

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	
	Used Osymmetric chainring, better for generating atts?					
2012 Vuelta a España 4th - 27 years old	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 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 lings 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)



« 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.

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 VO2's, the most power. (...) It's not at all a surprise to see him where he is." (lanouvellerepublique.fr, 16/07/2012)
- ▶ **Michelle Cound**, 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'Équipe, 18.07.2012

« 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 rides, 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

