to pass up on the Tour. He saves his season by taking the Vuelta a España and becoming world time-trial champion.
- ▶ In July 2000, Lance Armstrong leaves him no chance. During the Hautacam stage, the American grabs the yellow jersey. Ullrich must settle once more for second place. In September, he is gold medalist in road cycling, then silver medalist in the time-trial.
- ▶ During the 2001 Tour de France, he is runner-up for the fourth time, once more dominated by Armstrong. At the end of the season, he once again takes the time-trial world championship.
- ▶ After being injured in 2002, he starts fresh in 2003, with the Coast team, which becomes, in the middle of the year, the Bianchi team. During a Tour de France marked by a heat wave, he

gives Armstrong cold sweats, notably by taking the time-trial between Gaillac and Cap Découverte. The battle is ferocious in the Pyrénées, where the two men beat the climb record on the Tourmalet. Armstrong takes the lead near Luz Ardiden. Despite a final very close time-trial in which he falls because he didn't follow the signs, he finishes runner-up once more at the race's end.

- ▶ He returns to the T-Mobile team in 2004 (the new name for the Deutsche Telekom team). He wins the Tour de Suisse. But finishes just 4th in Paris.
- ▶ In 2005, he finishes 3rd in the Tour, behind Armstrong and Basso.
- ▶ In 2006, he wins the 50 km time-trial on the Giro, but withdraws two days before the finish. He then wins the Tour de Suisse. The Puerto scandal breaks a few weeks before the start of the Tour de France. His name appears in the investigation's documents. On February 26th, 2007, he is teamless and retires from cycling for good.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 8 appearances, 1 win (1997), 2nd in 1996, 1998, 2000, 2001 and 2003, 3rd in 2005 (now stripped), 4th in 2004
- ▶ Vuelta a España: 3 appearances, 1 win (1999), 2 withdrawals (1995, 2000)
- ▶ Giro d'Italia: 2 appearances, 52nd in 2001, 1 withdrawal (2006)

« The Real Story »

Jan Ullrich

is hired in 1994 by Walter Godefroot's Deutsche Telekom team. Godefroot is a former rider who was involved in doping scandals four different times between 1967 and 1974 . He finishes 2nd in the 1996 Tour de France behind his leader Bjarne Riis, and is characterized by Jef D'Hont, team trainer from 1992 to 1996, as "addicted to EPO". But it's really the whole team that runs on EPO as Riis, Zabel, Aldag, Dietz and Henn admit in 2007. The two doping doctors will continue working until 2007. According to Jef d'Hont, Jan Ullrich received 30,000 units of EPO on the Tour de France on the basis of one 2,000 unit injection every two days . In 1997, the Telekom riders are still EPO-powered. Ullrich wins the Tour de France, beating out Richard Virenque, who buys the Courchevel stage from him for a mere 100,000 francs . Some time after the Tour, Ullrich has a scare. His hematocrit, as measured by one of his trainers, is well over the 50 % limit set by the UCI. In 1998, the Telekom riders are thought to have used no less than 22 different performance-enhancing substances . On June 6th, 2001, during the Giro, the Carabineer perform a search of the hotels and vehicles of the event's 20 teams. Fourteen

different substances, including nine that are forbidden or subject to restrictions, are seized in Jan Ullrich's room. Several other riders and Telekom teammates are also implicated. Ullrich produces medical certificates justifying his use of substances to treat the asthma and allergies he claims he suffers. The German federation exonerates him. While he is out of competition following knee surgery, a surprise antidoping test, performed on June 12th, 2002 in the wake of a drunk-driving accident, reveals traces of amphetamines in his urine. He explains that he is depressed and that he took two tablets of ecstasy in a nightclub. He is suspended 6 months and is given a "five-figure" fine by German authorities. In 2003, he begins working with the notorious Dr. Cecchini, friends with another physician, Dr. Eufemiano Fuentes, whom Ullrich also consults. He pays 24 visits to the Spaniard between 2003 and 2006, 15 of which occur between February 2005 and May 2006. Rudy Pevenage, in the meantime, makes 15 visits to Fuentes in Madrid between 2003 and 2006. In 2004, Ullrich pays 25,000 euros to Dr. Fuentes , who appears in the rider's phone under the charming name of Astérix. For the 2005 Tour de France, Jan Ullrich benefits from a preparation program by Dr. Fuentes that is fit for a king: "preparation for six days of

hormones, insulin, cortico-steroids, and testosterone, treated blood" says the Spanish doctor's planner under the heading "Jan". Meanwhile, Ullrich is treated by Telekom's doctors, Heinrich and Schmid, at the Freiburg clinic, where he checks in under the pseudonym of "Maier Ulrich, born 02/12/1937" (he was born 02/12/1973). Ullrich celebrates the 2006 New Year by wiring 55,000 euros to Dr. Fuentes on January 1st . Fuentes is arrested May 23rd by the Guardia Civil. It is the beginning of the Puerto scandal. Ullrich shows up in Dr. Eufemiano Fuentes' notebooks under the names "Jan", "N.1" and "Hijo de Rudicio" (son of Rudy [Pevenage]) or even under his real name in a fax. He is associated with a list of substances such as blood (for transfusions), growth hormones, IGF-1 and testosterone patches. After several weeks of back and forth, Ullrich submits to a DNA test in January 2007. It confirms that the nine blood bags found with Dr. Fuentes are his. For Jan Ullrich, it is the beginning of a long legal battle with multiple fronts. Ullrich ultimately pays a six-figure fine in exchange for having the Bonn prosecutor drop all charges. In February 2012, the CAS closes the sports end of the case. He is suspended two years beginning 22/08/2011 and is stripped of all of his results from May 2005 on. Ullrich reticently admits having been "in contact with Dr. Fuentes". In 2009, Ullrich promises to explain everything

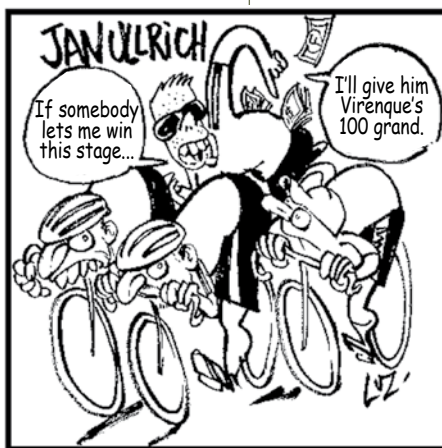
DAMN IT! THEY'RE GOING TO CLAIM it's not a fair sport again

by Antoine Vayer



Who will break Armstrong's 42 km/h average speed record from last year's Tour? And when? That's the question that was being asked in June by a few specialized magazines, with the usual intellectual deception to back it up. How? Well, as usual: by minimizing the fantastic effects of doping on performances and by granting magical virtues to training techniques that have been theoretically optimized. The doctors have been the real Tour winners since 1991: Sabino for Miguel, Luigi for Bjarne and Jan, Michele for Lance. They know that it's during sleep that substances can really achieve their biofunctional adaptations. Pharmacy alone can result in monstrous VO2 max at 95ml/ml/kg and an unthinkable output index of 26 %, which solves the records equations. What do they claim? That the human race has made unbelievable progress. And that it should come as no surprise that a man's jaw can grow in size without growth hormones. That the Department of Transportation is responsible for these speeds, thanks to roads that are like velvet and reduce wheel friction. That wind tunnel tests transformed riders into giant suppositories able to cut holes in the air. Or that equipment, having significantly improved, allows a rider with a tail wind to travel at the same speed as a trim ran with full sails. Let's be serious: take away one kilo on a slope like the one at Alpe d'Huez and you only gain twenty measly seconds, and the minimum legal weight for the bikes is 6.8 kg. The cycles are weighed, but no one measures the effect of the media "masks" that are served up to the laymen. Everything had been printed before the "Puerto" operation. The reports on Ullrich, Basso, Vinokourov filled newsstands. It was after the "Spanish Waterloo", after the banning of all those favorites, who kept the pace and filled up the pages, after a century of inept results born of doping that went hand in hand with this discipline. And yet, everyone is looking for other unknown markers. For authentic physiological bench-

marks. We ascribe them to values. How obscure. Those of a real sport that has become transparent, healthy, exemplary? We laugh skittishly. We take out our calculator. Taking fatigue into account, what do you get from 85 VO2 max and 22 % output? Not 50 km/h on a time-trial with wind like the one in Rennes on Saturday. And yet, you do. Who was it? Honchar. 36 years-old. Huh? Him! Everyone's confused. Starting with the disappointed teenagers, who don't know any of the winners anymore. Then we saw "the Tour without Ullrich, it's like Paris without the Eiffel Tower" on the roads. The Tour without its famous newspaper-selling cheats, is like a kiss without a mustache. The Tour is now run at an average speed of 43 km/h. It's the same as "before", in 2004 or 2002, at the same distance from the finish as a Tour that also ran counterclockwise. They talk about hitting the brakes, not slowing down. Reassuring, worrisome? Lance, the former space shuttle Discovery, hasn't quite lifted off. Landis (Phonak) is OK. The Telekom are "kolossal". What was Jan for? What was doping for? The old guard know that you make good soup in the oldest pots. The prep phase treatments last at least two weeks. Who will have fresh blood? Who will dare? The French are still just as poorly ranked. The difference grows more and more obvious. Dammit. Everyone's going to say it's an unfair sport! At least we know the benchmarks. See you Wednesday, at the top of the first one, an exceptional col, le Soudet's western face: 14.7 km at 7.3 % grade. Going the other way, the record belongs to Hamilton, Olympic gold medalist and the first rider to get nabbed for a self-transfusion. He pulled off his "feat" in 2003 on an unreal solo ride, in 40 minutes, at 22.05 km/h, for a climbing speed of 1625 m/h. He reached Bayonne first... with a broken clavicle! The magazines raved and waxed on an unimaginable feat. Now they're going to climb the other side. Cycling is a sport that can handle certain mathematical comparisons, even going the other direction.



Libération 2006

- **1998** When asked about a possible positive test: "It would be the end of everything. That would mean that all of my results would be reduced to nothing. Everything would be suspicious and I have a hard time seeing how I could continue my career. Everything would probably end there." (L'Equipe, 07/01/1998, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage, page 251)
- **On Bjarne Riis and the suspicion surrounding him:** "To me, there's no question (...). I got to know him during those years. My conclusion is that he's clean." (AFP, 31/07/1998, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage, page 229)
- **1999** "I'm upset that they're suspicious of me, because I only have one secret: training and a healthy lifestyle." (L'Equipe, 08/06/1999)
- **2001** "I'm asthmatic and I need sprays and pills for treatment, and cortisone when it gets worse. But it's not a problem, it's in my health records. And not only does my doctor know, but the UCI's does as well." (AFP, 15/06/2001, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage, page 235)
- **2002** After testing positive for amphetamines: "It was really stupid, it's unforgivable, and I take full responsibility. (...) It's the first time in my long career that I test positive." (Midi Libre, 06/07/2002)
- **"I won't poison my body.** I want to stay healthy after my professional life. If I ever felt like the fatigue from a race was only bearable with doping then I'd quit right away." (Reuters, 06/07/2002, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage, page 233)
- **2006** Following accusations in the Spanish media that he was as a client of Dr. Fuentes: "I never worked with Fuentes." (T-Mobile press release in May 2006)
- After his Tour de France disqualification: "I'm going to fight to prove my innocence. After a few days rest, I'm going to do everything possible to show that I have nothing to do with this. One thing is certain, my career did not end today." (L'Equipe, 01/07/2006)
- **After being fired from T-Mobile, by fax:** "I think it's a disgrace, after so many years of great cooperation and after I all did for the team, to be treated like a fax number." (nouvelobs.com, 21/07/2006)
- **2008** "I testified under oath, I swore before God, because I am a believer. What more can I do? Those who know me know I told the 1000 % truth." (AFP, 2008, quoted by cyclismag.com, 08/07/2010)
- **2009** On Armstrong's performance on the Tour: "I think Lance deserves our respect and admiration." (eurosport.fr, 23/07/2009)
- **2012** "I confirm having been in contact with Fuentes. (...)" I know it was a big mistake that I regret enormously. I want to apologize to everyone." (on his website, quoted by eurosport.fr, 10/02/2012)
- **To the question:** "Was it possible at that time to perform at a high level in cycling without doping?": "No. (...) That includes me as well." (DPA, 06/07/2012, quoted by rtl.be, 07/07/2012)

...What they said »

- **2004** Alain Gallopin, his directeur sportif in 2003: "He's the handsomest and strongest rider I've ever had the chance to coach in my life. (...) Armstrong is ten times less strong, but he's smarter." (cyclismag.com 29/06/2004)
- **2006** Werner Franke, antidoping expert: "I had access to the file on Jan Ullrich in Madrid and all I can say is that it's been a long time and that I never saw so much garbage. Some people in his entourage are truly diabolical to have advised him to take substances and to have put him in touch with the Spanish physician Eufemiano Fuentes." (AFP, 03/08/2006)
- **2007** Jef d'Hont, his former trainer who accused him of doping on the 1996 Tour de France: "He did what everyone else did, he threw out, before adding: if everyone was clean, Ullrich would have won the Tour de France at least ten times." (lequipe.fr 26/05/2007)
- **2008** Bernard Laporte: "He should keep quiet, let us keep the image of a great athlete, even if he cheated at one point, but he shouldn't act out when he wasn't even clean." (02/07/2008, as reported by nouvelobs.com)
- **2010** Rudy Pevenage, his former directeur sportif: "My mistake was that I organized Jan's trip to Madrid (...) to see Fuentes." (L'Equipe - 08/07/2010)
- **2011** Peter Sagan: "Ullrich was my role model." (Vélo Magazine - 02/2011)
- **2012** Walter Godefroot, his former manager after his conviction by the CAS in the Puerto scandal: "If the scandal weren't so serious, you could laugh about it. We're suspending a rider today who retired years ago. (...) I don't understand the CAS anymore. What's more, Ullrich never tested positive. (...) I had a phone call with Jan Ullrich last year, but I haven't had any contact with him since." (www.sudinfo.be 09/02/2012)

THE MEDIA

"Vélo d'Or" (Vélo Magazine ranking) 1997

"2003 German Athlete of the Year, ahead of Michael Schumacher"

"Who can beat Ullrich?" - Le Parisien, 19.07.1997

"Ullrich's Team: The Inside Story." - Le Parisien, 27.07.1997

"Jan Ullrich, 2000 Champion of the Year." - Le Parisien, 28.07.1997

"Bravo, Monsieur Ullrich." - France Soir, 29.07.1998

"Jan Ullrich's promising success." - Le Monde, 23.07.1996

« My opinion on my performance »

Haben Sie während Ihrer Karriere auf unerlaubte Mittel oder Methoden zurückgegriffen?

Falls ja, wie hoch schätzen Sie die Verbesserung Ihres Leistungsniveaus in Prozenten ein?

Wie stark waren die physischen, psychischen

und technischen Auswirkungen?

Falls nicht, können Sie uns dann erklären, wie es Ihnen möglich ist/war gedopte Rennfahrer zu schlagen oder dicht zu verfolgen?

Sind Sie daran interessiert einen zusätzlichen Kommentar zu den Fragen bezüglich Doping und Leistungen abzugeben?

Antoine Vayer ist verantwortlich für den Abschnitt Leistungsanalyse des Magazins. Er steht Ihnen jederzeit zur Verfügung um Ihnen die im Magazin erscheinenden Informationen und Fragestellungen zukommen zu lassen.

Freundliche Grüße

JAN declined to respond to the questions asked.



Bjarne RIIS	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
Tour de France 1993 5th - 29 years old Team Ceramiche	Galibier	X				3
	Isola 2000. Measured over 13.4 km at 6.3 % (1067m- 1911m) in 35'17"	380	5.51	385	00:41:30	4
	Andorre Pal	410	5.94	415	00:20:57	5
	Saint Lary	394	5.71	398	00:31:36	5
	Average	395	5.7	399	00:31:21	
Tour de France 1994 14th - 30 years old Team Gewiss Ballan	Hautacam. Huge! Incredible improvement at age 30!	435	6.3	440	00:37:46	1
	Luz-Ardiden	375	5.43	389	00:40:25	4
	Ventoux	X				1
	Alpe d'Huez	398	5.77	407	00:41:21	2
	Val Thorens	X				3
	Avoriaz CLM	X				2
	Average	403	5.8	412	00:39:51	
Tour de France 1995 3rd - 31 years old	La Plagne. In trouble	385	5.58	392	00:51:15	3
	Alpe d'Huez. Exceptional climb. 1'25" behind Pantani	435	6.3	440	00:38:10	3
	Guzet Neige. Less than 20' but col de Latrape just before	460	6.67	470	00:16:50	2
	Cauterets. Leaves Indurain behind at end of Cauterets climb	530	7.68	530	00:11:38	4
	Average	427	6.2	434	00:35:25	
Tour de France 1996 1st - 32 years old Team Deutsche Telekom	Les Arcs	402	5.83	410	00:35:20	3
	Val d'Isère TT. Significant power. effort with 55' in low gear	435	6.3	456	00:32:50	1
	Sestrières, 1st. Solo, short stage like time trial	440	6.38	450	00:24:20	2
	Hautacam, 1st. Huge, long low gear ride at end of 8% climb	470	6.81	479	00:34:35	1
	Average	437	6.3	449	00:31:46	
Tour de Suisse 1997	Bosco Gurin. In «training»	391	5.67	396	00:42:59	3
Tour de France 1997 7th - 33 years old	Azet. Weaker than before. Goes to work for Ullrich	410	5.94	416	00:28:50	4
	Arcalis	403	5.84	406	00:26:18	5
	Croix de Chaubouret Time Trial. Handily beaten by Ullrich	432	6.26	446	00:31:11	1
	Alpe d'Huez. Finishes 2'30" behind Pantani	424	6.14	431	00:39:23	1
	Courchevel. Intense stage from first col, le Glandon	358	5.19	365	00:50:09	3
	Joux Plane	425	6.16	432	00:34:24	4
	Average	409	5.9	416	00:35:03	
Tour de France 1998 11th - 34 years old	Peyresourde	428	6.2	435	00:24:05	4
	Beille. 4 minutes behind Pantani	390	5.65	395	00:47:39	4
	Les Deux Alpes. Keeps Jan Ullrich company during his breakdown	349	5.06	355	00:26:20	2
	Madeleine	418	6.06	426	00:55:00	2
	Average	396	5.7	403	00:38:16	



BEST PERFORMANCE: 1996, HAUTACAM 34'35»» at 479 watts standard
BEST TOUR DE FRANCE: 1996, 449 watts standard

Suspicious **Miraculous** **Mutant**



▶ Bjarne Riis blossomed late. An average racer through his early career, he increased his mountain potential 12.5 % between the ages of 29 and 32.

▶ His climb at Hautacam at 480 watts standard on the 1996 Tour de France remains his best performance.

« The Legend »



- ▶ **Born April 3rd, 1964 in Herning (Denmark).** Bjarne Riis turns pro in 1986, joining the humble Belgian Roland team. Relatively at ease in the mountains, he struggles to find his place on a team that mainly participates in town fairs.
- ▶ In 1987, he moves to the Lucas team, another humble Belgian outfit. He rides in the Vuelta a España, but after ten stages, he is the slowest of his crew. Two days later, he falls ill and withdraws.
- ▶ His compatriot, Kim Andersen, recommends him

to the Toshiba team in 1988. Hired for the Giro d'Italia, Riis finishes hors délais during a mountain stage after having sacrificed himself for Andreas Kappes. During the Tour de la Communauté européenne, the Toshiba team is diminished and has no real aspirations for the race. Riis goes to work for Laurent Fignon's Système U team, which wins the race. Grateful, the Frenchman hires him at the end of the year.

- ▶ Well-organized, the Système U team also offers him a real role: he little by little becomes a right-hand man, Laurent Fignon's faithful domestic. The Dane doesn't let the opportunity pass him by and takes the Giro's ninth stage. Riis also accompanies Fignon when the latter falls to LeMond by 8 seconds on the '89 Tour. Riis tastes victory a few weeks later by taking a stage in the Tour de la communauté européenne. The following year, he wins two stages in the same race. Then, in 1991, he finishes 6th at the World Championships.
- ▶ In 1992, Bjarne Riis moves to Italy and joins the Ariosteia team. Under his new colors, he becomes Champion of Denmark in 1992. In 1993, Riis truly begins to blossom. After taking a stage in the Giro d'Italia, he takes the Péronne-Châlons-sur-Marne stage of the Tour de France. In Paris, he finishes 5th after wearing the polka-dotted jersey for a day.
- ▶ On the 1994 Tour, after having switched to the Gewiss team, he is hampered by illness but still wins the Albi stage after a 30 km solo breakaway.
- ▶ The following year, wearing the Danish champion' jersey, he manages the feat of finishing third in Paris, behind Miguel Indurain and Alex Zülle.
- ▶ These excellent results lead to his hire by the German Telekom team in 1996. He takes

- the Danish championship on the road and in the time-trial. In the Tour, he wins at Sestrière and claims the yellow jersey. In the Pyrénées, driving an enormous gear train with ease, he takes the Hautacam stage all by himself. His young teammate, Jan Ullrich, wins the last time-trial and takes second in Paris. In addition to these top two finishes, the Telekom team claims two other jerseys: green for Zabel, white for Ullrich.
- ▶ Riis begins 1997 by taking the Amstel Gold Race by himself. He is the clear favorite for the Tour but is dominated by Jan Ullrich, and therefore must go to work for him inside the Telekom team. In Paris, Riis is 7th.
- ▶ In 1998, in the midst of the Festina affair, Riis serves as the riders' spokesperson during their discussions with the organizers. He works to calm things down and get the Tour back to Paris.
- ▶ After serious injuries to his knee and elbow, he prefers to end his career in the Spring of 2000.
- ▶ Bjarne Riis invests in cycling by buying a small Danish team which becomes the prestigious CSC team and later, Saxo Bank. Today, he is a respected manager of one of the best teams in the world.

FINISHES IN MAJOR TOURS:

- ▶ Tour de France : 9 appearances, winner (1996), 3rd (1995), 5th (1993), 7th (1997), 11th (1998), 14th (1994), 95th (1989), 107th (1991), 1 withdrawal (1990)
- ▶ Vuelta a España: 2 appearances, 2 withdrawals (1987, 1995)
- ▶ Giro d'Italia: 7 appearances, 43rd (1991), 70th (1994), 86th (1989), 100th (1990), 101st (1992), 2 withdrawals (1988, 1993)

« The Real Story »

Bjarne Riis

is the caricature of the domestic turned Tour de France winner. And proof of the silliness of the argument "doping doesn't turn a donkey into a thoroughbred".

Things get serious in 1992, when he leaves Cyrille Guimard and Laurent Fignon to join the ranks of the Italian Ariosteia team and Dr. Luigi Cecchini. In the Tour de France, Riis jumps from 95th place in 1991, his best finish in three appearances, to 5th in 1993. We clock him at 415 watts on the climb to Saint Lary. In 1994, with the Gewiss team, Bjarne Riis works with Dr. Michele Ferrari. He is ill and has a bad Tour. But still we clock him at 440 watts on the Hautacam. After Ferrari is removed, Bjarne Riis again turns to Dr. Cecchini. His hematocrit goes up and down. From 41.1 % in December 1994, he goes to 56.3 % five months later. Riis has found an excellent doctor in Cecchini. In fact, he brings him along when he moves to the Telekom team for the 1996 season.

The 1996 Tour de France is Cecchini's masterpiece. According to Jef D'Hont, the Telekom trainer, the Dane takes double doses of EPO 4000 every day during the Tour. He also takes growth hormone and cortisone. He admits to Tyler Hamilton that he rounded out his treatment with three blood transfusions, helping him add 3 % to his hematocrit. It climbs to 60 % and as high as 64%. On the Hautacam climb, Riis stuns the peloton with his 479 watts and day-in-the-park attitude. In 1997, in spite of EPO, he is unable to break 446 watts. In 1998, it's worse. In the midst of the Festina scandal, as rumors of a search of the Telekom's hotel swirl, he is forced to flush EPO vials down the toilet. At the Deux Alpes, he hits a miserable 355 watt ceiling. Riis the donkey is back. He finishes a mere 11th in Paris. His donkey-to-thoroughbred transformation is said to have netted him 7 million euros. Thanks to this tidy fortune, Bjarne Riis buys the Home Jack & Jones team. It becomes CSC and takes on riders like Jalabert, then Basso, Rasmussen, Jaksche, and even Hamilton. On

the medical side, Bjarne Riis still puts his trust in Dr. Cecchini, "the best trainer in the world". According to Tyler Hamilton, Riis is the one who puts him in touch in 2002 with the notorious Dr. Eufemiano Fuentes, who will be at the heart of the 2006 Puerto scandal. Jorg Jaksche will say the same thing in 2012. Another Riis rider admits ties with Dr. Fuentes. Frank Schleck paid 7,000 euros to the Spanish doctor. Staff-wise, Riis puts his faith in Kim Andersen, world record holder for testing positive.

To give the UCI guarantees, he establishes a "zero tolerance" program for his team. It doesn't keep him from hiring Contador at the end of the 2010 season even though the latter is under investigation for Clenbuterol doping during the 2010 Tour. Over the course of his career, Bjarne Riis claims he spent 134,000 euros on performance-enhancing substances. He is still under the threat of an investigation by the Danish antidoping agency to whom the USADA is said to have transmitted compromising information.

IN THE WORLD OF CYCLING, the inevitable ex

by Antoine Vayer



“ At the prologue go all out, then accelerate, and then sprint at the finish. Those empirical orders were murmured by ex riders in the ears of their faithful on Saturday. The “ex’s” are everywhere, recycled at all levels of cycling. They eat off the same big plate. They feed off the potion. It’s magic. Once

they’ve undergone their conversion, it becomes their turn to convert. It runs in the blood, so to speak, an expression which could hardly be more appropriate than when describing the world of cycling. The ex’s act like dealers. Having taken root, they take advantage of the system: “Bah... as long as it lasts” they say. They were once professionals. They know. Everything. They control. Everything. They drive the cars. They yell: “Come on! Let’s go boy!” To all fans of July, here’s your Sunday communion. The Tour? Ah, the Tour! That summer opium for the naive, upon whom the ex’s business rests entirely. The contracts of those who have a vested interest in not rocking the boat; the sponsors who await their turn to be taken for a ride; the journalist friends; the authorizations to use medication for therapeutic reasons; the blood tests; the advice from the “very best” turned famous consultants and silent guardians or rumor amplifiers; the money; the agents; the fans; they manage the dilution of irresponsibility. Often order it. Some ex’s live in close quarters with cyclists. Nine riders are picked per team from the thirty that were battery-reared. The ex’s make the call. The only criterion: “play the game.” The selection was made to follow Astana’s Kazakhs. With weapons, if possible. Make deals. To have, or have not. To be ready. Active doping up front, passive doping in the soft underbelly of the peloton. Pick your wages, my boy! A good ex knows only how to be an ex. Before, he only knew how to be a

rider under the orders of an ex. Ex’s know who prepared whom. Ex’s spy, nod quietly or argue that all this talk about doping will ruin cycling. Ex’s use secrecy to exercise their authority. They hate one another and rejoice every time one of their own makes a misstep. Riders hate ex’s. They all rue one another but can’t do without one another. The best? The ex’s who

pretended to “come out” and who in appearance seem to hold to ethical standards, that cracked facade, while the riders attack it. That’s how it works in the world of “pro” cycling. Complicity between an ex and a rider is based around a pact of mutual hatred. The same objective: “screw” the others, as they say. Their reactions to scandals are the stuff of professional doublespeak. Some of them have a quiet laugh, and feign distress at all the catastrophes. They know nothing can cure the stupidity of their world, which bathes in generalized duplicity. It’s the same story every year: “Now is not the time for suspicion but for hope.” Hope in cycling is the ex’s neurosis. They take advantage of the media opportunity like riders take advantage of tests to prove their bona fides. The ex’s, real experts, know who dopes. The ex is a demi-god. One Hercules, speaking on behalf of the ex’s, said they had cleaned the Tour’s stables. Or, how to detract attention with

winning press releases, which espouse virtue and transparency. But in reality, the stench is awful. Stuffed noses can put up with it. A good ex is a first-class hypocrite who scoffs at morality. The ex’s follow the stages from the inside, amongst themselves. They lower their head to look like a rider. As before, as always.



09-07-2007 Liberation

- **1996** "I feel like I can attack at will, I can see they have a hard time following. It's a beautiful thing." (Libération, 07/1996, quoted by cyclismag.com, 26/05/2007)
- **1997** "On paper, I'm thirty-three. But my body is twenty-five. I don't see the difference between now and when I was twenty-five. Physically, I'm stronger." (Le Monde, 07/1997, quoted by cyclismag.com, 26/05/2007)
- **1998** "Many people think the Telekom team disagree with what the police are doing, but that's not true. We all want to work so that the sport can be the purest possible. You shouldn't say cycling is rotten, that the Tour is sh*t... If everyone leaves, there won't be anything left. Everyone is entitled to their opinion, but there's always a possible compromise. I did what I could for the riders. I'm ready to commit(...). The most important was to do something about doping." (07/1998, quoted in La caravane du Tour de France, Éd. Atlas, n° 37, June 2005)
- "I have never tested positive." (Danish television, 1998, quoted in Bad Blood The Secret Life of the Tour de France - Jeremy Whittle - Editions Yellow Jersey Press - 2009, page 55)
- **2001** "Have you ever tried a transfusion, Tyler ? (...). Oh, you need to do it. You will like it." (conversation with Tyler Hamilton, 31/08/2001, quoted in The Secret Race - Tyler Hamilton & Daniel Coyle, page 155)
- **2004** "All riders and all teams are responsible for maintaining the

- credibility of cycling. (...) We have nothing to hide, no secrets that cannot stand the light of day." (Riis statement, 28/03/2004)
- **2005** "What comes to mind, when you talk about French cycling, is work harder. At the start of the season, they're fat and uncomfortable on their bikes. They haven't ridden enough." (L'Equipe, 04/2005, quoted by cyclismag.com, 26/05/2007)
- **2006** "Being called Mr. 60% hurts, but what can I do?" (L'Equipe, 04/2006, quoted by cyclismag.com, 26/05/2007)
- To deny being aware of Tyler Hamilton's doping: "I'd like to clarify for the public that we stay in hotels, not prisons. When a stage is finished, riders are on their own. They do whatever they want, with no one watching." (Politiken, 08/2006, quoted by sport.be, 20/08/2006)
- **2007** "I'm proud of my results, even if they weren't always earned 100% honestly." (Le Monde, 27/07/2007, quoted by Jean-Pierre de Mondenard in Tour de France - 33 vainqueurs face au dopage)
- **2010** Recalling his past: "In those days, doping was a natural thing in cycling. Everyone knew it, even the media. (...) In my career, I spent upwards of 134,000 euros on doping. The EPO was in my fridge, between the eggs and the cheese."
- **2012** "I don't know Fuentes. I never met him." (cyclingnews.com, 01/09/2012)

...What they said »

- **1998** Jean Marie Leblanc: "With all our heart, we'd like to thank(...) the one who was a sensible spokesperson, always mindful of riders' job conditions and of the future of cycling: Bjarne Riis." (Radio-Tour, 30/07/1998, quoted by cyclismag.com, 26/05/2007)
- **2009** Daniel Baal: "Up until the 70's, doping served to enhance performance and to fight the pain that comes with this sport. Blood doping only affects performance, and significantly so. The Dane Bjarne Riis won the Tour thanks to doping. In the 70's that wasn't the case." (Le Sale Tour, Pierre Ballester, 2009)
- **2010** Anne Dorthe Tanderup, his second wife: "I accepted it, because it was a part of his sport. It was a conscious decision: he took the stuff before he met me. It was a part of him, the same way he was married or had two children." (BT.dk, 11/2010, quoted by velochrono.fr, 06/11/2010)

- **2012** Oscar Pereiro: "It gives pause that Bjarne Riis, Alberto Contador's current manager, admitted to doping and suffered no consequences and that he is still the winner of the 1996 Tour." (lequipe.fr, 24/08/2012)

Jens Voigt, regarding Tyler Hamilton's accusations : "In the seven years I was with Bjarne, even though Ivan was involved in Operación Puerto, and even though Bjarne himself admitted doping, I can honestly say that nobody ever approached me about doping." (bicycling.com, 30/10/2012)

THE MEDIA

"The man who beat Indurain." - Vélo Magazine, 1996, n° 323

Riis: "We want a clean sport too!" - Le Matin, 01.08.1998

"Riis, the big climb." - Le Parisien. - 22.07.1995

"This is what a champion looks like." - L'Equipe, 17.07.1996

"Riis notches a first one." - L'Equipe, 12.07.1993

« My opinion on my performance »

Dear ,

I'm writing to inform you that you are being profiled in a soon-to-be-published magazine. In these profiles, we break down and analyze most of the major performances in your career, notably in climbing stages. We also compare them. You are or were a professional cyclist. Cycling is a sport in which doping is known to be rampant, possibly systematic. You were able to perform at a level such that you were able to beat or keep up with cyclists who have admitted they doped and who were able to quantify the level of enhancement resulting

from doping. Hence, we would like to present you with the opportunity to answer our questions regarding your performances. You may respond to the questions directly or with a personal statement. It will be published.

Questions:

Have you used forbidden performance-enhancing drugs and/or methods during your career?

If so, what would you deem to be the percent increase in performance?

In what ways? Physical? Psychological? Technical?

If not, how do you explain your ability to beat or keep up with racers who have admitted to doping?

Would you care to make any further statements with regard to these questions about doping and performances?

Antoine VAYER is handling the performance-analysis portion of the magazine. Upon request, he will provide further information related to the magazine and to the questions within.

Regards.

Bjarne declined to respond to the questions asked.



Marco PANTANI	Cols and stage wins	Actual Power	watts/kg	Standard Power	Time	Stage Cols
1994 Giro d'Italia 3rd - 24 years old Team Carrera Jeans	Monte Giovo. 1st. A revelation at the highest level...	337	6.02	405	00:35:10	2
	Santa Cristina. 1st. 425 watts over 43'53" on Mortirolo: exceptional!	350	6.25	418	00:22:37	3
	Passo del Bocco Time Trial. Beaten by Berzin, but outstanding performance	369	6.59	441	00:34:21	1
	Deux Alpes. Attacks from start in Izoard then maintains energy!	385	6.88	460	00:20:40	3
	Average	360	6.4	431	00:28:12	
Tour de France 1994 3rd - 24 years old	Hautacam. Exceptional climb, but beaten by Leblanc and Indurain	395	7.05	465	00:35:42	1
	Luz-Ardiden. Breaks out at Tourmalet. 2nd behind Virenque	346	6.18	410	00:37:57	4
	Ventoux. Phenomenal. Climb record from St Estève	368	6.57	447	00:46:00	1
	Alpe d'Huez. Record, incredible climb. 4'35" better than Herrera in '87	382	6.82	461	00:37:15	2
	Val Thorens. Exceptional performance after long climb	390	6.96	470	00:19:10	3
	Avoriaz Time Trial. Excellent	377	6.73	455	00:32:00	2
	Average	376	6.7	451	00:34:41	
Tour de Suisse 1995	Flumserberg. 1st. Total effort of 25'. Incredible performance	402	7.18	483	00:20:02	2
Tour de France 1995 13th - 25 years old	La Plagne. Not great	351	6.27	420	00:48:30	3
	Alpe d'Huez. 1st. New record, historic, unbeatable and symbolic	387	6.91	468	00:36:50	3
	Guzet Neige. 1st. Long breakaway from Port de Lers	385	6.88	449	00:17:09	2
	Cauterets. Breakdown?	X				4
Tour de France 1997 3rd - 27 years old Team Mercatone Uno	Azet	351	6.27	416	00:28:50	4
	Arcalis. Beaten by the «great» Ullrich	372	6.64	450	00:24:03	5
	Croix de Chaubouret Time Trial. Beaten again by Ullrich	376	6.71	455	00:30:19	1
	Alpe d'Huez. 1st. New solo win	386	6.89	466	00:36:55	1
	Courchevel. Breaks down on col de la Madeleine	322	5.75	385	00:47:55	3
	Joux Plane. 1st. Another climbing record, solo.	375	6.7	447	00:32:55	4
	Average	364	6.5	437	00:33:30	
1998 Giro d'Italia 1st - 28 years old	Lago Laceno. Measured on 5.15km at 8.21% (664m-1087m)	402	7.18	485	00:13:29	3
	Piancavallo. 1st. Feat similar to Riis at Hautacam in 1996. 13.8 km at 8%	406	7.25	489	00:35:21	1
	Passo Sella. Long breakaway from Marmolada. Zülle is «blocked»	368	6.57	440	00:28:36	4
	Alpe di Pampeago.	377	6.73	455	00:24:10	3
	Monte Campione. 1st. 8 hr stage! He beats Tonkov, his last rival	380	6.79	458	00:47:35	3
	Average (without Lago Laceno, as climb too short)	383	6.8	461	00:33:56	
Tour de France 1998 1st - 28 years old	Peyresourde. New climbing record. Finishes second behind Massi	376	6.71	450	00:23:25	4
	Beille. 1st. Climbing record and solo win	365	6.52	437	00:43:30	4
	Les Deux Alpes. 1st. Breaks out from Galibier, his biggest feat on Tour	380	6.79	450	00:21:30	2
	Madeleine. With Ullrich	373	6.66	446	00:52:50	2
	Average	374	6.7	446	00:35:19	
1999 Giro d'Italia Disqualified - 29 years old	Oropa. 1st. Breathtaking! 19'10" at 490 watts at the end of the climb	401	7.16	477	00:23:12	2
	Alpe di Pampeago. 1st	377	6.73	456	00:24:08	3
	Madonna di Campiglio. 1st. Non-starter next day after test	413	7.38	490	00:15:21	2
28th. 2000 Giro d'Italia	Izoard. The bald one is back. 2nd. Measured over 10.7 km from Arvieux	336	6	392	00:31:30	2
Tour de France 2000 Withdrawal - 30 years old	Hautacam. Left behind by Armstrong, weakening?	318	5.68	387	00:41:35	3
	Ventoux. 1st. «Beats» a generous Armstrong at the finish line	351	6.27	414	00:49:00	1
	Izoard. Another duel with Armstrong at the end of the Izoard	362	6.46	432	00:32:17	3
	Courchevel. 1st. Solo win	361	6.45	432	00:43:35	3
	Joux Plane. Breaks down after breaking out early in stage	X				4
	Average	348	6.2	416	00:41:37	
2003 Giro d'Italia 14th - 33 years old	Zoncolan. 5th. 43» behind Simoni (420 watts standard)	340	6.07	410	00:41:23	3
	Alpe di Pampeago. 12th. 2'03» behind Simoni (455 watts standard)	344	6.14	415	00:26:19	4
	Sampeyre. Last stand at Sampeyre and then falls in the snow	X				3

BEST PERFORMANCE: 1998 GIRO 1998. MONTE CAMPIONE 47'35» at 458 watts standard

BEST TOUR DE FRANCE: 1994. 450 watts standard



Suspicious



Miraculous



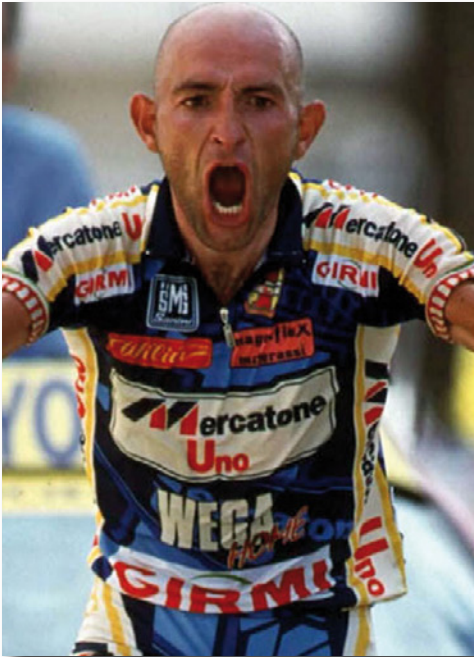
Mutant

▶ Over the course of his career, Marco Pantani delivered the greatest number of high-level performances in col climbs. He peaked during the 1994 Giro d'Italia, taking back-to-back mountain stages and delivering a memorable performance on the Mortirolo climb.

▶ From 1994 to 1999, he established a number of climbing records, three of

which occurred at the Alpe d'Huez. 1998 was his career best: winning the Giro and the Tour with, respectively, 461 watts standard and 446 watts standard. After being banned from the 1999 Giro, at Madonna di Campiglio, for having hematocrit levels over 50 %, his performance weakened significantly.

« The Legend »



► Born January 13th, 1970 in Cesenatico (Italy).

His small build allows him early on to accomplish marvels on a bike whenever the road starts to climb. As an amateur, he finishes 3rd in the Baby Giro in 1990, 2nd in 1991, before winning it in 1992.

► Immediately after turning pro with Claudio Chiappucci's Carrera team in 1993, he makes a name for himself on the cols of the Giro d'Italia. But he falls three days before the finish and withdraws.

► The following year, in the Giro, he wins the Aprica stage, during which he readily dominates

the leader, Berzin, and Indurain, the previous year's winner. He wins two stages and finishes 2nd overall, earning him a spot with the greats. He adds excitement to the Tour de France, which he finishes an excellent 3rd and best young rider.

► In 1995, he passes up the Giro after a fall in training. But in the Tour de France, he takes the Alpe d'Huez stage, setting a record in the process. He follows with another win at Guzet-Neige, but he falters in the stage during which Fabio Casartelli tragically dies. Pantani settles for 13th place in Paris. A man with a big heart, he regularly sends money to his compatriot Casartelli's widow.

► At the end of the season, he takes third at the World Championships in the road category, held in Colombia. The following week, he falls in the Milan-Turin when he is hit by a car. He is taken away with a double open fracture of the tibia and fibula. His 1996 season is in shambles.

► In 1997, wearing a Mercatone Uno jersey, he again falls in the Giro d'Italia and is forced to withdraw. But he gets his pedaling mojo back in the Tour de France. He takes the Alpe d'Huez stage and then Morzine. He finishes 3rd in Paris.

► In 1998, he dominates the Giro following a breakaway from very far out. He lines up for the Tour de France that will forever be remembered for the Festina affair. He builds his lead first in the Pyrénées and then in the Alps, where the cold and the rain hit hard between Grenoble and the Deux Alpes, he distances Jan Ullrich by more than 9 minutes. He wins in Paris and ends a 33 year Tour de France dry spell for the Italians. His exceptional season culminates with a Vélo d'Or.

► Stronger than ever in 1999, he wins four stages in the Giro d'Italia. But at the Madonna di Campiglio, he tests positive for a hematocrit above 50 %, which leads to disqualification from his national Tour.

► He struggles in early 2000. He nevertheless stands out as a "luxury" teammate, helping Stefano Garzelli win the Giro. In the Tour de France, he takes two stages (Mont Ventoux and Courchevel) but is dominated by the new boss of the peloton, Lance Armstrong. He withdraws at the 16th stage after falling victim to a virus.

► The following year, during the Giro, the Italian police find a syringe containing insulin in Pantani's room. He is disqualified and suspended 6 months.

► After a winless 2002 season, he returns to form in the 2003 Giro, which he finishes 14th. Disgusted by the fact that his team is not selected for the Tour de France, he is seen less and less riding his bike. He is hospitalized several times in a specialized clinic to treat his depression.

► Marco Pantani passes away February 14th, 2004 in Rimini, from a cocaine overdose. He had planned to travel to South America at the end of the month to a rehab center, where he was due to introduce young people to cycling.

► Over 10,000 people attend his funeral. A bust commemorates his exceptional climb at the summit of the Col Fauniera, where he first made a name for himself during the 1994 Giro d'Italia.

WINS AT THE GRANDS TOURS :

► Tour de France : 5 appearances, 1 win (1998), 3rd in 1994 and 1997, 13th in 1995, withdrawal in 2000

► Vuelta a España : 2 appearances, 2 withdrawals (1995, 2001)

► Giro d'Italia : 9 appearances, 1 win (1998), 2nd in 1994, 14th in 2003, 28th in 2000, 3 withdrawals (1993, 1997, 2002), 2 disqualifications (1999, 2001)

« The Real Story »

Marco Pantani

When Pantani starts his pro career, the Carrera team doctor's name is Conconi. He is the man who helped Francesco Moser set a new hour record. Nicknamed "Dr. Blood", he modernized blood transfusions before being one of the first to introduce EPO to the sport. Marco Pantani is a model student since he goes so far as to register at the University of Ferrara, where Conconi teaches.

Injured during the Milan-Turin race of October 1995, Marco Pantani is taken to the hospital, where his blood work reveals a hematocrit of 60.1 %. In just six days, his hematocrit drops to 16.1%. He climbs back up to normal values even faster. Professor Cartesegna suspects Dr. Grazzi and Dr. Mazzoni, Conconi's collaborators, of having given him an EPO treatment at the very same hospital. During his trial for athletic fraud in 1999, Pantani explains his 60.1 % hematocrit quite simply: "I had just spent twenty-one days at 2,800 meters during the world championships in Colombia". On May 1st, 1995, his hematocrit is already at 58 %.

In November 1996, along with several other riders, he pressures the UCI for the introduction of blood tests. Their request is granted in January 1997. As Pantani is on the verge of winning the 1998 Giro d'Italia, his teammate Riccardo Forconi is disqualified for a hematocrit that is too high. Rumors abound the team directors exchanged his samples with Pantani's in order to protect his victory. In August of that same year, he is arrested in possession of illegal substances but the police let him go. During the 1999 Giro d'Italia, he shows up 20 minutes late for a UCI blood test at his team's hotel. This should have been noted as an unavailability, but the inspector looks the other way. Ten days later, with the Giro seemingly his, his hematocrit tests at 51.9 %, almost two points higher than the UCI-imposed limit established in 1997. He is indicted, then acquitted after four years of proceedings. During the 2000 Tour de France, the victim of dysentery, he withdraws in Evian. According to his biographer, Philippe Brunel, it is more likely he was seeking to avoid blood tests performed that morning by UCI inspectors in several Tour hotels.

On June 6th, 2001, during the Giro, Marco Pantani is caught in possession of a syringe containing insulin, forbidden since 1998. In 2002, he had his ears pinned back and his nasal passages corrected, "to breathe better" he claims. To "fix the cocaine damage" whispers Philippe Brunel in his book about the pirate. In 2003, after the Giro, he is hospitalized in a clinic specialized in treating depression, alcoholism, and drug addiction. He is 15 kg heavier, taking antidepressants, and using crack and cocaine.

Alternating between an aversion for cycling and a desire to return to his former glory, he falls into the hands of several notorious physicians. In 2003, he spends 36,000 euros on EPO, growth hormones and steroids provided to him by Dr. Eufemiano Fuentes.

On February 14th, 2004, he passes away in Rimini from a cocaine overdose (6 times the lethal dose). He is 34 at the time. According to his ex-girlfriend, he had been a cocaine addict for four years.

4 years later, a former Pantani teammate, Valentino Fois, suffering from depression and cocaine addiction is found dead in his home.

THE FANS ARE BLIND

by Antoine Vayer

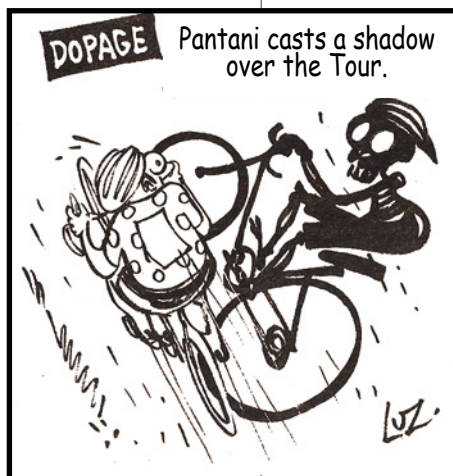


At Huez, cycling is a charade. The first one yells, drinks, farts, burps. He's your average fan. Of the three little monkeys, he's the one that hears no evil. The second one lies, hides, fabricates, minimizes, disinforms. He's the peripatetic Tour follower, the monkey that speaks no evil. The third one films, collects, thrills, is moved by the winner. He's the monkey that sees no evil. Together, they are to cycling what married women under fifty are to the supermarket. They're what you rely on for your marketing and to sell the specialized press. Part of the system relies on neuroses. That's the fan. Since it's usually the who one speaks last who's right, they hold him up to justify all kinds of excess and to convince themselves, for example, that the serial liar is popular, just look at the banner. The fan normalizes excess: they cheated like everyone, out of necessity or obligation, not out of pleasure. The fan thinks that riders are sublimely sacrificed: which is normal, cycling is too hard. Fans blame the entourage, not the athlete, that heroic victim. The fan thinks that banning a cyclist was a test. Fan is a sort of anal retentive manic depressive. A frenzied hysteric who boils when faced with the correctness of those who "come down on cycling". He devours books where it says that "doped or not doped, either way, Armstrong is a champion, and cycling is beautiful even when it's ugly." He loves the sound of Jalabert and Rous' nonsense. He's your friendly crazy, ready to get on his knees, just for just a touch of dreaminess. He's obsessive-compulsive, which messes with his serotonin and neurotransmitters. He has a near religious experience while watching the show put on by those artists of doublespeak. The

fans' spokesperson is the official spokesperson. He peddles rumors. At Huez, cycling is a kop of fans on the hill, in the briefing room, in the VIP room. Who will the screaming crowd back this time? The new Tour de France favorite: a Colombian born in Medellin, the dynamitero Santiago Botero. He has fabulously blue eyes, has already been suspended nine

month because of his formidable testosterone-epitestosterone levels, barely rode thirty days this year without any sort of results while training in hiding near Alicante and not in his cartel because of kidnappings, is happy now to have certified "natural" levels, won the big Briançon stage on the 2000 tour, lost 10 kilos like Lance, belongs to Kelme, the "little green climbing men" who nearly won the team time-trial on flat road. Did they obtain the unofficial services of oncologists near Madrid? Botero is the chosen one who will part the crowd like Moses parted the sea. The saloon door made up of people crowding around the 21 turns of the Alpe d'Huez opens at the last moment, when you fly into it, to try to reach the sky. The sound is deafening, the rider will be subjected to as much abuse as spittle. He is absorbed, levitated. The fan will go crazy at Huez. The fan lives in a fragile democracy, in a sport controlled by a banana organization. He doesn't want to know but wants culprits to lynch.

He wants whipping boys and scapegoats. He wants to ignore the truth but to quench his desire for public pillory. He is more attached to the myth and the giants of the road than to justice. Does Clerc's ethical cycling still deserve these fanatics? "Margaritas ante porcos", do not cast pearls before swine.



LE MONDE 23.07.2009

- “Many young people, and not just young people, students, doctors, lawyers, surgeons, take drugs when they have to pass exams. What are their diplomas worth? Those drugs transformed their intelligence, their energy.” (L'Equipe Magazine, 20/02/1999, quoted in Le Dictionnaire du dopage - Jean-Pierre De Mondenard - Editions Masson - 2004 , page 268)
- “I'm a clean rider. I have nothing to do with doping and to win, I don't need performance-enhancing drugs, just grades.” (AFP, 09/06/1999, quoted in 33 vainqueurs face au dopage - Jean-Pierre De Mondenard - Editions Hugo & Cie – 2011, page 251)
- “Why pretend? Why lie to the public? Doping has been around for a hundred years, it will always be around. It's not in a few months, with grand declarations, pathetic really, that we'll get rid of the problem ...” (2003, quoted in Vie et mort de Marco Pantani - Philippe Brunel - Editions Grasset - 2007 - page 77)

...What they said »

► **Laurent Jalabert**, after Marco Pantani's disqualification from the Giro d'Italia: “It's regrettable for cycling.” (L'Equipe, 06/06/1999)

► **Richard Virenque**, after Marco Pantani's disqualification from the Giro d'Italia: “The UCI performs tests, the rules are enforced. I have nothing else to add.” (L'Equipe, 06/06/1999)

► **Lance Armstrong**, after Marco Pantani's disqualification from the Giro d'Italia: “Disappointed for my sport because Pantani had charisma and convictions.” (L'Equipe, 07/06/1999)

► **Roberto Pregolato**, Mercatone Uno trainer: “He was very timid about it [doping] and never spoke about it openly. We had codes, signs. If there was a doubt, he'd make a face, and in opposite cases, he'd exaggerate his smile, like a clown. Most of the time, he wouldn't answer.” (2007, Vie et mort de

Marco Pantani - Philippe Brunel - Editions Grasset - 2007 - page 113)

► **John Gadret**, rider: “He will always be a role model to me, for his style, his way of climbing, explains Gadret. He was a rider that stood out.” (eurosport.fr, 18/05/2011)

► **David Millar**: “We always talk about the health consequences when we speak about doping. But it's mental health that's really at stake. Many can't handle having doped. They escape to a world of parties. It's easier, but it's destructive.” (L'Equipe Magazine, 29/06/2012)

THE MEDIA

“Vélo d'Or” (Vélo Magazine) 1998

“Trophée Association internationale des journalistes de cyclisme” (AUC) 1998

“Pantani pulls off a feat: he maintains the illusion.” - L'Humanité, 23.07.1998

“Pantani, the victory of good over evil.” - France Soir, 03.08.1998

“He's a giant.” - L'Equipe, 28.07.1998

“Heroic Pantani.” - L'Equipe, 21.07.1994

“Pantani stands taller on his knees.” - L'Equipe, 21.07.1994



Jean Louis LETOUZET covered a multitude of Tours de France for « Libération ». He is a reporter in this newspaper, but also a writer.

It's been eleven years now that the Pirate died. Marco Pantani, that was 34 heartbeats at rest, 1.70m., 57 kg, 4% fat and 6 liters lung capacity. The UCI (International Cycling Union) at the time had cracked a statement in which it “expressed its deep sadness.”

Eddy Merckx, who always said a lot of crap, added this one to his collection of beads: “Pantani was the prey of Italian justice.” But Pantani died in a slave system. Pantani or the history of the laboratory rabbit. He was injected

with novocaine to see if he would spin in Courchevel or the Ventoux (2000) with the Mercatone jersey. Or in Morzine like in 1997. He died alone and stoned, one night in February 2004 in a hotel room ; professional cycling continued to play its lyre, like Nero in front of Rome in flames.

Pantani at the time had made a wish that we read in light of the outcome which we know today : “Armstrong? I'd like to see him lose. One day he got upset when I compared it to a comics hero. But how can we see elsewhere a rider who won the Tour after defeating cancer? “The bald Scapin was a great teacher of deceit. The follower has always loved him for this quality, as he always loved beautiful machines back armed with the big lie spring. Thoughts for the artist in pink tights.

« My opinion on my performance »





Jean-Christophe PERAUD Cols	Actual Power	w/kg	Power, 78 kg standard	Time	Stage Cols	
Tour de France 2011	Luz Ardiden	339	5,42	375	00:40:54	3
9th - 34 years old. Team AG2R	Beille. His best performance, same time as Contador and Evans	362	5,79	400	00:47:15	5
	Galibier	338	5,41	374	00:24:46	3
	Alpe d'Huez	354	5,66	391	00:42:40	3
	Average	348	5,6	385	00:38:54	

Jean-Christophe Péraud

Jean-Christophe Péraud has an unrequited love, mountain biking or "green cycling". He was mountain biking European Champion (2005), Olympic silver medalist (2008), and world team champion (2008). He also has a mistress, road cycling. He began cheating on his unrequited love with his mistress relatively late, at age 32, when he became French

time-trial champion ahead of Sylvain Chavanel in 2009. He ultimately married her by turning pro in 2010. He went public with his story by finishing 9th in the 2011 Tour de France. During the 2012 edition, he finished 2nd in the Annonay stage behind David Millar. He only earned his first victory during the 4th stage of the 2013 Mediterranean Tour, the year of his rebirth?

David Moncoutié Cols	Actual Power	w/kg	Power, 78 kg standard	Time	Stage Cols	
Tour de France 2002	La Mongie.	391	5,67	395	00:26:37	2
13th - 27 years old Team Cofidis	Beille	381	5,52	385	00:48:42	5
	Ventoux	380	5,51	384	00:51:56	1
	Les Deux Alpes. 6 hrs (226 km) with two 2nd category cols before Deux Alpes	417	6,04	421	00:22:53	3
	La Plagne	380	5,51	384	00:52:24	3
Colombière. 4th. Part of breakaway on col Aravis	366	5,3	369	00:30:43	4	
Average	386	5,6	390	00:38:52		

David Moncoutié

Before retiring at the end of the 2012 season, David Moncoutié, was a professional rider with Cofidis for 15 years. He was one of the best pure climbers of his generation and took two Tour de France stages (2004, 2005) and four Vuelta stages (2008, 2009, 2010, 2011). He was best climber on the Vuelta four consecutive times between 2008 and 2011.

In spite of a natural nonchalance and a tendency to hang in the back of the peloton, he would break away to avoid maximizing his final watts and maybe win a few side laurels. Like Bassons, he made a name for himself in 1999 by winning a stage ahead of Lance Armstrong during a Dauphiné Libéré stage. The honeymoon was short-lived. When the Cofidis scandal broke in 2004, he was given up by his teammates as one of the few riders on the team not to dope.

Thibaut Pinot Cols	Actual Power	w/kg	Power, 78 kg standard	Time	Stage Cols	
Dauphiné 2010	Chamrousse. 3rd in stage. Clocked over 12.75 km (770 m - 1705 m)	369	5,86	401	00:36:00	2
20th - 20 years old	Alpe d'Huez. Gives up 3'34» to Contador, headwind at summit	339	5,38	367	00:45:54	3
	Verbier. Hill race. 5th, 13» behind Costa and 9» behind F.Schleck	406	6,44	441	00:22:13	1
Tour de Suisse 2012 Withdrawal. 22 years old						
Tour de France 2012 10th. 22 years old Team Française des Jeux	Planche des Belles Filles	389	6,17	424	00:17:47	1
	Col de la Croix. 1st. Solo stage victory. 7 cols to climb	392	6,22	428	00:12:00	
	Grand Colombier	360	5,71	392	00:49:30	2
	La Toussuire. 2nd in stage ahead of Froome. 45' climb	377	5,98	408	00:45:00	3
	Peyresourde West. Struggles	340	5,40	371	00:27:10	4
	Peyresourde East. 4th, keeps up with Froome and Wiggins	394	6,25	429	00:26:45	3
	Average	370	5,9	403	00:32:58	
Grand Colombier not included in average as far from finish, col de la Croix and Belles Filles too short.						

Thibaut Pinot

A professional rider since 2010 with the FDJ team, Thibaut Pinot is one of French cycling's up-and-comers and is already considered one of the best climbers in the peloton. He was a member of the Etupes Cycling Club, with whom he won prestigious amateur races including the Aoste Valley Tour in 2009. He was hired by Marc Madiot for the 2012 Tour de France for a learning

experience. At 22, he was the youngest rider in the race. He unabashedly won the Porrentruy stage by himself, 26 seconds ahead of a group led by Cadel Evans. He then finished 2nd in the La Toussuire stage, behind Pierre Rolland and ahead of Chris Froome. During the Peyragudes stage, he finished 4th, just behind Wiggins and Froome. In Paris, he finished 10th in the overall. He is the youngest top 10 rider since 1947.

JEREMY ROY Cols	Actual Power	w/kg	Power, 78 kg standard	Time	Stage Cols	
Tour de France 2011	Hourquette Ancizan (Breakaway)	369	5,27	365	1,08%	00:33:00
28 years old. Team Française de Jeux	Tourmalet (Breakaway, in the lead at summit)	366	5,23	364	-0,55%	00:38:57
	Luz Ardiden	306	4,37	304	-0,65%	00:48:58
1st in hustle	Aubisque (3rd in stage after taking lead at Aubisque)	374	5,34	381	1,87%	00:38:57
	Beille	298	4,26	296	-0,67%	01:00:30
	Télégraphe (His best performance on an early-in-stage col)	408	5,83	412	0,98%	00:32:10
	Alpe d'Huez	350	5	348	-0,57%	00:47:00

Example of a Tour de France comparison between indirect method of power calculation and direct measurement with an SRM.

Jérémy Roy

"We outfitted Jérémy Roy with an SRM for the 2011 Tour de France, during which he shined, breaking away on a number of cols. At 70 kg, and with no weight fluctuations during the Tour, he

is the "almost perfect standard". He doesn't dope. We're sure of this. We were thus able to compare his power output measured directly by the sensor with our model's indirect estimates for these cols. The variation between the SRM data and the model never went above 2 %. QED.

THE UNDOPED

Antoine VAYER. Liberation. 10/07/2008

are the Tour's handicapped



Some worlds, like that of high-level cycling, are perfectly unsuitable for the “valid”: the “normal” people who don’t dope. The cyclist who doesn’t dope is handicapped, literally. It’s not a world made for him. And he suffers for it. You have to be handicapped to understand, or else subject yourself to passive doping while tailing the “champions”. Those who don’t dope exhaust themselves in a community that is turned in on itself. The clean cyclist ipso facto engages in an “integrated” (the official term) sport, but with mafia rules (including a code of silence), with no mercy and no holds barred. He speaks a language, that of honesty, of transparency, of hard work and common sense that few understand and which is not taught or learned on the 2008 Tour de France. Some men, stripped of their hearing, are also absurdly considered handicapped. We mean by this that they belong to what we modestly term a “small community”. Absurd: their eyes can hear. They speak with their hands. They “sign” instead of speaking. Their facial expressions betray their emotions: the same goes for the grimace of effort on a healthy athlete who tires. This form of expression – that of signs – is rich, imaginative. It is in three dimensions. The French language, only possesses two: the abscissa and the ordinate, since regional intonations give away origins. Like the hearing impaired, the non-doped is misunderstood: no positive tests (on a scale that goes from Salbutamol to blood transfusions) on the 2008 Tour as of today. The non-doped athlete knows, but he keeps quiet. How do you get him to speak up? It’s like asking a paraplegic to rise from his wheelchair. Implants. Certainly, no deaf person is mute: it’s a myth, a false belief. It’s often, when he tries, after numerous sessions of therapy or with the help of implants (speaking of which, we know some folks who liberate testosterone in high-level athletes) that he is considered handicapped, even stupid, because “oralized” language is not under-

stood. They are sounds, cries with no echo for the one who makes them and who creates embarrassment for the one who hears. Deep. Logical: the deaf person did not learn the natural and logical language of the deaf, sign language, much richer than the one that lets you lie while speaking. Ours. There is clearly discrimination against the deaf and the non-doped. They are both islanders, who watch a boat go past and signal to them. In 2005, the end of the Armstrong era was meant to allow mens sana in corpore sano (a sound mind in a sound body) to express itself body and soul at long last. Insane. Promises! Take the Cholet time-trial, on Tuesday. Let us consider a flat and windless road, with an SCx (the product of the aerodynamism coefficient and the frontal surface opposed to the wind) of 0.23. You’d have to generate far more than 410 watts to ride at 49.5 km/h if you weigh 70 kilos. All on a circuit which included a few slight climbs and wind that was three quarters frontal at the beginning and three quarters behind on the return, which would allow the speedometer to alternate between 80 and 100 km/h at the bottom of hills. This confirms, for example, that Kim Kirchen, second place on the stage, pedaled at the same rate in the cols of the Tour de Suisse one month ago. In other words, at 450 watts. I only have one word: insane! The anti-doping forces are constantly cutting off the heads of “too-visible” trees that stick out from the cycling forest. Cycling has said a thousand times that it “freed” people to speak. The language of the non-doped, like sign language, would have “freed” the deaf. But no one worries about the stragglers on the Tour, isolated in their little non-doping world. No one wants to hear to Munch’s scream while everyone watches mouths twist with their hands crossed. Everyone speaks for the non-doped. But this is not a world for them. They are condemned to live their handicap, to be “normal” men in a completely abnormal world and that everyone on the Tour finds wonderful.





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2013 RADAR Results

for one-week stage races prior major Tours

Every year, we place RADARS on the major Tour warm-up events. We identify “up-and-comers” but also the future players on the major Tours. Some riders, who will only serve as extras on the major Tours, can show merit, but will not necessarily improve their performance. However, the leaders are generally 5-10 % off the output level they will

have over the Summer. Some riders are also “at a standstill” and far from their usual levels. They’ve forgotten how to pedal. In these races, we can also see teammate performance, often better than the leaders for whom they work. The Summer is going to be a scorcher, and Sky will shine, unless ASTANA...



Paris-Nice (1 col)

Montagne de LURE 13.8km at 6.43%

Riders	Actual Power	w/kg	78 kg Standard Power	Time
Richie Porte. Richie Porte, 410 standard watts, 55” more than Contador in 2009.	372	5,9	410	0:34:45
Benchmark: Alberto Contador in 2009	379	6,11	430	0:33:50
Montagne de Lure, BASE The Sky team sets a quick pace during a good portion of the climb			413	0:23:50
Montagne de Lure SUMMIT Richie Porte. Richie Porte near the finish, 420 standard watts over 10'55"	381	6,05	420	0:10:55



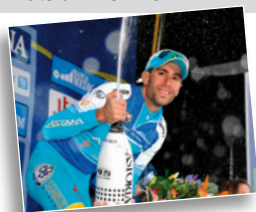
“Richie Porte easily takes the Paris-Nice. He leaves most of his chief opponents during the last kilometers of the Montagne de Lure RADAR. He takes the stage and the leader’s jersey. The last day, no one can keep up during the Col d’Eze time-trial climb. Jean-Christophe PERAUD finishes 3rd. The foreign “leaders” are at Tirreno Adriatico. Porte clocks an incredible time in the col d’EZE time-trial in 19’15”, just 3 seconds off Wiggins’ 2012 record. The promenade des Anglais in Nice now bears the name promenade des SKY. The performance level is a little below previous editions.



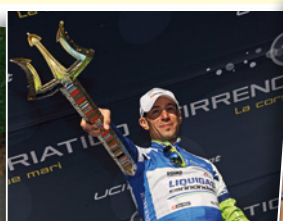
Tirreno Adriatico (3 cols)

Prato di Tivo 14.6 km at 7.03 %

Riders	Actual Power	w/kg	78 kg Standard Power	Time
Christopher Froome. Froome improves on Nibali’s record of 2012, by 34”!	415	6,01	420	0:38:22
Alberto Contador	379	6,11	416	0:38:37
Vincenzo Nibali	382	6,06	417	0:38:33
Benchmark: Vincenzo Nibali in 2012	381	6,04	412	0:38:56
Prato di Tivo BAS SKY Teammate Cataldo. Too fast a pace for Evans and Rodriguez who are left behind!			442	0:19:59
Prato di Tivo HAUT Christopher Froome	421	6,1	425	0:07:44



Vincenzo Nibali takes the race ahead of Froome, Contador, Kiatkowski and Rodriguez. He is in great shape and upends the race during a single stage to claim the leader’s jersey from Froome. Most of the major players from the 2013 Tour de France are present and warming up, or already ready. As in the Paris-Nice, the SKY “collective” is impressive, leaves 75 % of the peloton behind on difficult cols and keeps a pace that stifles everyone.



Tour de Catalogne (1 col)

Valter 2000 12.05 km at 7.47%

Riders	Actual Power	w/kg	78 kg Standard Power	Time
Nairo Quintana. He takes the stage with a 6” lead on his teammate, Valverde	343	5,81	395	0:34:26
Bradley Wiggins	401	5,57	394	0:34:32
Daniel Martin	350	5,65	388	0:34:58

2013 RADAR Results for one-week stage races prior major Tours



Tour de Catalogne (3 cols)

	Riders	Actual Power	w/kg	78 kg Standard Power	Time
Port Ainé 18.4 km at 6.68 %	Joaquim Rodriguez	335	5,78	385	0:49:27
	Daniel Martin. Martin takes the stage, develops 386 watts of standard power	349	5,63	386	0:42:57

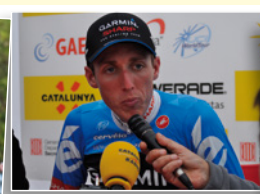


Daniel Martin takes the Volta a Catalunya. He cements his victory during the Port Ainé stage. He takes advantage of the favorites' wait-and-see attitude. It's a "refreshing" victory, as much for the rider in question as for the way it played out, without any steamroller teams. Olé!



Cratérium International (3 cols)

	Riders	Actual Power	w/kg	78 kg Standard Power	Time
Ospedale RADAR 8.4 km at 6.74%	Christopher Froome. Best climb time, 14.2 km, 33'35"	424	6,14	428	0:21:22
	Richie Porte. 25" more than Franck Schleck in 2011	381	6,05	416	0:21:52
	Benchmark: Cadel Evans in 2012	417	6,1	427	0:21:25
Ospedale BASE Ospedale SUMMIT	Kirienka. Impressive! He was at the head of the peloton for a long time before the last col			473	0:12:13
	Christopher Froome. 15' at 438 watts at the end of the climb for the "White Kenyan"	433	6,28	438	0:15:31



Christopher Froome confirms his very good early season. He leaves his opponents easily behind on the Ospedale climb. The SKY machine with its double and Kirienka's preparatory "number" on the col de l'Ospedale is amazing.



Tour du Pays Basque

	Coureurs	Actual Power	w/kg	78 kg Standard Power	Time
Arrate RADAR 4,45 km à 9%	Simon Spilak	425	6,25	435	0:13:41
	Nairo Quintana	376	6,37	434	0:13:43
	Alberto Contador	391	6,3	434	0:13:43
	Benchmark: Contador 2012 Vuelta a España	415	6,7	460	0:13:03

On the climb to Arrate, Simon Spilak clocks the best time but Nairo Quintana takes the stage. The stage was, like most of the race, run in the cold and rain, even the snow. The Colombian confirmed his excellent Volta a Catalunya and we can consider him the leader of a new generation of promising Colombian riders who attribute their new performances to the fact that doping has lessened and that they benefit from high-altitude training and living conditions at home. The climb to Arrate is less than 20 minutes so there are no colors.



Tour du Trentin (2 cols)

	Riders	Actual Power	w/kg	78 kg Standard Power	Time
Vetiole Terme RADAR 10,8km à 8,27%	Kanstantin Siutsou, Wiggins' teammate attacks 9 km from the summit, 1st in stage	419	6	420	0:32:03
	Vincenzo Nibali accelerates twice without shaking Wiggins	381	6,04	415	0:32:22
	Bradley Wiggins controls the race with visible ease	422	5,87	415	0:32:22

Tour du Trentin (2 cols)

	Coureurs	Actual Power	w/kg	78 kg Standard Power	Time
Sega di Ala RADAR 11,5 km à 9,38 %	Vincenzo Nibali attacks 5 km from the summit, takes the stage and the overall lead	383	6,08	418	0:37:47
	Mauro Santambrogio	370	6,06	415	0:37:55

Nibali takes the Giro del Trentino after an impressive stage victory at Sega di Ala with 418 standard watts over 38 minutes. The Italian is the most effective climber in the early season, just behind Christopher Froome. Wiggins, Evans and Basso, his chief competitors for the next Giro d'Italia, are not yet at their best. Maxime Bouet takes a stage on the first day and finishes 3rd overall with a standard power that could, given the right tactics, yield solid results.



Doping and anti-doping:

the eternal misunderstanding



First misunderstanding: Governments and international governmental institutions were largely disinterested in the fight against doping in elite sport and, as a matter of fact, left the issue in the hands of national and international sport authorities (national and international sports federations) which, at the same time, organize and manage high-level competitions. This meant that the doping problem became more complicated and incomprehensible.

Second misunderstanding: Governments and international governmental institutions were not able to predict that athletes' doping would spread to lower levels and to non-professionals, generating an increasing risk to public health, which is a social problem related to politic incompetence and certainly not sports institutions.

Third misunderstanding: governments and international governmental institutions have not been able to understand that the gradual diffusion of doping among athletes and non-professionals cause degeneration of sport as education model for children and young. There is no doubt that the educational strategies of younger age groups are the main task of public institutions.

Fourth misunderstanding: governments and international governmental institutions do not seem to understand that the spread of doping in large parts of the sports has created an illegal business and an international traffick of medicines used for doping, similar to the drugs market. Only governments and international governmental institutions have the rel-

evant tools to fight against it and against the criminal aspects it involves.

Fifth misunderstanding: belief that doping controls are efficient. This is not quite the case; due mainly to the "short-circuit" controllers, but also to analytical limitations inherent in the system, doping controls are not very effective and easy to get around, especially by top level athletes.

Sixth misunderstanding : (resulting from the previous step): belief that the degree of doping diffusion can be measured by the results of doping controls. For the reasons explained below, the doping controls provide an extremely limited view of the true extent of the phenomenon, which can be evaluated more widely and effectively through criminal investigations and special studies.

Seventh misunderstanding: (resulting from the previous step): belief that the attitude of the sport system is doing its best to fight against doping, and thus carry out anti-doping controls in the most efficient way. This is not quite the case: the main and obvious purpose of the sport system is to preserve "heritage Athletes" at its disposal, on which is based the commercial value of television rights and sponsorship.

Eighth misunderstanding: belief that the sport system has been corrupted only recently, but that in the past, it would have played its role against doping. This is not true! From the beginning, the IOC and the international and national sports federations have ignored or minimized the issue, dealing with it for the

first time only in the mid-sixties, after Tommy Simpson's life death in the ascent of Mont Ventoux.

Ninth misunderstanding : belief that these incredible delays and omissions do not involve serious consequences. They do, indeed! In fact, they have allowed coaches, managers and doping doctors to impose themselves, conquering the most prestigious positions in high level sports and implementing a kind of ethnic cleansing among coaches, managers and doctors who refused doping. This is the where you have to start if you really want to solve the problem of doping at its root: train new managers on different criteria and then facilitate rapid rotation.

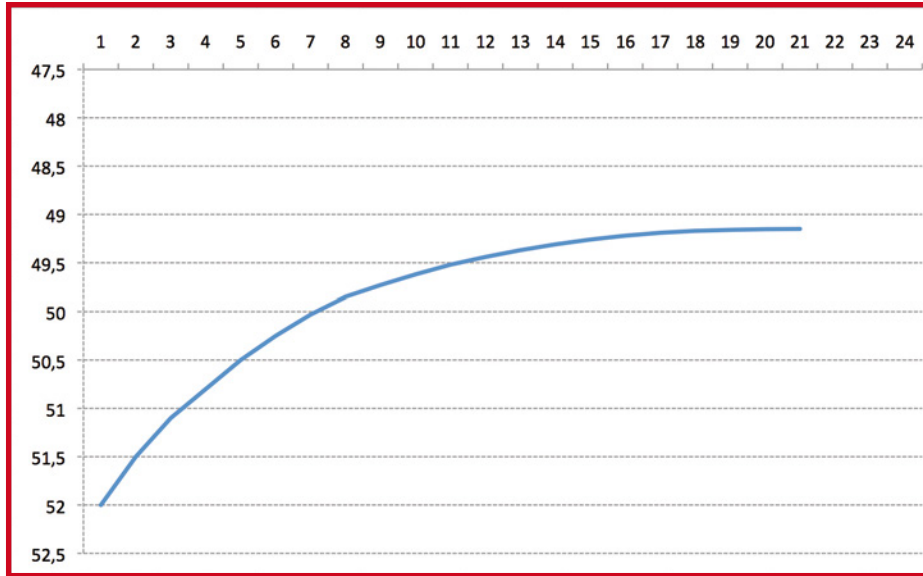
Tenth misunderstanding : belief that the creation of WADA could lead to a turning point. In fact, the WADA has brought something new, but the limits of its power and its functioning versus international federations are obvious. Governments should have made WADA acquire public capacity to become a true interlocutor of governments and international governmental institutions. It is ridiculous that WADA inspectors must apply for a visa in some countries to achieve doping controls by surprise.

Many other misunderstandings stand in the way of a more effective fight against doping. Here is one among others: belief that doping concerns mainly cycling. Many individuals and institutions are hiding behind this misconception. With the result that while in cycling, inadequate doping control in urine is partly offset by frequent blood checks, blood tests in other sports are rare or absent, and when they are made

and reveal significant anomalies, many federations often avoid taking action. The reality is that the doping of the penultimate and last generation has certainly not developed in cycling... Studies have been carried out for years in athletics, and many doctors and coaches of this discipline then sold their knowl-

edge and expertise in doping, signing cooperation agreements with cycling, football, basketball, alpine and nordic skiing, figure skating, tennis, etc. In two classic records-based sports (athletics and its different specialties, and swimming), the unmistakable and undeniable sign of doping is recognizable

in the chronology of world records. These are two sports that have a long history and are practiced in several countries, so the curve of the recording can only have an asymptotic behavior. ♦

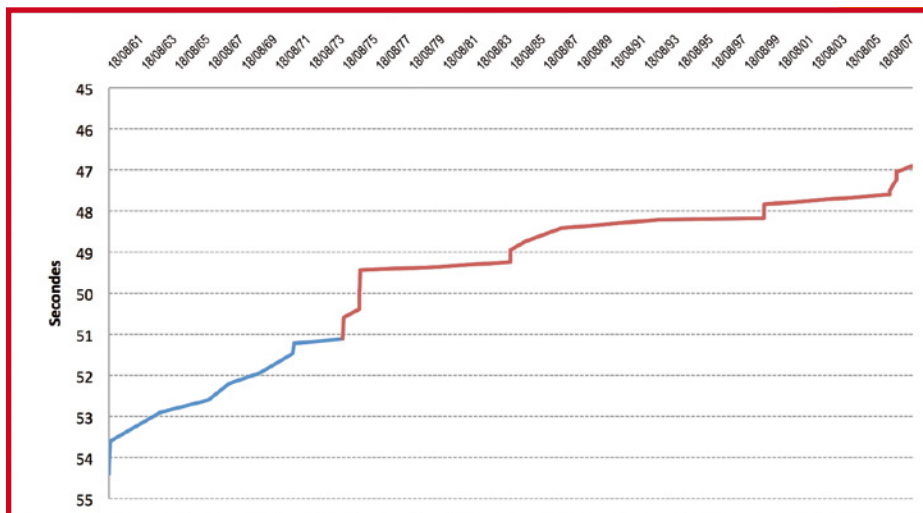
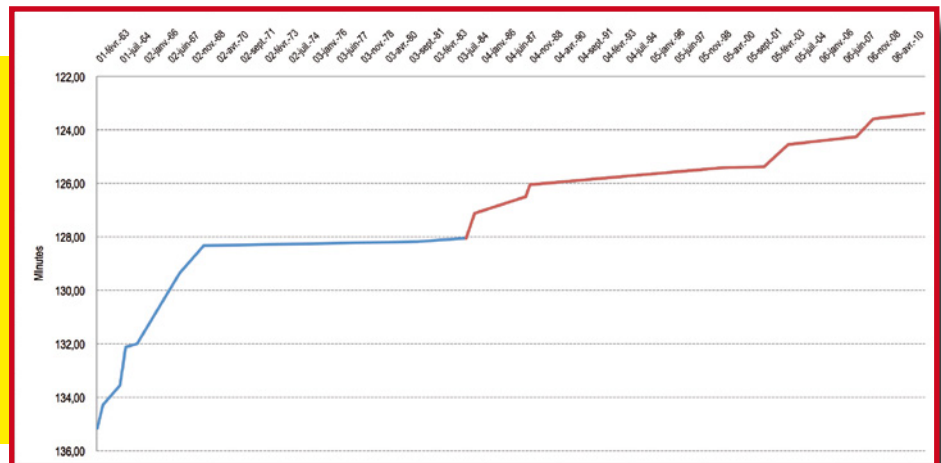


Example of asymptotic curve

If we examine each one of the records' curve of about 40 athletics specialties and forty swimming specialties, it appears instead that the asymptotic behavior existed up to a certain date, then the improvement of world records arrived by peaks that had nothing to do with this trend.

Marathon world record curve

The curve has "lost" its asymptotic behavior in the mid-eighties (time of the international spread of blood transfusion), and then with the advent of different "generations" of EPO, the curve has developed increasingly abnormally.



100m. freestyle swimming world record curve

Doping users - generally easily recognizable because they deny its existence or minimize its effects - argue that these "anomalies" of the world record curve have no absolute significance and are not indisputable, because it may happen that talents emerge to an unprecedented level and capable of apparently abnormal progress. But their objection is irrelevant because the peaks are comparable even if we rebuild the curve based on the top 10 average in the world (or 20 or 30 or 50) ... This shows that the above thesis of "exceptional talent" is absurd.

The 6 mountain radars for the 2013 Tour de France



Radar 6 - Stage 20

(See page 136 for details).

Col de SEMNOZ
 Start: Quintal - 738 m
 Finish: Cret de Chatillon - 1655 m
 Average grade: 8.12 %
 Distance (km) : 11.3

Radar 5 - Stage 19

(See page 136 for details).

Col de CROIX FRY
 Start: Thônes outskirts - 648 m
 Finish: Col - 1467 m
 Average Grade: 7.25 %
 Distance (km) : 11.3

Radar 4 - Stage 18

(See page 134-135 for details).

Col ALPE D'HUEZ
 Start: Sarenne - 725 m
 Finish: Avenue du Rif Nel - 1845 m
 Average Grade: 8.11 %
 Distance (km): 13.8

Radar 2 - Stage 9

(See page 129 for details).

Col HOURQUETTE d'ANCIZAN
 Start: Guchen - 768 m
 Finish: Col - 1564 m
 Average Grade: 7.37 %
 Distance (km): 10.8

Radar 1 - Stage 8

(See page 129 for details).

Col AX- BONASCRE
 Start: Ax les Thermes - 710 m
 Finish: Bonascre - 1380 m
 Average Grade: 7.53 %
 Distance (km): 8.9

Radar 3 - Stage 15

(See page 130-131 for details).

Col MONT VENTOUX
 Start: Saint Estève - 545 m
 Finish: Summit - 1909 m
 Average grade: 8.6 %
 Distance (km): 15.9





RADAR #1 AX 3 Domains

HISTORY

	Year	Rider	Time	Watts standar
Current Record	2001	Roberto Laiseka	00:23:05	456
Laiseka holds the fastest time, a little ahead of Lance Armstrong. Felix Cardenas won the stage.				
Other performances by year	2001	Lance Armstrong	00:23:07	455
	2003	Jan Ullrich. Lache Armstrong !	00:23:18	448
	2005	Lance Armstrong	00:23:32	445
	2010	Denis Menchov	00:23:46	440
	2010	Samuel Sanchez	00:23:46	440
	2010	Alberto Contador	00:24:01	434
Had it not been for a "standstill" with Andy Schleck, Contador could have come very close to Laiseka's record.				
Top 5 performers	2001	Roberto Laiseka	00:23:05	456
	2001	Lance Armstrong	00:23:07	455
	2003	Jan Ullrich	00:23:18	448
	2003	Haimar Zubeldia	00:23:20	447
	2005	Ivan Basso	00:23:20	447

Final climb, preceded by Port de Pailhères The first mountain stage. A fairly short climb but with grades occasionally over 10 %. The last kilometer is virtually flat. If the 2013 level is consistent with the 2010-2012 era, then 440 standard watts is not unthinkable for top riders.

BONASCRE		altitude			
Start	Ax les Thermes	710	pente	7,53%	
Finish	Bonascres	1380	distance (km)	8,9	

Right angle turn in Ax-les-Thermes, 400 m after passing the Ariège.

PREDICTIONS



Time yourself
Are you a green cyclist?
Yellow? Orange?
Red?

Or time the Tour leaders in 2013 and rank them yourself!

Time	Speed (km/h)	WATTS standar	WATTS/KG (70 KG RIDER)
00:26:50	19,90	380	5,43
00:26:15	20,34	390	5,57
00:25:40	20,81	400	5,71
00:25:10	21,22	410	5,86
00:24:40	21,65	420	6
00:24:12	22,07	430	6,14
00:23:46	22,47	440	6,29
00:23:20	22,89	450	6,43

RADAR #2 HOURQUETTE d'ANCIZAN

HISTORY

	Year	Rider	Time	Watts standar
Current Record	2011	Sylvain Chavanel	00:30:37	401
		Roman Kreuziger	00:30:37	401
Chavanel broke out on this first col of the stage with Hoogerland and Kreuziger.				
Other performances	2011	peloton	00:32:30	372

There are 4 cols to climb before la Hourquette d'Ancizan, with a heavy energy expenditure before the climb. In the early-going of the Tour de France, the favorite may not want to take risks. The col summit is located 30 km before the finish line. It's likely the riders will regroup during the descent. It's likely a new record will be set. In 2011 the stage included climbs to Tourmalet and Luz Ardiden at the end of the stage after passing the Hourquette d'Ancizan. Nevertheless, the probability that the best riders will exceed 420 standard watts remains small.

PREDICTIONS

HOURQUETTE d'ANCIZAN		altitude			
Start	Guchen	768	Grade	7,37%	
Finish	Col	1564	distance (km)	10,8	

90-degree left turn in Guchen, coming from Saint Lary on Route Départementale 929

Time yourself
Are you a green cyclist?
Yellow? Orange?
Red?

Or time the Tour leaders in 2013 and rank them yourself!

time	speed (km/h)	WATTS standar	WATTS/KG (70 KG RIDER)
00:32:00	20,25	380	5,43
00:31:20	20,68	390	5,57
00:30:40	21,13	400	5,71
00:30:05	21,54	410	5,86
00:29:28	21,99	420	6
00:28:53	22,44	430	6,14
00:28:22	22,84	440	6,29
00:27:52	23,25	450	6,43





RADAR #3: Mont VENTOUX

The Mont Ventoux is also known as “Bald Mountain”, not unlike the late Pantani’s head. Not because the col somehow feared a much-rumored antidoping test done via hair sample, but rather because it is so windswept that no vegetation is able to grow above 1400 m. Some notable riders and events: Louison Bobet, who took off solo and won the stage in 1955; Charly Gaul who set a first time-trial record in 1958 with 1 hr 2 mins 9 secs; Tom Simpson who collapsed a few meters from the summit on live television and died subsequently, increasing awareness of the dangers of doping; Eddy Merckx, who arrived at the summit alone but exhausted with a 1’11” lead on his opponents; Bernard Thévenet who beat Merckx

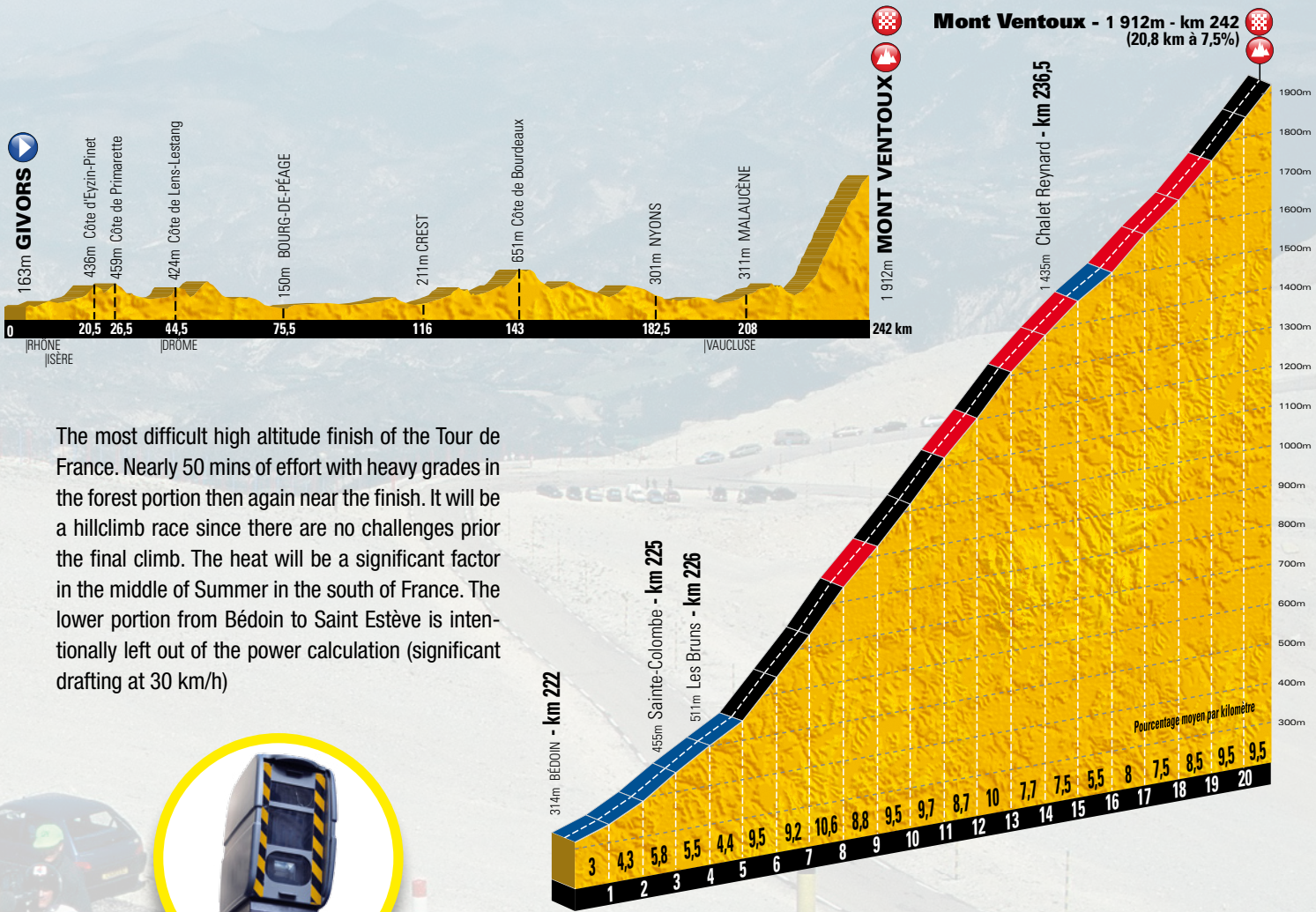
and Ocana in 1972; Jean-François Bernard who won the time-trial in 1987, only to have the peloton gang up on him afterwards; Pantani, who clocked an awesome time of 46’ from Saint Estèphe in 1994; Jonathan Vaughters, who established a new time-trial record of 56’ in 1999; the “fake” Armstrong-Pantani sprint of 2000; Richard Virenque, who broke away from very far to add only further to his frustration; Iban Mayo, who beat Vaughters’ record in 2004 with 55’51”; Schleck and Contador who, in 2009, tried sprint after sprint without ever managing to overtake each other, all with Armstrong watching. The Mont Ventoux has pretty much seen it all... What will happen this year?

STATISTICS

	Year	Rider	Time	Watts standar
RECORD	2004	Iban Mayo	00:45:47	450
Orange if less than 465 watts				

Category	Year	Rider	Time	Watts standar	Notes
Top performances by year in radar colors	1987	Jean François Bernard	00:58:08	443	Time from Bedoin, 80 kg standard watts, TT from Carpentras (1 hr 19 mins effort)
	1994	Marco Pantani	00:46:00	424	Indurain with Virenque and Leblanc
	2000	Marco Pantani	00:49:00	414	Strong headwind in the last kilometers, power evaluated during the first part of the climb up to Chalet Reynard
	2002	Lance Armstrong	00:48:30	414	Power evaluated on the first part of the climb up to Chalet Reynard
	2009	Alberto Contador	00:50:00	413	Power evaluated on the first part of the climb up to Chalet Reynard
Top 5 performers of all-time single file racing from Saint Estève	1994	Marco Pantani	00:46:00	447	
	1994	Richard Virenque	00:47:30	424	
	1994	Armand De Las Cuevas	00:47:30	424	
	1994	Luc Leblanc	00:47:30	424	
	1994	Miguel Indurain	00:47:30	424	
Top 5 performers of all-times time-trial from Bedoin	2004	Iban Mayo	00:55:51	450	45’47” from Saint Estève, 13” better than Pantani. 6.42 w/kg
	2004	Tyler Hamilton	00:56:26	445	
	1999	Jonathan Vaughters	00:56:51	440	6,28 w/kg
	2004	Oscar Sevilla	00:56:54	440	
	1999	Alexander Vinokourov	00:57:33	434	Moncoulié 58’31”, 426 standard watts





The most difficult high altitude finish of the Tour de France. Nearly 50 mins of effort with heavy grades in the forest portion then again near the finish. It will be a hillclimb race since there are no challenges prior the final climb. The heat will be a significant factor in the middle of Summer in the south of France. The lower portion from Bédoin to Saint Estève is intentionally left out of the power calculation (significant drafting at 30 km/h)



PREDICTIONS

Time yourself Are you a green cyclist? Green? Yellow? Orange? Red?

PORTION : SAINT-ESTÈVE / SOMMET

MONT VENTOUX		altitude		
Start	Saint Estève	545	Grade	8,60%
Finish	Sommet	1909	distance (km)	15,9

Start: tight left turn in the hamlet of Saint Estève after a 6 km climb.
Finish: summit

Time	Speed (km/h)	Watts standar	Watts/kg (70 kg rider)
00:52:55	18,03	380	5,43
00:51:40	18,46	390	5,57
00:50:32	18,88	400	5,71
00:49:30	19,27	410	5,86
00:48:28	19,68	420	6
00:47:32	20,07	430	6,14
00:46:38	20,46	440	6,29
00:45:42	20,88	450	6,43

PORTION : SAINT-ESTÈVE / CHALET REYNARD

MONT VENTOUX BASE		altitude		
Start	Saint Estève	545	Grade	
Finish	Chalet Reynard	1417	distance (km)	9,6

In the event of wind that is higher than level 2 on the beaufort scale, the radar will be moved to the lower portion of the Mont Ventoux.

Time	Speed (km/h)	Watts standar	Watts/kg (70 kg rider)
00:33:30	17,19	380	5,43
00:32:45	17,59	390	5,57
00:32:00	18,00	400	5,71
00:31:20	18,38	410	5,86
00:30:40	18,78	420	6
00:30:05	19,15	430	6,14
00:29:28	19,55	440	6,29
00:28:52	19,95	450	6,43

STEROIDS

JUST DON'T DO IT

Cheat legal.



doping and save sport

“It is important that at all levels, from adolescent to middle man, we work to spread the spirit of sport made of spontaneous loyalty and chivalrous selflessness.” This sentence concluded Baron Pierre de Coubertin’s farewell message, written after he voluntarily left the IOC presidency in 1932.



Fighting against doping is part of this philosophy. Indeed, sports stars must represent models for all young people who engage in physical activities and sports. However, fraudsters can not serve as an example. This fight is difficult because, particularly in high-level and professional sport, cheaters use a scientific environment that knows perfectly the effects of substances used, their duration of action and detection window in the blood and urine. It became possible to set up doping protocols which complicate the detection of products, sometimes innovative, methods used. In addition, their supplies are based on a system that is similar to the drug business, turning out to be a kind of organized crime gang. As a result, tests and analysis can not be the only tools at disposition of the sports world to track medals’ thieves. All efforts of the police, gendarmeries, customs, must converge in the fight against the trafficking of doping products. Real champions must be taken out of omertá and cooperate if they want to help get rid of the black sheep who soil their sport and deprive them their deserved rewards. The Armstrong case shows well the role of revelations coming from the cycling sphere.

New leads emerge in recent years which hopefully will help reduce the impact of this scourge: it is an indirect approach to highlight the doping signature, that is to reveal the product or method based not on its detection further to a laboratory analysis, but on its effects: in biological terms, on metabolism or on genetic capital expression mode; at physiological or clinical level, based mainly on physical transformations, changes in endocrine balance or an evolution of energetic capacities. This new orientation is complex as it requires an individualized monitoring of athletes throughout the year because, for a given parameter, its sudden change will be a warning. Such a disruption situation is typical of doping as it is inconsistent with what we would expect from a natural training bringing slow and gradual results. Disciplinary measures that may result from such an approach are undoubtedly difficult to implement because it requires that the link connecting the effect observed (biological, physiological, clinical) to the supposed cause (doping) is proved and that rules in place are appropriate.

By contrast from now on, this personalized profiling may allow to identify subjects “at risk” in an athletic population, who deserve a thorough follow-up, along with the implementation of repeated and convenient spot checks. In addition, the statistical analysis of all data collected will assess the vulnerability of disciplines and sports teams and provide valuable pieces of information concerning the periods of application of the fraudulent methods. Of course sport - the gamble one - reflects the society in which it develops: exposed to power issues, corruption, media-oriented, medicalized and submitted to drug assistance, thus ready to turn sportsmen into human guinea pigs... However, we should not confuse this phenomenon with the two million volunteers and twenty million practitioners who form the reality of French sport. It is because we need to protect them that the fight against doping is a public health issue, because doping kills, always spoils and sometimes kills athletes, but it also kills the sport by soiling its spirit.

Prof. Michel Rieu. Scientific Advisor, French Antidoping Agency.

RADAR n°4 : Alpe d'HUEZ

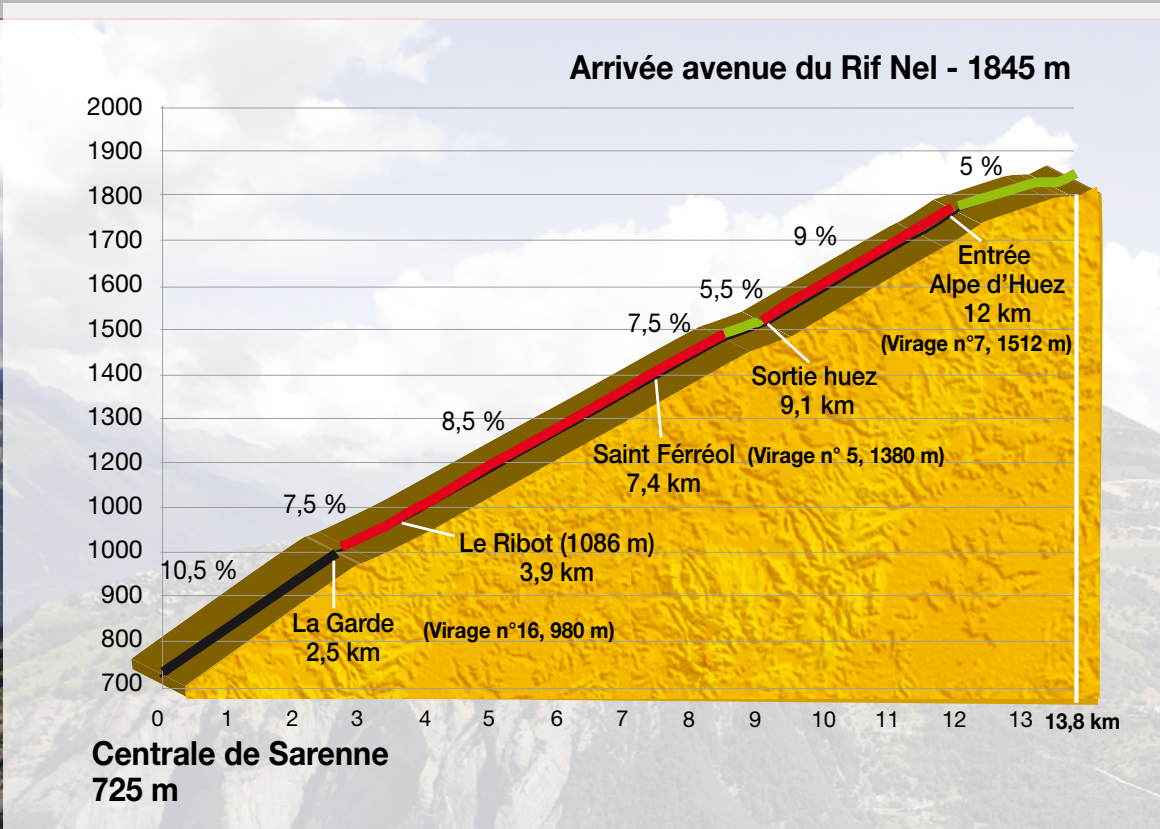
The climb to Alpe d'Huez has become the longest and most emblematic "col" of the Tour de France, with its 21 turns and its 13.8 km climb at 8.11 % average grade. It is ideal for making comparisons. Climbed virtually every year, it is one of the most reliable radars, as the Tour is often decided on this col, with no one holding back. Some cyclists climb it eight times in one day and rub shoulders, in winter and summer, with cyclists who are testing themselves and trying to compare themselves to the "pros". It has been the site of many "historic" duels: Thévenet who left Van Impe behind in 1977; Pollentier, who was disqualified for having hidden a syringe with fake urine in it at the "peepee" test; Fignon who left Hinault behind in 1984 and then

LeMond in 1989; the hand-in-hand finish by Hinault and LeMond in 1986, the Bugno-Leblanc-Indurain-Pantani quartet "from hell" which in 1991 made the first climb in less than 40 minutes; Pantani who took nearly ten minutes off the Hinault-LeMond time for a single climb only nine years later for an unbeatable record; Armstrong, who, in 2001, after having faked a breakdown beforehand torched all his opponents from the foot of the climb, defying all laws of physiology in the process and going on to win the 2004 time-trial; a Frenchman, Rolland, who had the temerity to beat Contador and the Olympic champion Sanchez during the final turns to win in 2011. Huez is the place where fans are bound to see a bit of everything.

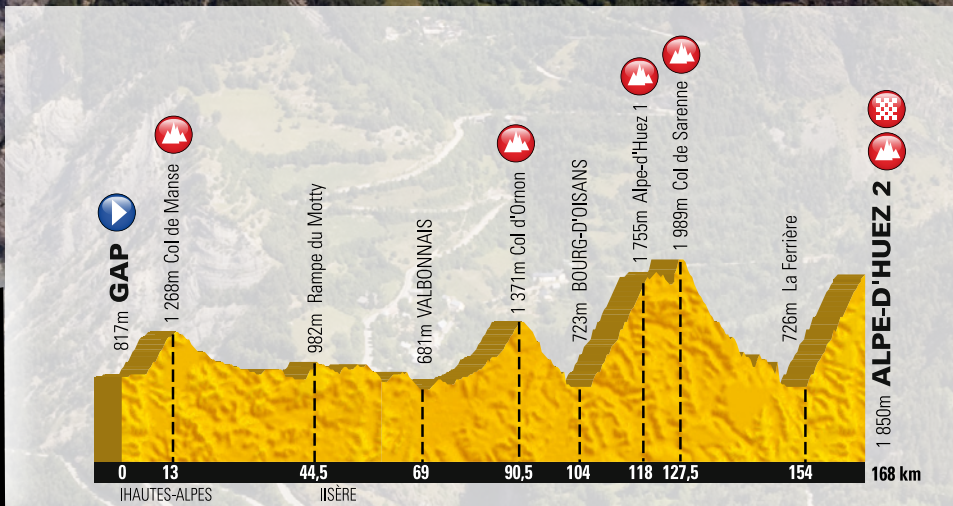
STATISTICS

	Year	Rider	Time	Watts standar	
The RECORD MUTANT	1995	Marco Pantani	0:36:50	468	
Pantani attacks from the foot of the climb. He leaves Indurain behind by 1'20". He misses the final turn and loses 10 to 20 seconds. An unmatched record.					
Top performances by year in radar colors	1982	Beat Breu	0:42:17	412	
	1986	Montoya	0:46:00	370	
	1987	Luis Herrera	0:41:50	413	
	1988	Gert Jan Theunisse	0:43:50	391	
	1989	Pedro Delgado	0:42:15	409	
	1990	Eric Breukink	0:43:15	398	
	1991	Gianni Bugno	0:39:45	427	
	1992	Claudio Chiappucci	0:43:19	386	
	1994	Marco Pantani	0:37:15	461	
	1995	Marco Pantani	0:36:50	468	
	1997	Marco Pantani	0:36:55	466	
	1999	Giuseppe Guerini	0:41:10	409	
	2001	Lance Armstrong	0:38:00	450	
	2003	Iban Mayo	0:39:06	435	
6 best performances of all-time	1995	Marco Pantani	0:36:50	468	
	1997	Jan Ullrich	0:37:40	456	
	2001	Lance Armstrong	0:38:00	450	
	1995	Miguel Indurain	0:38:10	448	
	1995	Alex Zulle	0:38:10	448	
	1995	Bjarne Riis	0:38:10	448	
Best TT performance	2004	Lance Armstrong	0:37:36	456	
Intermediate Times		La Garde (V16)	Saint Férréol (V7)	Huez (5 km between V6 and V5)	Finish
	Pantani 1995	0:07:05		0:24:23	0:36:50
	Pantani 1997		0:20:31	0:24:18	0:36:55
	Armstrong 2001		0:21:00	0:24:53	0:38:00
Fignon 1989	0:08:35		0:28:10	0:42:15	





PREDICTIONS



L'ALPE D'HUEZ		Altitude	
Start	Sarenne	725	Grade
Finish	Avenue du Rif Nel	1845	distance (km)
			13,8

Sarenne power plant, left turn, start of heavy grades

Or time the Tour leaders in 2013 and rank them yourself!

Time yourself

Are you a green cyclist?
Green? Yellow? Orange? Red?

time	speed (km/h)	WATTS standar	WATTS/kg (rider 70 kg)
0:43:50	18,89	380	5,43
0:42:55	19,29	390	5,57
0:42:00	19,71	400	5,71
0:41:05	20,15	410	5,86

time	speed (km/h)	WATTS standar	WATTS/kg (rider 70 kg)
0:40:15	20,57	420	6
0:39:30	20,96	430	6,14
0:38:45	21,37	440	6,29
0:38:00	21,79	450	6,43

The best time should be between 39 and 41 minutes, in other words between 410 watts and 435 watts. 39 minutes if the race truly starts at the end of the stage, 41 minutes if the riders go all out from the beginning, as in 2011.

RADAR #5 LA CROIX FRY

STATISTICS

	Year	Rider	Time	Watts standar
Current Record	2004	Floyd Landis	00:30:50	415
	2004	Lance Armstrong	00:30:50	415
	2004	Jan Ullrich	00:30:50	415

Long mountain stage with 5 cols. A few segments at 10 %, which a climber can take advantage of, but the descent towards Grand Bornand requires little skill and favors no one rider. Similar configuration to Hourquette d'Ancizan: 30 minutes of effort at the end of a long stage with several cols followed by a descent to the finish line. The likelihood of passing 420 watts for the best riders in standard terms, remains low.

PREDICTIONS



CROIX FRY		altitude	
Start	Sortie de Thônes	648	Grade 7,25%
Finish	Col	1467	distance (km) 11,3

Start at right turn, beginning of the col de la Croix Fry road

Time yourself
Are you a green cyclist?
Green? Yellow? Orange? Red?

Or time the Tour leaders in 2013 and rank them yourself!

Time	Speed (km/h)	WATTS standar	WATTS/KG (70 KG RIDER)
00:33:08	20,46	380	5,43
00:32:24	20,93	390	5,57
00:31:46	21,34	400	5,71
00:31:08	21,78	410	5,86
00:30:30	22,23	420	6
00:29:55	22,66	430	6,14
00:29:22	23,09	440	6,29
00:28:52	23,49	450	6,43

RADAR #6 SEMNOZ

First time ever climbed on the Tour de France. Last high altitude finish just before the finish in Paris. The riders will give everything they have left in this fight. The stage is hardly selective before the final climb and is only 125 km long. Probably a hillclimb race at strong pace. Tactics will be important on this climb depending on the overall standings. Whoever is the yellow jersey at the top is practically guaranteed to win

the Tour de France. In the event of tight standings, the favorites might wait until the last few kilometers to really up the tempo. A rider who is two minutes behind in the overall standings will have to take every risk and attack from the start of the climb. Depending on circumstances, a maximum of 440 standard watts of power is not an unreasonable expectation (2012 Vuelta performances)

PREDICTIONS



SEMNOZ		altitude	
Start	Quintal	738	Grade 8,12%
Finish	Cret de Chatillon	1655	distance (km) 11,3

Start at right turn, beginning of the col de la Croix Fry road

Time yourself
Are you a green cyclist?
Green? Yellow? Orange? Red?

Or time the Tour leaders in 2013 and rank them yourself!

Time	Speed (km/h)	WATTS standar	WATTS/KG (70 KG RIDER)
00:35:58	18,85	380	5,43
00:35:10	19,28	390	5,57
00:34:26	19,69	400	5,71
00:33:42	20,12	410	5,86
00:33:00	20,55	420	6
00:32:20	20,97	430	6,14
00:31:45	21,35	440	6,29
00:31:10	21,75	450	6,43





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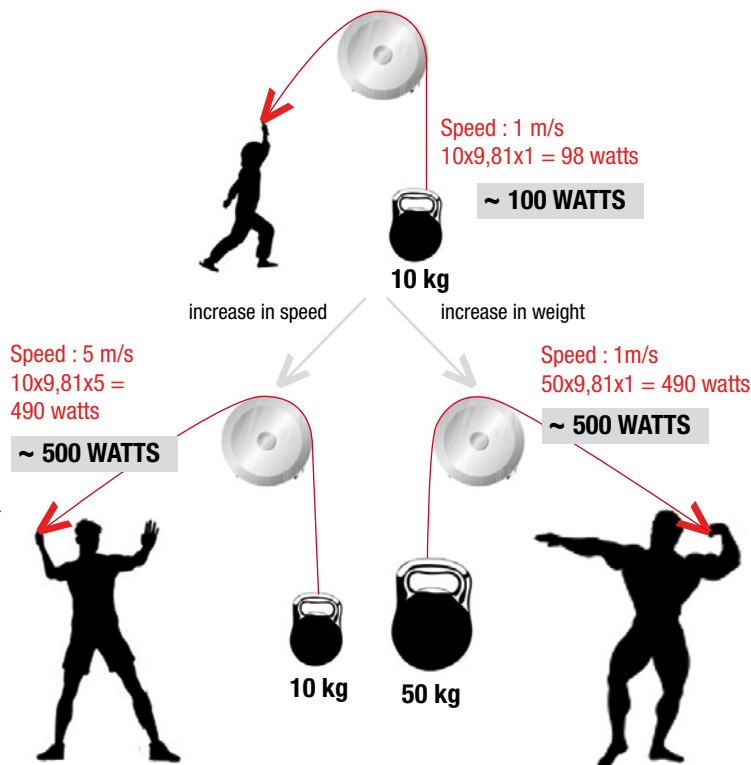
What's a watt ?

Example: a person lifts a weight using a rope and pulley as in the opposite illustration.

Power is the product of force (weight load = mg , with m as the load's mass and $g = 9.81 \text{ m/s}^2$) and speed. To generate 100 watts, a person would have to lift a weight of approximately 10 kg at a speed of 1 m/s. A child or an elderly person could accomplish this.

To generate more power, a person must either increase their speed or the weight load (and thus the force deployed on the rope) or both. Hence, a person would generate 500 watts if they lifted 50 kg at a speed of 1 m/s or 10 kg at a speed of 5 m/s.

A person with great force or speed could accomplish this. Power represents a person's effectiveness. By generating 100 watts, it will take them 10 seconds to lift a weight of 10 kg to a height of 10 m. By generating 500 watts, it will require 5 times less the to accomplish the same task. One must also factor duration when discussing power. The human body cannot exert itself indefinitely. It tires. Many people can generate 100 watts for 30 minutes, whereas only a few high-level athletes can generate 500 watts over the same period of time.



Rider and Grade

The cyclist's effort is more complex to model than the previous example.



A cyclist must exert propulsive force on the back wheel in order to overcome the forces that resist his forward movement.

Wind resistance depends primarily on the rider's position and the rider's relative speed squared in terms of the wind. It is low in windless climbs at 20 km/h and significant on flat terrain at 50 km/h.

Gravity pulls the cyclist downward. It is absent on flat terrain. The greater the grade of the slope, the more the cyclist will be subjected to its pull.

Rotation resistance depends on the cyclist's mass, speed, the quality of his bicycle, the surface, and his tires. There are few vertical movements, with few obstacles to overcome, unlike in mountain biking.

As he accelerates, the cyclist must also overcome inertia. When speed is constant, it equals zero. At a constant speed, force exerted by the rider on his pedals is equal to the sum of wind resistance, gravity (a component of forward movement) and rotation resistance. Another force may help the cyclist advance. This is the phenomenon known as drafting, usually occurring when behind another rider or in the peloton. Energy savings can exceed 30% inside a large peloton riding at more than 40 km/h (ref 5, Bicycling Science). In a translation system, power is the product of force and speed provided the force of propulsion is in the same direction as speed. Once all forces have been calculated, it is necessary only to multiply by speed to obtain power.

The SRM is the standard in power sensors. It measures power at the pedal level. The bicycle's output is meant to be 97.5% (transmission effectiveness, ref 1). Hence, one must add 2.5% to the model's estimated power at the back wheel in order to compare it with the pedal sensor. Based on the results on <http://www.friction-facts.com/>, the quality and cleanliness of the chain may also impact transmission output.

For measures of power with a sensor and related training, see Fred Grappe's book (ref 7).

The Wind Factor

Weather predictions indicate average wind speed at a height of 10 m. The wind gradient indicates wind speed based on the height of measurement, flow stability, and the ground (open space with no vegetation, city, or forest). Weather predictions tell us about average wind speed at a height of 10 m. When calculating power, we limit ourselves to measures of force in terres-

trial Beauforts less than or equal to 2 (speed of 10 km/h). If the air flow is stable and non-turbulent, wind speed at rider level will not exceed 7 km/h in open spaces, 6 km/h in residential areas, and 5 km/h in forests (ref. 4, AFNOR norm and webmet.com).

Drafting

Drafting has taken on even greater importance in col climbs in the last few years. Differences in rider potential are less significant than previously with the peloton containing the Tour favorites being now bigger than ever just before the last climb. Furthermore, a majority of riders are now equipped with power sensors. They can instantly see watts saved during a climb. According to a 2013 study (ref 3, CFD simulations of the

aerodynamic drag of two drafting cyclists), wind resistance is reduced 25% at 54 km/h for a rider drafting at 10 cm. We withheld 30% of power to overcome wind resistance in the case of a large-size peloton riding at 25 km/h, or approximately ten watts. This correction, around 2% in relative value, was for example applied to the La Toussuire climb in the 2012 Tour de France.



The 78 or 80 kg with cycle standard

The “78 kg with cycle” power standard represents an imaginary rider at the heart of the race. He weighs 78 kg, cycle and equipment included. He serves as a reference in col climbs and when tracking the evolution of performances over time. Only end-of-stage cols are compared (rider mass can decrease slightly after hours of riding). With regards to the three 80’s winners, an “80 kg cycle included” standard is used. In addition, their cycle output is decreased 5%.

Sample Calculation

Chris Horner’s Mende climb during the 2010 Tour de France

Body mass	63.5 kg
Bike and equipment mass	71.5 kg
Scx	0.35
Rolling coefficient	0.004
Average speed	18.42 km/h
Average percentage	10.26
Air density at 850 m	1.06
Bike output	97.5 %

	Calculation details	% total
P air	$1.06/2 \times 0.35 \times (18.42/3.6)^3$	6.00%
P rotation	$0.004 \times 9.81 \times 71.5 \times (18.42/3.6)$	3.4 %
P gravity	$71.5 \times 9.81 \times (18.42/3.6) \times 10.26/100$	88.00%
P total	(P air + P rotation + P gravity)	418 WATTS



80’s cycles: +2 kg and -5% output



2000’s cycles: 78 kg thoroughbred

The weight/power and watts/kg relationship

The watts/kg relationship is commonly used in cycling by trainers and riders in order to evaluate col climb potential. In terms of a single rider, the greater his watts/kg ratio, the faster he will climb cols, especially those with higher grades, and on which gravity is a significant factor.

Furthermore, it is directly tied to maximum specific oxygen consumption (in ml/min/kg) via energy output. Hence, we can draw parallels in terms of physiological limits.

The problem comes when we try to compare riders and their on-the-road performances. Two riders with the same watts/kg ratio

but with relatively different body masses will not be able to climb at the same speed. For example, Pantani (56 kg) and Indurain (80 kg).

To climb l’Alpe d’Huez in 40 minutes, Pantani must generate 6.3 watts/kg, while Indurain can settle for 5.9 watts/kg, a 9% difference.

The watts/kg ratio would be directly proportional to on-the-road performance if there were no bicycles, no friction rotation forces and no wind resistance. The “weight/power relationship” remains nevertheless valid if we compare riders with approximately the same body mass.

Connection between power standard and watts/kg

The “78 kg with cycle” standard is related to the watts/kg ratio depending on rider mass and gradient

The following table converts the 410 w 78 kg with cycle power standard into watts/kg according to grade (%) and rider body mass.

Mass (kg)/ Grade	6 %	7 %	8 %	9 %	10 %
55	6,22 W/kg	6,17 W/kg	6,14 W/kg	6,1 W/kg	6,09 W/kg
60	6,13 W/kg	6,09 W/kg	6,06 W/kg	6,03 W/kg	6,01 W/kg
65	5,91 W/kg	5,91 W/kg	5,91 W/kg	5,9 W/kg	5,9 W/kg
70	5,81 W/kg	5,82 W/kg	5,83 W/kg	5,83 W/kg	5,84 W/kg
75	5,79 W/kg	5,8 W/kg	5,8 W/kg	5,8 W/kg	5,8 W/kg

If the rider standard is at 410 watts, then the watts/kg ratio will be between 5.8 and 6.2 w/kg based on the grade and rider’s build. (see image below). The greater the grade, the easier it is for lighter riders to maintain a 410 w standard.

STANDARD 410 WATTS



Nevertheless, this effect is especially significant for higher average grades, which are more common in the Giro and the Vuelta than on the Tour de France and for a limited number of climbs.

The 6.8 kg low-end cycle favors bigger riders

Today, nearly all professional riders use 6.8 kg cycle. This lower limit favors bigger riders as the cycle’s relative mass compared to total mass is lower when one weighs 80 kg. Twenty years ago, bigger riders needed a larger frame and rode with slightly heavier cycles than “featherweight” riders.

Power calculation accuracy

In 1998, Martin (ref 1) demonstrated that it was possible to model a cyclist’s power accurately. He obtained a 2% margin of error compared to a standard power sensor. Wind speed was measured using an anemometer. The study was conducted with knowledge of riders’ specific characteristics (aerodynamics, mass, cycle etc). In 2004, we conducted an in-the-field confirmation with 20 riders equipped with SRM sensors, yielding a maximum margin of error of 5%. The idea then became to decrease measurement error when using the indirect method so that it might be usable in performance analysis. The emphasis was placed on taking into account weather conditions and the definition of the mea-

surement zone. In the last few years, professional riders have published their power sensor data online. This allowed us to corroborate further. We based the 78 kg (or 80 kg) with cycle power standard calculation on a clear reference. If the estimation of real power, as in the case of Chris Horner, is within 2%, then it will be the same for the 78 kg with cycle standard.

2010 Tour : Chris Horner

The American rider, Chris Horner, of the RadioShack team, finished 10th overall at the end of the 2010 Tour. He often rode with the front pack and therefore in the same conditions as the overall leaders. In order to avoid too much mass variation, only the last cols of stages were selected, specifically, those that were climbed after 5 hours of cycling.

SRM-Model Comparison. Chris Horner 63.5 kg, Scx = 0.35, Bike 8 kg

Cols	Distance and grade	Time	SRM	MODEL	Difference
AVORIAZ	13.7 km à 6,06 %	35’36”	351 w	347 w	1,00%
MADELEINE	25.5 km à 6 %	1h09’36”	320 w	323 w	<1%
MENDE	3.1 km à 10.26 %	10’06”	422 w	418 w	<1%
AX LES THERMES	7.8 km à 8.33 %	23’43”	370 w	375 w	+1.4 %
BALES	19.3 km à 6.1 %	49’30”	342 w	358w	+ 4.6 %
TOURMALET OUEST-BAS	9.35 km à 7,16%	23’54”	372 w	409 w	9,00%
TOURMALET OUEST-HAUT	9.3 km à 7.9 %	28’36”	348 w	354 w	+1.8%

Drafting helps explain the results at Port de Balès (8 km of slight incline at the beginning of the col) while there is a double drafting and tailwind effect on the lower portion of the Tourmalet.

With the exception of these two instances, the differential is always less than 2%. The margin of error between SRM sensors and the model is thus more than acceptable on the final cols of Tour de France mountain stages.

From experience, we concluded that a 2% margin of error was possible given the following conditions:

- speed less than 25 km/h
- general wind speed at maximum of 2 on Beaufort scale
- Grade higher than 6%
- ride through forest

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<http://www.youtube.com/user/worldcyclingarchives>
<http://www.youtube.com/user/PaquirrinTopModel>
<https://www.youtube.com/user/wenck>

Factors influencing interpretation of rider power standard on cols

>> **Climbing capacity:**

the Tour winner is not necessarily the best climber. For example, Wiggins in 2012, Indurain in 1994, LeMond in 1989, Roche in 1987 and Hinault in 1982.

> **Early-in-the-stage energy management:**

during certain Tours, the battle was fought a fair amount of time before the last col (1986, 2011). In other instances, a strong time-trial and strong overall-leading yellow jersey can settle for tailing his opponents (Hinault in 1982, Wiggins in 2012).

> **Level parity:**

1989 Tour with Fignon, LeMond and Delgado, 2012 Vuelta with Contador, Valverde, and Rodriguez. On each

occasion, possible winners were very similar and overall rankings were particularly tight. Sometimes, as in 1999 with Armstrong, main leaders were absent. He needed only to manage the race and did not need to “crank out the watts”. In 2006, a number of favorites were banned following the “Puerto” scandal

> **Average col length of each Tour:**

the shorter the cols, the greater the possibility of generating greater average power on the last cols. The power level will be high especially if riders exert themselves from the beginning of the climb or in instances of climbing time trials. (See page 13). The average length of the last cols on the Tour de France is approximately 35 minutes.

> **General ability of leader’s team:**

if a leader is protected, like Wiggins in 2012, with a team dedicated to working for him and teammates who are sometimes better climbers, he can expend more watts at the ends of stages.

> **Weather:**

extreme conditions (extreme heat or rain and cold) can hurt some riders. Though where Pantani and some of his performances are concerned, there was no visible impact on his “mutant” status.

> **Route:**

the greater the number of mountain stages, the more climbers pay attention to their efforts. On particularly

mountainous Tours, it is normally impossible to generate maximum effort at each stage.

> **Beginning or end of stage:**

a nominal amount of fatigue “should” appear at the end of a mountain stage after two cols and in the third week of a long Tour. Unfortunately, this is not the case for some, who seem to improve with each passing day, and for whom five hours of riding and two cols seems to serve as a warm-up before the finish.

All of these factors must be taken into account when interpreting the power watt standard generated by riders on cols.

Validation of an indirect method of estimating mechanical power in cycling

F.PORTOLEAU : Ingénieur société informatique, A.VAYER : Alternatif, C.TRONCHE : FFC, G.P. MILLET : Faculté des Sciences du Sport de Montpellier

External mechanical power (Mec-P, W) is a key parameter of cycling performance. Different methods allow its measurement (SRM, Polar S170, Power-Tap) but they remain expensive for amateur athletes. The validity of the SRM (Fuchsend, Germany) was demonstrated by comparing it to a Monark by Martin et al. 1998. The purpose of this study is to test the validity of an indirect method of measuring Mec-P.

> **METHOD** – Sixteen male cyclists (21.0 ± 4,0 years old; 67,8 ± 5,8 kg ; 177,8 ± 5,8 cm ; PMA = 373 ± 43 w ; 12 687 ± 5 313 km.an-1) cycling at the regional or elite level made 15 climbs from 1.3 to 6.3 km (average grade of 4.4 to 10.7%) in random order. Each cycle was equipped with SRM pedals for Mec-P readings in different conditions (alone, in groups...). Analysis segments were determined according to notable points identified on an IGN map. These also allowed measure of speed and average grades.

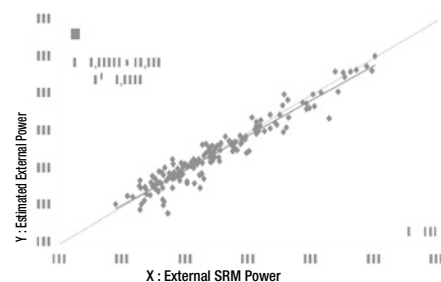


Figure 1: Correlation between SRM-P and Estimated P for all subjects and conditions.

> **Calculation of Indirect Mec-P:**

(Di Pramp- ero 1979) $MecP = 0,5 \cdot SCx.V^3 + m.g.Cr.V + m.g.\sin(\theta) \cdot V$ Where air density is in kg.m-3. S the frontal area in m² ; Cx coefficient wind resistance; V the speed in m.s-1 ; m the total mass in kg ; g gravity in m.s-2 ; Cr coefficient of rolling resistance and (θ) the slope.

> **RESULTS** – The strong

correlation (r = 0.96 ; p<0.001) between SRM-P and Estimated-P in the majority of conditions is visible in Figure 1. Only 3 of the 15 conditions showed significant variation (strong winds). Average margin of error between the 2 methods (Figure

2) was -0.95% (I.C. 95% = -10.4 ; 8.5%) and 0.24% (I.C. = -6.1 ; 6.6%) for wind-less conditions. No effect of slope on average margin of error.

> **DISCUSSION** – This study reveals the strong impact of wind resistance. In unfavorable wind conditions, SRM-P is higher than Estimated-P, which is corroborated in published data (Olds et al. 1993). There was no improvement based on slope. This can be explained by the fact that all grades were greater than 4.4%. In the “group” condition, the confidence interval (IC) is lower because wind resistance is diminished.

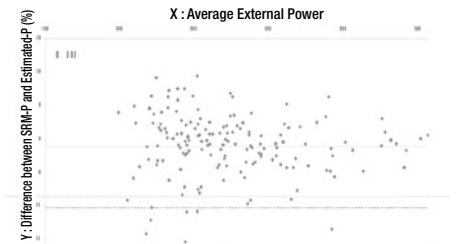


Figure 2: Average differences between SRM-P and Estimated-P for all conditions (value > 0; Estimated-P > SRM-P).

> **CONCLUSION** – This method appears to be of satisfactory accuracy and validity to evaluate external Mec-P in cycling, provided two conditions are met: a strong grade (>4%) and low wind resistance. This tool is therefore useful for trainers. It offers the advantage of allowing on-the-road tests at low cost. In addition, it allows rigorous analysis of the evolution in performance of professional cyclists.

> **REFERENCES** – Di Prampero, P.E., Cortili, G., Mognoni, P. and Saibene, F. (1979). J Appl Physiol 47: 201-206. Martin, J., Milliken, D., Cobb, J., McFadden, K. and Coggan, A. (1998). J Appl Biomech 14:276-291. Olds T.S., Norton K.I., Craig N.P. (1993). J Appl Physiol 75(2): 730-737. Vayer A. et Portoleau F. Pouvez-vous gagner le Tour ? Polar, 2002 .



Detailed example of a radar measurement zone.

Mont Ventoux climb, in three parts.

A CLIMB LIKE THAT OF THE MONT VENTOUX CAN BE DIVIDED IN THREE PARTS (SEE MAP). APPROACHED DIFFERENTLY DEPENDING ON RACING AND WEATHER CONDITIONS: :

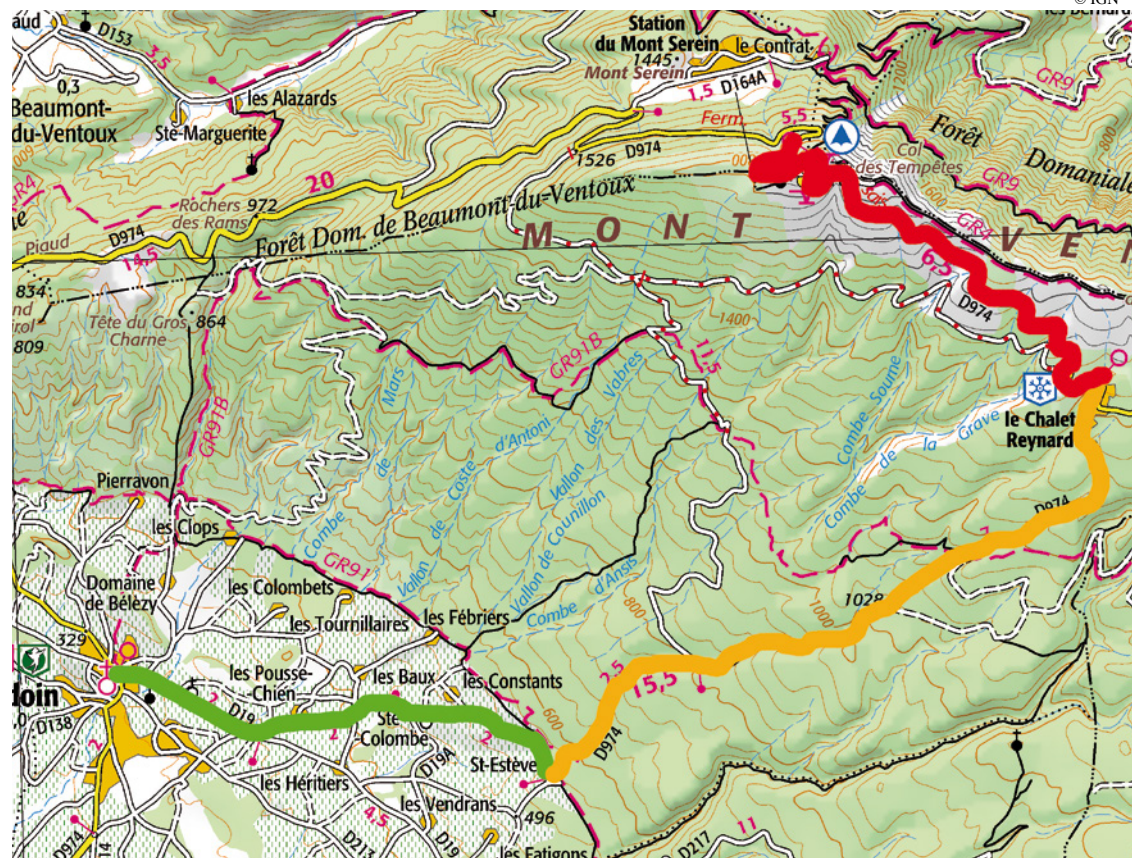
- 1) From Bédoin to Saint Estève = 1
- 2) From Saint Estève to Chalet Reynard = 2
- 3) From Chalet Reynard to the summit = 3

In part 1, power measurement accuracy has a margin of error of 10 % in the case of a single line race as riders can draft when they ride as a peloton or one behind the other. The average grade is less 4 %: the riders draft and follow one another. They also ride at speeds approaching 30 km/h. This 10 % variation is due the significance of aerodynamic forces of drag and draft in relation to the force of gravity. These aerodynamic forces cannot be determined exactly using the indirect method. However, the average power can be determined in this first segment with significant accuracy on the overall climb in instances of a time trial with little wind (2004 Dauphiné and Iban Mayo record), where there was no drafting effect.

In part 2, power measurement accuracy has 2 % margin of error. The average grade is close to 10 %. The riders are travelling at speeds of approximately 20 km/h and the forest diminishes the impact of the wind. The riders are mostly fighting gravity.

In part 3, power measurement accuracy has a 5 % margin of error. The grade remains relatively high at 8 %, but wind speed at ground level is far from negligible. The Mont Ventoux is located near the Rhône Valley where the mistral often blows. There is no vegetation to diminish the effect of the wind at ground level and, the higher one goes (1900 m at the Ventoux's peak), the stronger the wind.

In racer profiles, average power is therefore generally estimated on the second segment between Saint



Estève and the Chalet Reynard. Are some of these calculations intellectually dishonest?

NO,

Based on this study:

Miguel Indurain set a new world hour record on track at Bordeaux on September 2nd 1994 with 53.04 km. His power was estimated at 509.5 watts (ref. 8). Nineteen days prior his attempt at a world record, Indurain performed a laboratory test on an ergocycle with mechanical braking (Monark 818 E, Varberg, Sweden). His power at the lactate threshold (point at which lactate starts to accumulate in the blood stream - 4 mmol /l) was 505 watts (6,23 watts/kg). This exercise intensity was chosen because it has been reported to be sustainable for a maximum amount of time over a prolonged period of time.

In July 1994, Miguel Indurain won his fourth Tour de France. He performed incredibly on the Hautacam stage. We estimate his power (cf. Indurain pages) to have been 530 watts (6.6 watts/kg) over 35 minutes. We also estimate his power during the Avoriaz climb after a prolonged time trial (1 hour 30 minutes) to have been 490 watts (6.13 watts/kg).

On average, Indurain generated 490 watts (6.13 watts/kg) on the last climb of mountain stages. This value is slightly lower than his power at the lactate threshold (505 watts). Our power estimates are therefore entirely within the realm of realistic projections.

Ref: Scientific approach to the 1-h cycling world record: a case study. Sabino Padilla, Iñigo Mujika, Francisco Angulo and Juan Jose Goiriarena 89:1522-1527, 2000. ; J Appl Physiol

YES,

Based on this study:

1 : The Michele FERRARI (the "Dottore") Method
Michele Ferrari uses a simple formula to determine relative power in watts/kg based on a climber's Mean Ascent Velocity when he climbs a col.

Relative Power (watts/kg) = MAV (meters/hour)/(grade factor)

The correction factor, the "grade factor", equals $200+10 \cdot P$, where P is the average grade.

For example, if a rider climbs a col with an average grade of 6 % at 1500 m/h, his relative power in watts/kg will be: $1500/(200+10 \cdot 6) = 5,77$ w/kg

Michele Ferrari made this

connection by measuring MAV on different grades for a 64 kg rider generating 300 watts, for a relative power of 4.69 w/kg.

<http://www.53x12.com/do/show?page=article&id=48> and <http://www.53x12.com/do/show?page=article&id=74>

Our view: In all reality, in road cycling, on a given grade, there is no simple (linear) connection between relative power and ascent velocity. This formula would be appropriate on a given slope if a cyclist only had to overcome forces proportional to his weight on col climbs. Let us consider a cyclist who must only overcome gravity. $M \cdot G \cdot H$ represents the energy he must expend to bring his mass to a height H. (M =rider mass, $G=9.81 \text{ m/s}^2$)

If the rider expends this energy over time T, his power will be equal to $M \cdot G \cdot H / T$ or even $M \cdot G \cdot VAM / 3600$. His relative power will be equal to $g \cdot VAM / 3600$

We obtain the following correlation: relative power (watts/kg) = $VAM / (\text{grade factor})$, with grade factor = $3600/g = 367$. Practically speaking, the rider must overcome not only wind resistance, but also rolling friction, chain transmission energy loss, and inertia in order to accelerate. It is clearly impossible to establish such a simple correlation.

Ferrari's formula can nevertheless obtain correct results if the analyzed rider weighs around 64 kg and generates approximately 4.7 w/kg. The relative power of professional riders on the last cols of mountain stages is very often above 5.8 watts/kg. At this level of power, the interaction between the different forces are not the same as at 4.7 w/kg. The correction factor of Ferrari's formula between MAV and relative power is no longer valid.

If we take into account all the forces at play, the greater the aerodynamic forces (non-linear term) the more Ferrari's formula becomes questionable. The greater the level of power, the more Ferrari's formula will yield power that is inferior to our models. For example, on an 8 % grade, at 6 watts/kg, Ferrari's formula yields power that is 2 % lower than our estimates. At

6.5 w/kg, the difference will be approximately 3.5 %.

Ferrari's formula is an approximation compared to ours. It has no real value, except perhaps disinformation, favoring athletes «prepared» by the doctor himself or with whom he had a relationship, from Moser to Armstrong, even Jalabert.

2: Analysis of Fred Grappe's calculation in "Cycling and Power Optimization in Cycling"

In his book "Cycling and Power Optimization in Cycling", Frédéric Grappe, who works with the Française des Jeux cycling team, analyzes Lance Armstrong's climb at the Alpe d'Huez time trial in 2004. He estimates the American cyclist's power to have been 435 watts, in other words, 46 watts lower than our estimate. How is such variation (9 %) possible? Fred Grappe provides all the details to arrive at 435 watts. Fred Grappe's model differs mostly around one point compared to ours: chain transmission output is ignored. This decreased the result by approximately 2.5%. In addition, the rolling resistance coefficient he uses, C_{rr} , is modulated by the cosine of the grade (projection of weight based on an axis perpendicular to the road). Our simulation simplifies taking into account C_{rr} by supposing it depends on the grade. This barely affects the result. The friction due to rolling resistance remains weak compared to the effect of gravity. There is some uncertainty regarding this parameter. Finally, the grades are smaller than 5°, $\cos(5^\circ) = 0,996$. The difference in estimated power also comes from model variables.

- 1) Average percentage
The starting altitude is actually 725 m and not 760 m as he writes (ref. IGN map), which alters the average percentage from 7.9 % to 8.11 %.
- 2) Rolling Resistance Coefficient
Fred Grappe suggests using a rolling resistance coefficient of 0.0025. This value is close to what one finds in scientific texts for a velodrome. The author of the book evaluated the rolling resistance coefficient on a velodrome to be 0.003 (cf. pg 305). Why did he use a smaller rolling resistance coefficient for col climbs? Mountain

roads are far from having a perfectly smooth surface.

3) Scx underestimated at 0.35: Lance Armstrong has a relatively significant frontal surface in climbs given his build and his tendency to pedal standing up, with his torso straight. His coefficient of air penetration is therefore higher than 0.35 when he climbs a col. We estimated his Scx to be 0.39 during climbs.

4) Total mass
In his calculation, mass is 74 kg plus 7 kg, totaling of 81 kg. It fails to take into account clothing, shoes, and equipment mounted on the cycle.

These 4 differences in model variables as well as the ignored chain transmission output help explain the 9 % difference between our model and Fred Grappe's: 481 watts (6.5 watts/kg) versus 435 watts (5.9 watts/kg).

A short time before the start of the 2004 Tour de France, Lance Armstrong performed a stress test with Michele Ferrari. He generated 493 watts (cf. source) at the lactate threshold for a body mass of 74 kg, or 6.66 w/kg. There is a theoretically strong correlation between this power threshold and maximum effort over 30 to 40 minutes. We are also much closer in our calculation than Fred Grappe to Michele Ferrari's "magic number": 6.7 w/kg. According to Michele Ferrari, this level of power at the threshold was necessary in order to win the Tour de France during the Armstrong years.

Source : "Lance Armstrong's war", Daniel Coyle, page 209

Generally speaking, our power estimations are, for equivalent col climb times, 5 % to 10 % greater than those estimated by Fred Grappe.

In the September 2005 issue of Vélo Magazine, Fred Grappe attempts to explain Lance Armstrong's domination. The article's title: A physiology bordering on supernatural. He attempts to "humanize" Lance Armstrong by using a power value of 5.9 w/kg generated during the 2004 Alpe d'Huez time trial, which we believe to be underestimated by 9 %.

In addition, he uses the scientifically contested article by Edward F. Coyle which presents an evolution of Armstrong's energy output between 1993 and 1999. No such evolution ever occurred. (<http://www.sportsscientists.com/2008/09/coyle-armstrong-research-installment-2.html>).

com/2008/09/coyle-armstrong-research-installment-2.html).

No one has called into question the author of this book. Was he simply naive, blinded by the light, or was he fully cognizant, using his calculations to justify the «normalcy» of the era's idol and his «scientific» performances? If science is served by interests instead of convictions, then the question no longer remains. The answer likely lies in an implication the author makes, in the conditional tense, that by increasing his output 6.9 %, as Lance Armstrong did between 1992 and 1999, David Moncoutié could have delivered a similar performance at the Alpe d'Huez in 2004. The reality is that Lance Armstrong developed excessive power of 6.5 w/kg in 2004 and that his performance had nothing to do with energy output optimization.

(suite from page 23)

...The end of that part on website is : 1990 1st Tour de France. 1991-1994 rapid decent in performance.

Had I been on a "program" there would have never been such a dramatic slide in my performances at the end of my career. In the end I believe that I was one of the most gifted racers in cycling. Physical ability above 99% of the professional races.

AFTER MY CAREER :

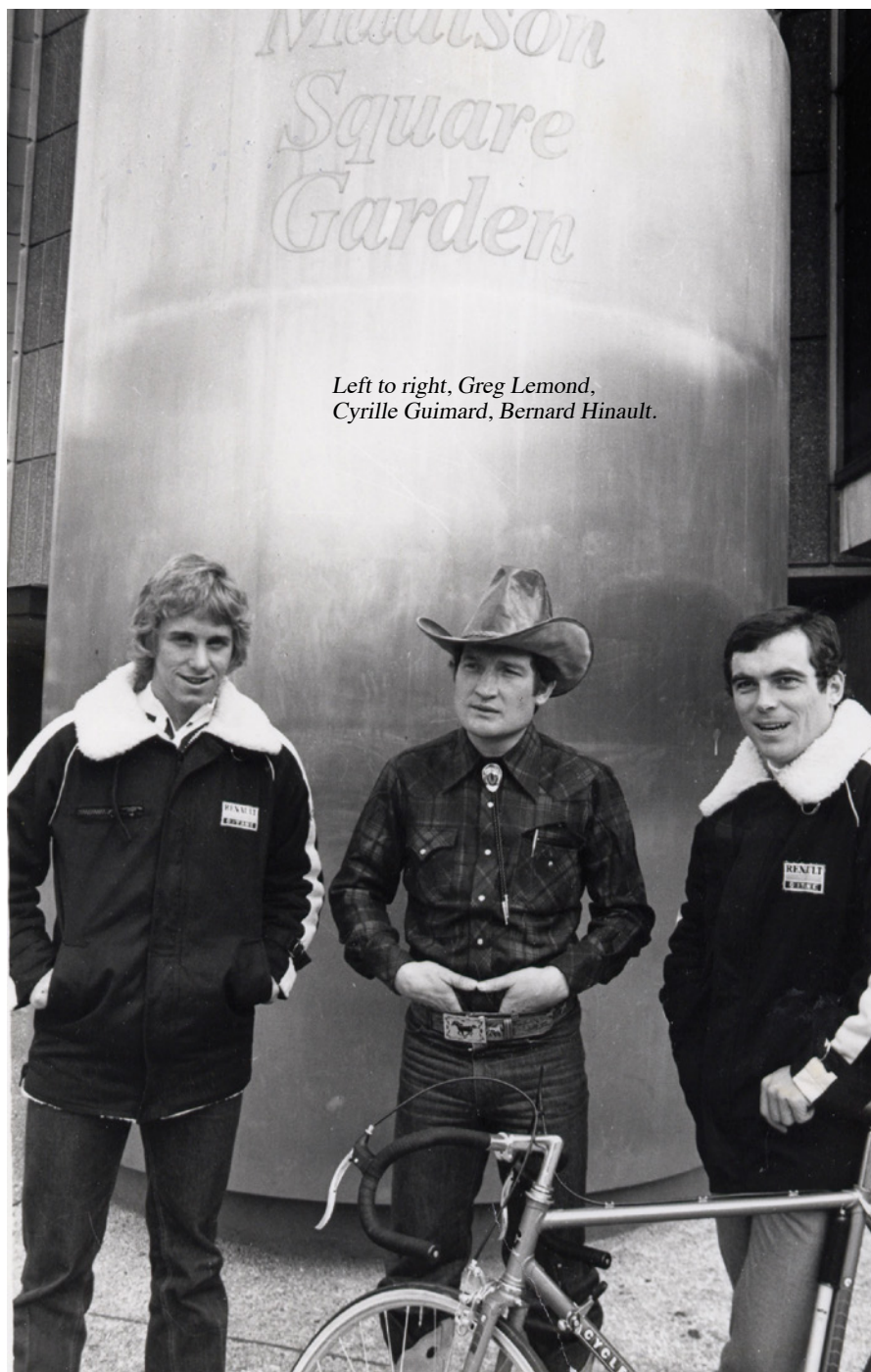
In 2007 I decided to get in shape to ride with my son at the "L' Etape du Tour". At 47 years of age I did a Vo2 max test and I measured exactly where I did the last year of racing- 6.4 liters of oxygen at Vo2 max. I used an SRM system and at 47 years old I was capable of sustaining 385 watts for 45 minutes up multiple climbs- with four months of training, 4 hours a week max. 1993 started using SRM. Best-recorded effort on Climb in Alps, Col de Forclaz, and 435 watts average- I was not at my best during this period. Despite my oxygen capacity and according to your statistics I have not maintained more than a 400-watt average on a climb.

MY TOUR 1989 WITH FIGNON :

1989 Tour de France Time Trial- Many claim that this race proves that I had to be doping. How else could I do a time trial that fast? Even today it remains one of the fastest time trials in cycling. In 1991 I did a wind tunnel test in Paris in order to prepare for the hour record. I was curious of the advantages of the triathlon handlebars and the Giro Helmet that I used in the 1989 Time Trial on the final day into Paris. I won by 8 seconds to Laurent Fignon, making up approximately 58 seconds to Laurent. Thierry Marie finished 2nd to my 35 seconds behind. What I did find out was interesting. The wind tunnel tests determined that I would have to maintain an average of 420 watts to maintain 54.5 kph. Not as significant as one would think. I believe that I averaged around 400 watts for that time trial because there was a 120-meter drop in elevation, which is significant when the speeds are averaged out. Had I been using EPO or other blood boosting products I do not believe that I would have won the race by only 8 seconds ?

WHAT WE KNOW NOW :

The doping history, the insight that we have all gained to organized doping, shows that not even the best could compete against a full on doped rider. The performance gains are too great for even the most talented to compete against. My victories in 1989 and 1990 were won on less than Ideal conditions and it would be hard to compare them to 1985 and 1986, where neither Bernard



Left to right, Greg LeMond, Cyrille Guimard, Bernard Hinault.

Hinault, nor myself had a true race up a mountain. All uphill finishes were done with one of us waiting for the other, never pushing each other like we would have been if we were on separate teams. I believe that this is the reason for the discrepancy in my 85-86 Wattage output compared to my 89-90 numbers. I believe that had I continued racing after my first victory, no hunting accident, non-interruptions that my wattage numbers would look even higher than what the statistics show. I also believe that I was able to compete against riders

whose natural talent was not truly altered by the drugs they might have been racing with. My results were very consistent over my career. The one rider that comes to mind is Laurent Fignon. Yes he admitted to taking corticoids in racing but I have yet to read any real data on the significance of corticoid and performance. I am not sure if Bernard Hinault has stated that he won races due to doping but I do believe that there was no drug at the time that would have given Bernard Hinault a significant boost to performance, like now it's possible.

My Enemy is my Friend

In 1988, Canadian sprinter Ben Johnson made global headlines by winning the Olympic 100 metres final in Seoul. But he tested positive for Performance Enhancing Drugs, was disqualified and left in disgrace. Now, as the 25th anniversary of that race approaches, Johnson tells, in his own words, how anti-doping could receive a massive boost if it utilised those it previously caught out.

"I cheated.

I did it to win a gold medal at the Olympic Games, but shortly after the adulation had died down, I knew the subterfuge and denial wasn't worth it. Instead of feeling monumental exhilaration at being an Olympic Champion, there was emptiness.

I had taken part in what was billed as the greatest 100 metres final in history. The line up was: Robson DaSilva; Ray Stewart; Carl Lewis; Linford Christie; Calvin Smith; Ben Johnson; Desai Williams and Dennis Mitchell.



In hindsight, there was no-one I could turn to - even if I'd been smart enough to look. That, for me, is a prime example of why educating young athletes is crucial. Let them know they have a choice. Let them know they CAN challenge the cheats and let them know where they can turn if and when temptation comes calling.

As a young athlete I had no access to proper training facilities. Funding from government-led athletics programmes was given to more

affluent young people who attended wealthy private schools. Before I could train, we had to move animals from the paddock that we used. I can't call it a track, because it wasn't. As far as the authorities were concerned, we were simply left to fend for ourselves.

Please don't think this is my way of excusing what I did. It isn't. But it does explain - I hope - that when you're at such a disadvantage in the first place, any additional help to bridge the gap is a massive temptation.

And here we are in the 21st century, athletes are still taking PED's and many of them are still getting away with it. Something has got to change.

I believe governing bodies should now actively work with athletes who were caught as it seems to me their understanding of how competitors can get past testing procedures still isn't good enough. They're still one step behind and they're not making full use of the experience of their previous 'enemies'. They should be using every trick in the book, to foil every trick in the book.

And my strongest message to all those young athletes who might be tempted in the meantime? Well it's this...

At the age of 26, I had an Olympic Gold Medal taken away from me because I cheated and took PED's. And ever since that day, I've been convinced that I was actually good enough to have won it - without ever needing to bother.

In 1988, Ben Johnson, with doping, did at Séoul : 9.79s to run 100m. In 2012, Usain BOLT, the new « légend » like he says, also Jamaïcain, got the world record in 9.58s ... 2.14 % better.

And I beat them all.

History might say that five other finalists were involved in the same thing but it makes no difference. I misled the world and for the last 25 years I've regretted it.

Yes, I've suffered because of it. No complaints. But the sad fact is, the same temptations are still prevalent today and being able to say that a quarter of a century after Seoul is shocking.

Recent issues have obviously highlighted cycling's own, long-standing problems. The challenges that face track athletes are the same for cyclists or any other competitor. The Lance Armstrong affair proves governing bodies everywhere still have much to do. The athletes are still one step ahead.

That fact has inspired me to use the 25th anniversary of what's now dubbed; 'The dirtiest race in history' to impress upon the athletes that it simply isn't worth it and to assist the governing bodies in getting off their back sides and doing something about it.

The objective for all sport must surely be for clean, competition administered by officials with a desire to root out doping at all levels. From the latest technology at the top, to educational programmes and cultural reform with the youngsters.

When I moved to Canada from Jamaica as a 14 year old, I began training with an older team and when I was eventually confronted with doping in that environment at age 22, I had neither the maturity, or the support to be able to say 'no'. As a young man with aspirations to be the best, it was impressed upon me that all aspiring athletes took PED's and if I wanted to compete against them, there was no choice. A true case of; 'if you can't beat 'em, join 'em.

BEN JOHNSON

THE AUTHORS



Antoine VAYER. After shortened medical studies, followed by a career as an amateur, Antoine Vayer opted to become a Physical Education teacher and to work as a professional trainer. He created the first high-level cycling center for students and was the first trainer of his kind to be hired on the professional circuit. He worked from 1995 to 1998 for Festina, during which time he introduced multiple scientific methods and innovative techniques to monitor cyclists. In 1999, he created “AlternatiV” (with, among others, Bassons), to be entirely independent of existing organizations and federations while assisting athletes who do not dope or wish to stop doping. He trained more than 400, three of which have gone on to become world champions. Concurrently, he began writing for magazines such as Le Cycle and dailies like Le Monde, Libération and l’Humanité. He is considered

to be an expert in performance analysis. As such, he testified at the 2000 Festina trial. He also wrote *La pleine puissance en cyclisme* (Total Power in Cycling), and collaborated in the writing of many books. The maverick positions he has expressed in the media along with his strong convictions naturally led him to join “Change Cycling Now”, created in December 2012.

HE IS EDITOR-IN-CHIEF OF THIS MAGAZINE. He contributed to the profiles, added the LUZ cartoons along with classic articles he has published in the press.

Frédéric PORTOLEAU has been an embedded software engineer for the last fifteen years, most notably for Airbus. His true passion remains physics (his initial studies) as applied to athletics, especially cycling. For the last twenty years, he has spent 600 hours a year calculating the watts generated by professional cyclists during col climbs. Following the publication of a first article in the year 2000 in the magazine Sport et Vie titled “L’escalade des puissances” (“Climbing Power”), he met Antoine Vayer and co-wrote *Pouvez-vous gagner le Tour ?* (Can you win the Tour?). Some of his data was published in *LA confidentiel* (LA Confidential) in 2004. Between 2004 and 2010, he regularly wrote articles for *cyclismag.com* then for *rue89.com*, and, since 2012, for *cyclisme-dopage.com*. Calculating watts ultimately became “fashionable” and his work was copied, ironically, by people attempting to justify suspicious performances. Frédéric Portoleau never wavered. He is an avid athlete: a mountain climber, cyclist, cross-country skier, and orienteer.



FOR THE MAGAZINE, he notably contributed the power calculations in watts for the scientific section and for the factual commentary.



Stéphane HUBY manages *cyclisme-dopage.com*, an influential site devoted entirely to doping in cycling. A compilation of more than 3,000 doping cases, the site offers an exceptional database, used for a variety of statistics and analysis. Some were published in the book, *Le Sale Tour* (The Dirty Tour), by Pierre Ballester in 2009. The only one of its kind on the French-language web, *cyclisme-dopage.com* covers all the latest doping news, publishes profiles, a glossary, bloopers, a bibliography, as well as abundant statistics. The site also hosts power calculations and detailed analysis by Frédéric Portoleau. Since its creation in 2000, the site has had more than one million visitors. Stéphane Huby has also worked with *cyclismag.com* and written for *arcinfo.ch*. After having cycled competitively as an amateur, Stéphane Huby now mountain bikes for fun and stands

firmly opposed to Churchill who, for health reasons, advocated “No sports”.

FOR THE MAGAZINE, he notably contributed “The Great Story”, “The Straight Story”, “What He Said”, and “What They Said” in the racer profiles.

Jean-Pierre DE MONDENARD is a French sports doctor. He is considered one of the foremost “specialists” and “archivists” critical of doping. He is an essential resource regarding the problem. He often spoke out about what was happening in competitive sports before everyone else. He is the author of scores of books about sports medicine, thirteen of which focus on doping in sports. He has also worked with a number of sports magazines. His “master work”, *le Dictionnaire du dopage* (The Doping Dictionary), bears testament to his commitment and thoroughness. He has worked at the Institut National des Sports (National Sports Institute) and served as official doctor on most of the major cycling events, including the Tour de France, from 1973 to 1975. He managed a sports medicine consultancy for children, was responsible for sports medicine classes at the Toulouse School of Medicine, and taught “Dopage et toxicomanie : lutte et prévention” (Doping and Drug Addiction: Intervention and Prevention). He has also organized numerous sports medicine seminars. He is an avid runner, hiker, and cyclist. He has climbed over 1,500 cols.



FOR THE MAGAZINE, he notably contributed the press review. For reasons of space allocation in the magazine, which is a data summary, the page dedicated to other contributors and multiple thanks can be found at <http://www.alternateditions.com>.

LEGAL HIGH



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