

# ATHLETE GUIDE

2023

L'ÉTAPE  
EGYPT

BY TOUR DE FRANCE





# RACER'S CODEX

During the race, you are obliged to observe the following rules.  
Please note that we reserve the right to exclude you from the race  
if you do not follow any of the guidelines below or if we see you riding dangerously.

## KEEP RIGHT

Keep in the right-hand lane unless otherwise specified by the course markings or the organiser's instructions.

## USE SIGNALS

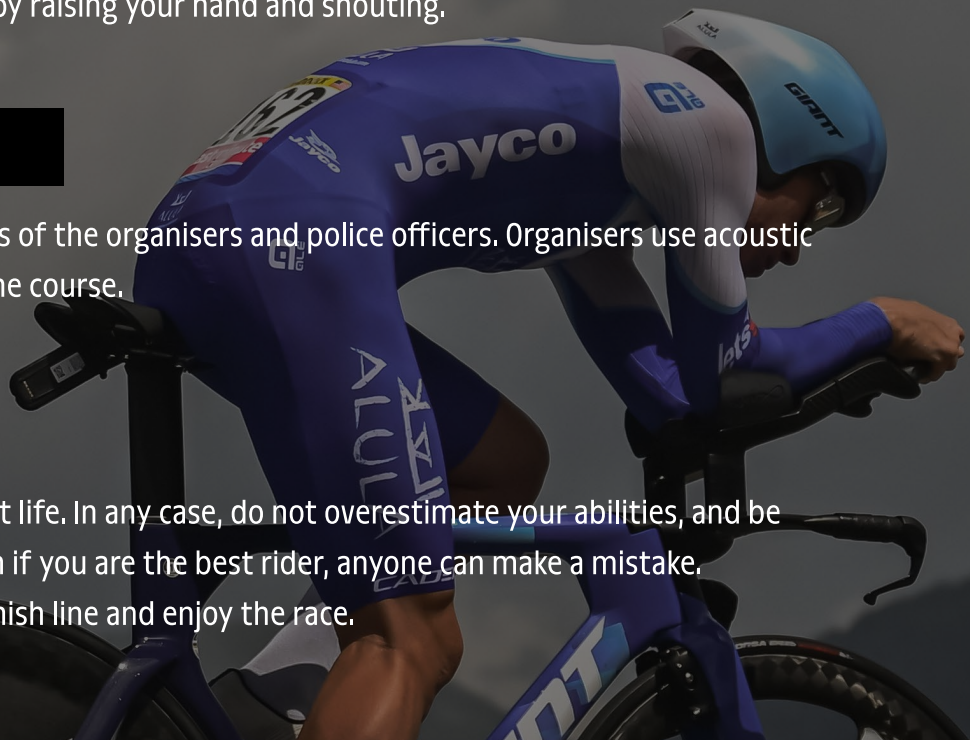
Honor the principles of riding in a group - signaling, fluency, and maximum attention. If you don't have any experience riding in a pack, don't cram in and ride at your own pace. If you see danger or need to stop for any reason, signal to the riders behind you by raising your hand and shouting.

## READ INSTRUCTIONS

Always pay attention to the instructions of the organisers and police officers. Organisers use acoustic (whistles) and visual (flags) signals on the course.

## RIDE RESPONSIBLY

Remember, it's just a race, it's not about life. In any case, do not overestimate your abilities, and be aware of the situation around you. Even if you are the best rider, anyone can make a mistake. Think of those waiting for you at the finish line and enjoy the race.



It's Mandatory for Athletes to receive their Kit on the 21st from the Village  
It's Mandatory for Athletes to attend at least one Race Briefing  
Athletes should arrive 30 minutes prior to their designated race  
Following the Organizers/Volunteers instructions ensures you a smoother & safer experience  
Trash Cans will be everywhere so we urge you to keep the place clean  
Athletes will not receive their Finisher Medal unless they hand their Time Chip at the Finish Line.

# SPONSORS

UNDER THE AUSPICE OF



PLATINUM SPONSOR



تأسست ١٩٥٩

GOLD SPONSOR



LOGISTICS SPONSOR





# PLATINUM SPONSOR

ORIGINALLY FOUNDED IN 1959 AS A PUBLIC REAL ESTATE COMPANY, MADINET MASR WAS ESTABLISHED WITH THE MAIN OBJECTIVE OF DEVELOPING 40ML SQM OF LAND IN NASR CITY AND DIFFERENT AREAS ON CAIRO'S OUTSKIRTS.

IN 1995, MADINET MASR WAS PUBLICLY TRADED ON THE EGYPTIAN STOCK EXCHANGE, AND WE HAVE BEEN MOVING FORWARD EVER SINCE. THANKS TO OUR TEAM OF MORE THAN 450 MASTERS, MADINET MASR DEVELOPED MASS PROJECTS AND INFRASTRUCTURES ALL ACROSS EGYPT, GRANTING A QUALITY LIFESTYLE TO ALL OF ITS RESIDENTS.

BECAUSE OF ITS RESTRUCTURING, MADINET MASR HAS EXPANDED ITS AUDIENCE TO CAPITALIZE ON POTENTIAL OPPORTUNITIES IN THE UPPER END CLASS OF THE REAL ESTATE MARKET.

BUILDING ON INTEGRAL TALENTS AND FORCES OF MADINET MASR, THE COMPANY HAS LAUNCHED TWO NEW MEGA MIXED-USE PROJECTS. WE CONTRACTED WORLD-RENOWNED ARCHITECTURE COMPANIES TO CREATE THE MASTERPLANS FOR MADINET MASR'S PROJECTS, THOSE THAT MATCH OUR VISION FOR ALL-INCLUSIVE DESTINATIONS.

CONFORMING TO GLOBAL STANDARDS, TAJ CITY IS SET TO BE CAIRO'S CULTURAL DESTINATION. TAJ CITY'S MASTERPLAN WAS DEVELOPED BY DDS & PARTNERS, AN EMINENT BELGIAN FIRM. ON THE OTHER HAND, SARAI IS SET TO BE CAIRO'S ENTERTAINMENT DESTINATION, DEVELOPED BY THE INTERNATIONALLY RECOGNIZED ARCHITECTURAL FIRM, BENYOY. TODAY, MADINET MASR IS ONE OF THE LEADING REAL ESTATE DEVELOPERS IN EGYPT.



مدينة مصر  
Madinet Masr

تأسست ١٩٥٩





**GOLD  
SPONSOR**

**orange**<sup>TM</sup>



**LOGISTICS  
PARTNER**

**EGYtrans**



# EXPERIENCE THE TOUR DE FRANCE LEGEND



Among L'etape series, L'etape de tour de france is defined as the queen stage, our flagship. With a peloton of 15000 riders & 50 nationalities, It is Europe's biggest cycling event. Riding on the same routes & under the same conditions as Tour de France Champions.

## HISTORY OF TOUR DE FRANCE

**1903**

1 July: a peloton of 59 riders set off in front of the Réveil-Matin café in Montgeron (Essone) for six stages and 2,428km (connecting Lyon, Marseille, Toulouse, Bordeaux, Nantes and Ville- d'Avray). Maurice Garin becomes the first name on the long list of Tour winners.

**1906**

Creation of the flame rouge which indicates the final kilometer of the stage.

**1910**

The Tour headed for the Pyrenees for the first time (col de Portet-d'Aspet in the Perpignan-Luchon stage, and col de Peyresourde, Aspin, Tourmalet and Aubisque in the Luchon-Bayonne stage), and was eventually won by Octave Lapize. The broom wagon made its first appearance.







## 1911

Taking on the Alps for the first time the Tour climbed the col du Télégraphe and the col du Galibier in the Chamonix-Grenoble stage, and then tackled the col d'Allos in the Grenoble-Nice stage, with the French rider Gustave Garrigou coming out on top in the final standings.



## 1930

The creation of national teams, the team classification and the advertising caravan, which was designed to fund the race in the absence of commercial teams. It was also the first year that the race was reported on the radio.



## 1934

The first "individual" time-trial was held over a distance of 80km between La Roche-sur-Yon and Nantes. It was won by Antonin Magne, who took the overall title for the second time.

## 1951

The Tour climbed Mont Ventoux for the first time in the Montpellier-Avignon stage. It has been included in 10 more Tour stages since then, won by: C.Gaul (1958), R.Poulidor (1965), E.Merckx (1970), B.Thévenet (1972), J.F. Bernad (1987), M.Pantani (2000), R.Virenque (2002), JM. Garate (2009), C. Froome (2013) and T. de Gendt (2016).

## 1953

The green jersey for the points classification was introduced. The record holder is Slovak Peter Sagan (7 wins).

## 1919

The Tour created its symbol: the Yellow Jersey. Eugène Christophe, famous for getting his fork repaired in a blacksmith's in Sainte-Marie-de-Campan during the 1913 Tour, would be the first rider to wear it in Grenoble in the 1919 race, which was eventually won by the Belgian Firmin Lambot.

## 1933

Creation of the Grand Prix de la Montagne for the best climber. In 1975, it would be recognized by the awarding of the polka dot jersey for the first time. The Spaniard Vicente Trueba was its first winner. The record holder for most wins in this competition is Richard Virenque (7 times) ahead of Federico Bahamontes and Lucien Van Impe (6 wins each).

## 1947

After a suspension for the Second World War, the first Tour de France upon its return was won by Jean Robic. It was also the first time that the Tour included a stage outside France, in Brussels.

## 1952

This year saw the first high altitude finishes at Alpe-d'Huez, Sestrières and le puy de Dôme. All three stages were won by Fausto Coppi, who took the overall title in Paris. After the live broadcasting of the finish in Paris in 1948, TV cameras were used on every stage of the race.





## 1954

The Tour had its first Grand Départ outside France, in Amsterdam, which was followed in subsequent years by many others: Bruxelles (2019, 1958), Cologne (1965), La Haye, Scheveningen (1973), Charleroi (1975), Leiden (1978), Francfort (1980), Basel (1982), West-Berlin (1987), Luxemburg (2002, 1989), San Sebastian (1992), 's-Hertogenbosch (1996), Dublin (1998), Liège (2004, 2012), London (2007), Monaco (2009), Rotterdam (2010), Leeds (2014), Utrecht (2015), Düsseldorf (2017), Copenhagen (2022).

## 1967

In Angers, for the first time in its history, the Tour started with a prologue. It was won by the Spaniard José Maria Errandonea. This Tour was eventually won by Roger Pingeon.

## 1985

New accessories appeared for the first time, including automatic pedals and lenticular wheels discs. After suffering a spectacular fall at the finish of the 14th stage in Saint-Etienne, Bernard Hinault still managed to seal his fifth Tour victory. He remains the last French rider to take the title!

## 1989

Just 8 seconds separated Greg LeMond and Laurent Fignon! It was all to play for in the final time trial between Versailles and the Champs-Élysées. It remains the closest winning margin in the history of the Tour. T. de Gendt (2016).

## 2007

The Grand Départ in London attracted an enthusiastic crowd estimated at almost 3 million spectators.

## 2017

Nothing escapes the TV viewers' eyes any more as each stage is broadcast from beginning to end.

## 1956

A super combativity award was handed out at the finish in Paris. The first winner was André Darrigade. A daily combativity award has been introduced back in 1952.

## 1975

After Ville-d'Avray, the Parc des Princes and la Cipale, the 1975 Tour won by Bernard Thévent finished on the Champs-Élysées for the first time. The Belgian Lucien Van Impe won the very first polka dot jersey for best climber, while the Italian Francesco Moser claimed award for the best young rider.

## 1987

Two years before the Wall came down, the Tour set off from West Berlin. The race also included a stage in Karlsruhe, the home town of Karl Friedrich Drais, who invented the draisienne, the ancestor of modern bike.

## 2003

The Tour celebrated its centenary. After a prologue in Paris, the start of the first stage took place exactly where it did in 1903, in front of "Le Réveil Matin" café in Montgeron.

## 2013

With this Grand Départ taking place in Corsica, all departments in Metropolitan France have now played host to the Tour.

## 2020

The winner of the 2020 Tour de France, Tadej Pogačar, was 21 years old. He is the youngest winner since Henri Cornet in 1904.





# SERIES OF L'ETAPE BY TOUR DE FRANCE RACES

**Thirty-two** races across the planet in twenty-four different countries. More than fifty thousand cyclists at the start of competitive events total 3,500 kilometres. Races under the auspices of L'Etape by Tour de France are held from **Canada to Ecuador to Brazil, from China to Malaysia to Australia, from Denmark to Cyprus, and from Portugal to Slovakia & for the 1st time in the Middle East, in Sharm El-Sheikh, Egypt.**

**The three fastest overall men's and women's finishers** from the long course of each race are **guaranteed a place in L'Etape du Tour in France**, where a battle on a stage of the Tour de France will decide the series champion in a field of 16,000 riders.



**L'ÉTAPE**  
BY TOUR DE FRANCE

**2023**

**24**

**COUNTRIES**



# PROGRAM

## 21 SEP 2023- THURSDAY

TIME	ACTIVITY	LOCATION
11:00	START OD REGISTRATION	THE VILLAGE
14:00	PRESS CONFERENCE	
15:30	OPENING OF THE VILLAGE	
18:00	1 <sup>ST</sup> RACE BRIEFING	
21:00	2 <sup>ND</sup> RACE BRIEFING	
23:00	VILLAGE CLOSING- DAY 1	

## 22 SEP 2023- FRIDAY

TIME	ACTIVITY	LOCATION
05:30-06:30	BREAKFAST	HOTEL
6:30	ARRIVAL TO START LINE	SHARM EL SHEIKH MUSEUM
7:00	170 KM RACE START	START LINE
7:30	96 KM RACE START	
7:45	40 KM RACE START	
8:00	6 KM RACE START	SOHO SQUARE
9:00	OPENING OF THE VILLAGE	THE VILLAGE
10:00	AWARD CEREMONY	
15:00	PASTA PARTY	
18:00-15:00	VILLAGE CLOSING	

\*Make sure to request early breakfast at hotel upon check-in.

\*Village will be located at Concorde El Salam where Athletes should visit on the 21st to receive their Race Kits & attend the Race Briefing timing from 11 AM to 11 PM.

\*On Race Day, Shuttle bus will be available from Finish Line to Start line to pick athletes from 1PM - 5 PM



# WARRS





# 170KM - ELEVATION GAIN + 1869M

## SHARM EL SHEIKH

- Soft Start
- Km 0 Real Start
- Finish
- Race 45km
- KOM Challenge
- Sprint Challenge
- KOM Challenge
- Climb Category
- Sprint Challenge
- Km
- Feed Station
- Bike Maintenance
- Medical
- TOILETS





# 96KM - ELEVATION GAIN + 516M

## SHARM EL SHEIKH















- Soft Start
- Real Start
- Finish
- Race 45km
- KOM Challenge
- Sprint Challenge
- KOM Challenge
- Climb Category
- Sprint Challenge
- Km
- Feed Station
- Bike Maintenance
- Medical
- TOILETS





# 40KM - ELEVATION GAIN + 287M

## SHARM EL SHEIKH

	Soft Start
	Real Start
	Finish
	Race 45km
	KOM Challenge
	Sprint Challenge
	KOM Challenge
	Climb Category
	Sprint Challenge
	Km
	Feed Station
	Bike Maintenance
	Medical
	TOILETS





# 6KM - ELEVATION GAIN + 287M

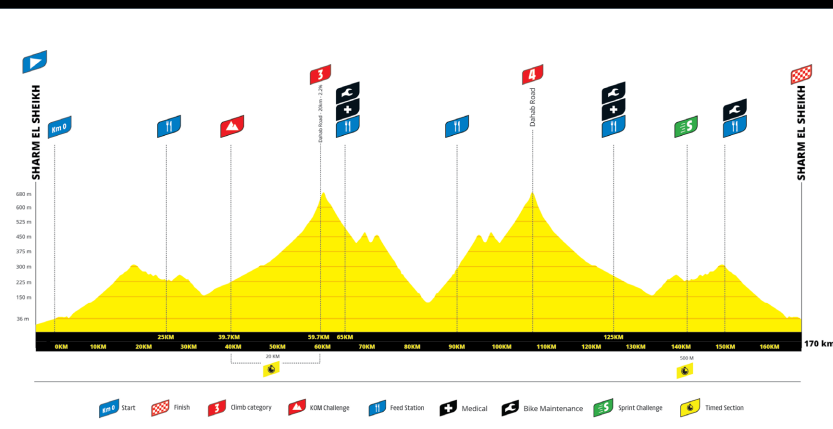




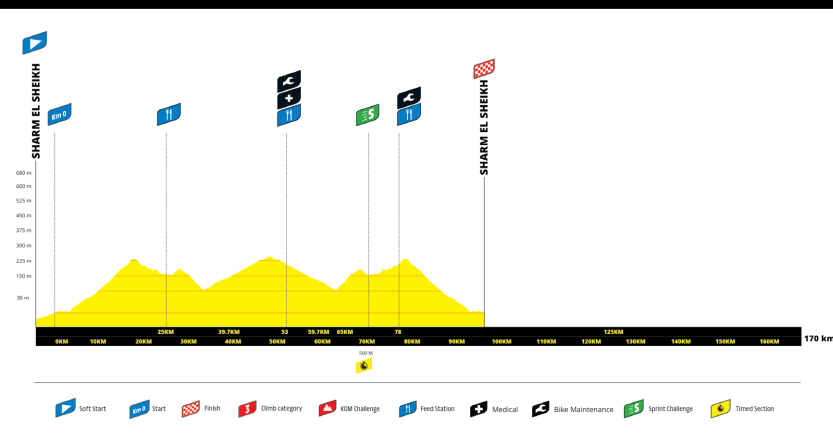
# FROM THE VILLAGE TO THE START LINE



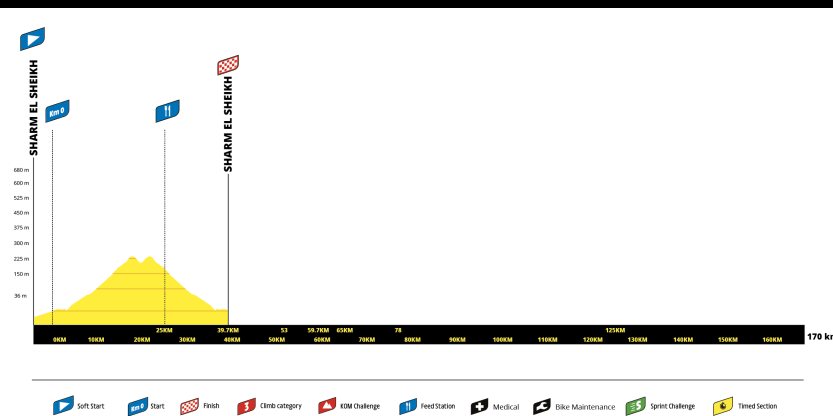
**170KM - ELEVATION GAIN + 1869M**



**96KM - ELEVATION GAIN + 516M**



**40KM - ELEVATION GAIN + 287M**



**ELEVATION GAIN**



# SERVICE TEAM



01119603738



01006375773



01271074227



# STARTING BIBS





# AID STATIONS

## ITEMS TO BE SERVED AT ALL THE STATIONS

WATER  
LYTE SPEED ELECTROLYTE  
SOFT DRINKS  
BANANAS  
DATES

## LOCATION OF AID STATIONS

### 170 KM THE RACE

KM 25  
KM 65 + BIKE MAINTENANCE + MEDICAL  
KM 90  
KM 125 + BIKE MAINTENANCE  
KM 150 + BIKE MAINTENANCE + MEDICAL

### 96 KM LA COURSE

KM 25  
KM 53 + BIKE MAINTENANCE  
KM 78 BIKE MAINTENANCE + MEDICAL

### 40 KM THE RIDE

KM 22 + BIKE MAINTENANCE + MEDICAL

ATHLETES' BREAKFAST AT START LINE & ATHLETES' REFRESHMENT AT FINISH LINE  
AT EACH START: BIKE MAINTENANCE  
AT EACH FINISH: MEDIC



# OFFICIAL JERSEY



# FINISHER JERSEY



# FINISHER T-SHIRT





# STAFF &



# ORGANISERS



# VOLUNTEERS





# MERCHANDISE



# MERCHANDISE



# MERCHANDISE





# MEDAL





# AWARDS



## THE YELLOW JERSEY

Inspired by the color of L'Auto newspaper, which founded the Tour de France, it has been worn by the leader of the general classification since 1919. Much sought after by the best riders in the world, it requires consistency over the three weeks of the race, lightning speed at some key moments, and the dedication of a whole team.



## THE GREEN JERSEY

Points earned at the finish line of each stage and during the intermediate sprints are added up in the classification to determine the Tour's best sprinter. Sometimes the winner of the green jersey isn't decided until the riders cross the finish line on the Champs-Élysées.



## THE POLKA DOT JERSEY

This jersey goes to the Tour's best climber. Points are awarded as riders negotiate their way over the cols and slopes listed on the route. These climbs are classified depending on their level of difficulty from 4 to 1, and 'undercategorised' for the most severe.



## THE WHITE JERSEY

The best young rider on the Tour, who is sometimes also the Tour winner, is decided based on the general classification. Riders who are 25 years old or younger are entered into this race within a race.

### STAGE VICTORY

Among professional cyclists, only an elite group of riders has won a stage of the Tour de France. Winning a stage on the Tour, even if it is only one, is a significant career highlight.

### STAGE VICTORY

To win this award, you need to know how to take risks. The most resourceful and courageous rider receives the Combativity Award from the jury, which is decided at the end of each stage. During the race, the leader of the combativity award wears a red bib. A super-combativity award is given to the most combative cyclist at the end of the Tour.

### STAGE VICTORY

Decided by taking the results of the best three riders in each team at the end of each stage, it awards a team's togetherness and cohesion. This prize pays tribute to the collective spirit. In the race, the team leader in the general classification wears the yellow bib.

### STAGE VICTORY

The bike number plate under the saddles states the cyclist's bib number, the number of stage victories won on the Tour.



# ORGANISING TEAM

**United by the love of sport, Eagles Sports Management (ESM) was founded by fifteen friends who, while working out together decided to go entrepreneurial.**

ESM, is a fully fledged Sports organization incorporate in 2018.

At ESM we pride ourselves being the center of excellence for local and International sports events in functional fitness, triathlons and corporate sports events within the Egyptian territory. Our portfolio includes but is not limited to:

***Let's Tri, Ironman 70.3, Row it, Fitx400, L'Etape by Tour de France.***

Amateurs, training programs is fundamental pillar of ESM offered by its subsidiary GRIT fitness, operating in 6 locations across Egypt.

Our vision is to keep evolving with the dynamic and fascinating world of sport that is changing constantly.

At ESM we are committed not just to athletic development but also to human development, we recognize the significance of sports for building character, self-esteem, balance and a sense of community.

Our values are providing life enriching experiences and building a community that embraces respect, honor, and challenging limits.

Our mission, simply put, is to do all that while having fun!

*We invite you to come and share the spirit of our team and be part of our ever growing family.*

*Board of Directors*

# ESM

**EAGLES SPORTS MANAGEMENT**

**L'ÉTAPE  
EGYPT**  
— TOUR DE FRANCE

**FITX400**

**ROW it.**

**IRONMAN  
70.3 EGYPT**





**THANK YOU**