

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'Isère 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

SuspiciousMiraculousMutant

► 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.

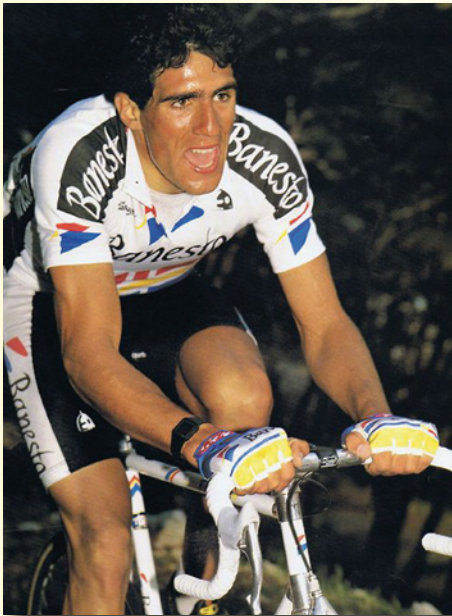
FINISHES IN MAJOR TOURS:

- 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

... 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.

