

le
de Tour
France

OFFICIAL GUIDE 2016

EXCLUSIVE
SOUTH
AFRICAN
EDITION



THE RIDERS
THE TEAMS
THE JERSEYS

EXCLUSIVE!
**ALL THE
STAGE
DETAILS**
from Paris HQ



CAVENDISH
SA's new leader hunting
a record 29th stage win

GREEN MACHINE
Will World Champ
Peter Sagan claim his
5th sprinters' jersey?

PINK PRODIGY
A new team for
SA's rising star
Louis Meintjes

TV LISTINGS
FOR ALL STAGES

SuperSport
World of Champions

Rock star bike bling

Race like a pro with this cutting-edge road gear tested by the peloton.

COMPILED BY ANDREA MORRIS



Giant Contact SLR Saddle

R1 699 | www.giant-bicycles.com

The most important contact point between you and your bike is your bum, and getting your saddle choice wrong will ruin your cycling experience. Giant has recently invested time and energy into designing a new range of comfortable performance saddles. Its fit system is called Dynamic Cycling Fit and has a saddle selection process that ensures you get the right size and shape saddle for your body. The Contact SLR saddles are top-of-the-line offerings featuring a carbon-composite shell and carbon fibre rails. They weigh in at just 180g and are available in Forward, Neutral or Upright shapes to ensure the saddle matches the angle of your pelvis while riding.



Bianchi Specialissima Frame

R62 775 | www.jjccycling.co.za

For 2016, Bianchi has released a new Specialissima and it's been turning heads with its classic good looks and winning fans with its exceptional handling. The Specialissima is ultra-light with a medium frame weighing in at 780g, plus another 340g for the fork. It has been constructed from Countervail, a carbon fibre developed for NASA, which is not only exceptionally light but also very good at cancelling out vibrations. This combination makes the Specialissima a nimble climber and an agile handler. Bianchi suggests you complete the build with top-of-the-line Campagnolo or Shimano gear, but we think it would be a travesty not to go full Italian and equip it with a Campagnolo Super Record drivetrain and Campagnolo Bora Ultra 35 wheels.



Garmin Varia Vision
R6 899 | www.garmin.co.za

Do you fancy fighter jet technology in your cycling life? Obviously. Well with Garmin's Varia Vision in-sight display platform that's just a clip onto your sunglasses away. The Varia Vision sunglass attachment weighs 29.7g, boasts a 428 x 240 pixels display that provides data reading from your Garmin Edge 1 000 or Edge 520 headset, as well as vehicle-approaching warnings from your Varia Rearview Radar. The idea is to create a safer riding environment by allowing you to keep your eyes on the road at all times. The Varia Vision system has an 8-hour battery life, a water resistance rating of IPX7 and features an integrated ambient light sensor to ensure the screen is readable in all light conditions.

Carbon Stages Power Meter
R13 000 | www.omnico.co.za

The new generation of Stages power meters are not just available on stiffer and lighter cranks, but also feature a 28% lower profile and a 200% stronger battery door than the previous model. The highlight, though, is the reduced weight. Plus the new Stages power meter comes equipped on cranks compatible with Shimano, SRAM, Campagnolo, Cannondale and FSA components. The Stages power meter still delivers data via Ant+ or Bluetooth 4.0 to the compatible cycling computer of your choice, and it's been Tour de France tested by Chris Froome and Team Sky.



CycleOps Hammer Indoor Trainer
Price tbc on SA launch in September 2016 | www.bicyclepower.co.za

Beat the winter freeze with one of the quietest and most hi-tech indoor trainers around, the CycleOps Hammer. Its 9kg flywheel runs at just 64 decibels and uses electromagnetic resistance to replicate a real road feel. The Hammer can replicate a massive array of resistance levels and can connect to the CycleOps VirtualTraining platform on your smart phone, tablet or laptop via Ant+ or Bluetooth. It's not limited to VirtualTraining however; it's compatible with the majority of online training platforms. Plus it provides power readings via an integrated

PowerTap power meter and is both forwards and backwards compatible as it'll accommodate any QR or thru-axle.



Fulcrum Racing Quattro Carbon Clincher Wheelset
R24 999 | www.jjccycling.co.za

The Quattro in Fulcrum's Racing wheelset refers to a 40mm rim profile. Fulcrum say this is the sweet spot between aero gain and light weight, making for a superb do-it-all wheel. The 24mm outer width makes the 2016 variations stiffer than last year's models, but also provides a more aerodynamic tyre and wheel profile for riders running 25mm tyres. The wheels feature double butted aluminium spokes and a 3K carbon fibre on the braking surface to ensure longevity and consistent braking performance.



LOOK Keo Blade 2 Pedals
R3 500 (cromo axle) and R6 000 (ti axle) | www.lookcycle.com

Back in 1984 LOOK invented the clipless pedal. Cast forward 32 years and it's still at the top of the pedal pile. Its Keo Blade 2 features a lightweight carbon body on a choice of chromo (110g per pedal) or titanium (90g per pedal) axles. The body is also reportedly the most aerodynamic on the market. At the heart of the LOOK Keo Blade 2 remains the blade retention system. Making use of a carbon blade rather than a spring, the Blade 2 does away with the resistance setting adjuster. To get the cleat release just right LOOK offers the blade in three different firmness options: the standard 12, the firm 16 and the hard 20 (the numbers refer to the Newton metres of force required to un-cleat).



Lazer Z1 Helmet
R3 975 | www.jjccycling.co.za

Lazer produces exceptionally lightweight helmets - it's its thing. But just because the helmets are super light, don't think they're uncomfortable or, worse, unsafe. The Lazer Z1 weighs a miniscule 190g in size small, features 31 strategically placed air vents and is CE, CPSC and AS safety certified. It also features what Lazer calls the ARS (Advanced Rollsys) retention system to ensure the fit is as comfortable as possible. Plus for just R247.50 you can add a clip-on aero shell that turns your Z1 into an aero lid for less than a 10th of the price of a second aero helmet.



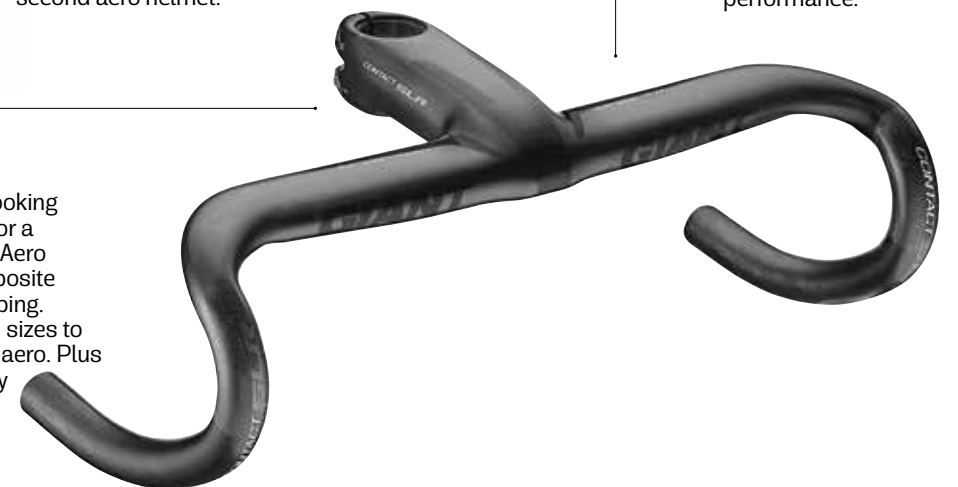
Cervélo S5

From R118 395 to R197 250 | www.twowheelstrading.co.za

The Cervélo S5 manages to ace the elusive trifecta of road bike design: it's aerodynamic, it's stiff and it's light. In aero terms it saves 21.3 Watts on the previous model. In terms of stiffness, it's 35% stiffer torsionally and 6% stiffer at the bottom bracket than the previous model. And on the scales the frame weighs just 1 065g. The frame also features a storage spot for a Di2 battery and is compatible with cable, hydraulic and electronic drivetrains. The Cervélo S5 is available in three complete builds based on Shimano Dura Ace Di2 (R197 250), Shimano Dura Ace (R155 825) and Shimano Ultegra (R118 395).

Giant Contact SLR Aero Handlebar
R4 999 | www.giant-bicycles.com

Aero gains are made in fine increments, and if you're looking to gain the most from aero bars it makes sense to go for a fully integrated bar/stem system. Giant's Contact SLR Aero Handlebar is one such set-up and features a full-composite construction tailored for aero gains and vibration damping. The bars are available in 12 bar width and stem length sizes to ensure you don't compromise your bike fit when going aero. Plus they're designed to provide pin-point steering accuracy in conjunction with Giant's OverDrive 2 head tubes.



Astute Skylite VT Saddle

R3 300 |

www.jjccycling.co.za

Astute's Skylite saddle is designed to offer professional athletes a firm base from which they can power down on the pedals. It features a carbon fibre reinforced nylon shell, which helps keep its weight down to 160g. It attaches to the bike via rails constructed from a titanium and vanadium alloy called TITAN-V and is topped with a soft, waterproof, microfibre cover. The VT has a large cut-out to ensure riding comfort, while an SR model is available with no cut-outs. Both feature a vibration dampening system called SPAS (Shock-Pad-Absorber-System) that Astute says reduces vibrations by placing two shock-absorbing pads between the shell and rails.



S-Works Evade GC Skinsuit

R4 999 | www.specialized.com

Aerodynamic skinsuits are tricky things. The aero gains are undisputed, but if the fit isn't spot on, the suits bunch-up and all advantages are lost – plus you look silly. So Specialized has come up with a wider range of sizes to help ensure its S-Works Evade GC Skinsuit fits snugly. There are now eight different sizes, with long and short cuts in each size for riders with longer or shorter torsos and limbs. The Evade GC Skinsuit is constructed from an aerodynamic fabric Specialized calls Dimplex, and by some kind of design wizardry features no seams on the shoulders. It features an S-Works Body Geometry Chamois, Deflect UV 50+ protection against the sun's harmful rays and includes three integrated pockets on the back and a full-length front zipper. All things considered, the S-Works Evade GC Skinsuit reportedly saves 96 seconds over 40km when compared to Specialized's SL Pro jersey and bib shorts.



Pinarello Dogma F8

R215 000 dealer excluded | www.asgSPORT.co.za

The Dogma F8 boasts the best racing pedigree around – it's last year's Tour de France winning bike. For 2016 it's getting a new paint job and a component upgrade, but the tour-winning frame stays the same. It's a bike which Chris Froome powered up La Pierre-Saint-Martin in dominant fashion, so it can climb, but it also boasts wind-cheating aero abilities and superb handling for bombing down Alpine passes. The 2016 Team Sky model comes fitted with a Shimano Dura Ace drivetrain, brakes and wheels, PRO stem and bar, fi'zi:k saddle and an Elite bottle cage. Or go for the Dogma F8 (priced above) with a Shimano groupset but Most Talon full carbon aero bars and Mavic R-SYS SLR wheels.