

# FLAMME ROUGE

R A C I N G



## World Tour – Triquetra Roadbook

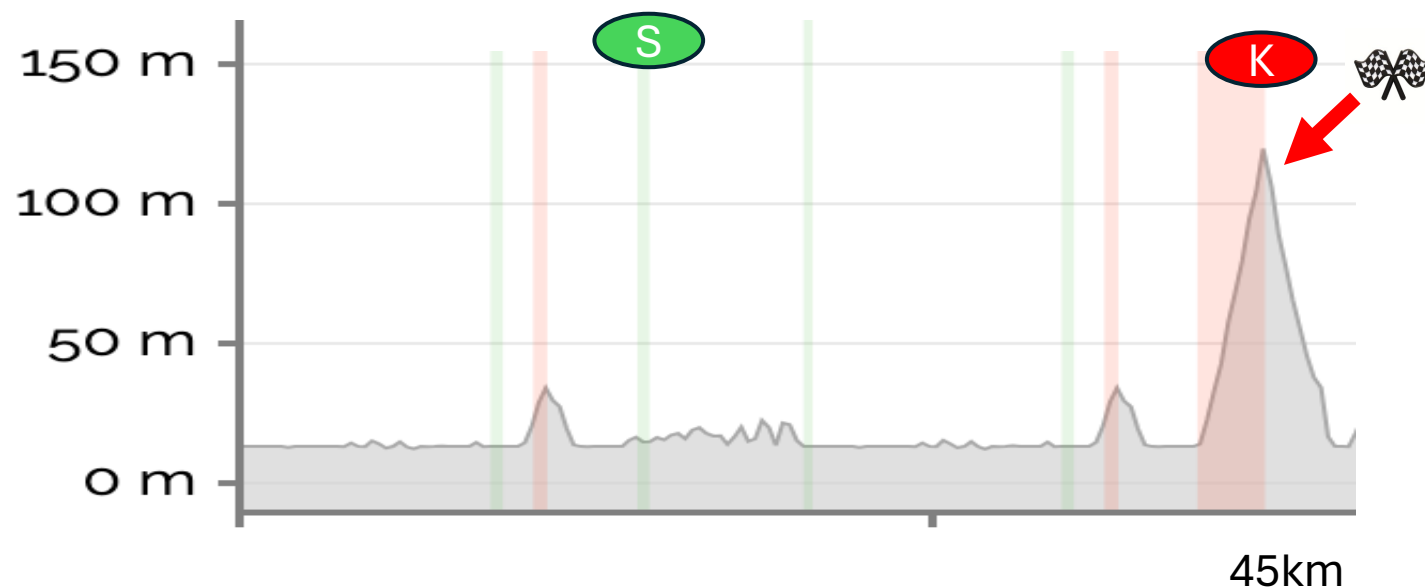


March 2<sup>nd</sup> to 24th

# March 2<sup>nd</sup> - Edition 1 – Stage 1

Stage	Course Title	Format	Distance / Elevation	Segments In Play
1	El Classico France Classic	iTT	45km ↑320m	Petit KOM (c3)* Climb category Ballon Rev Sprint Not in Play: All other segments

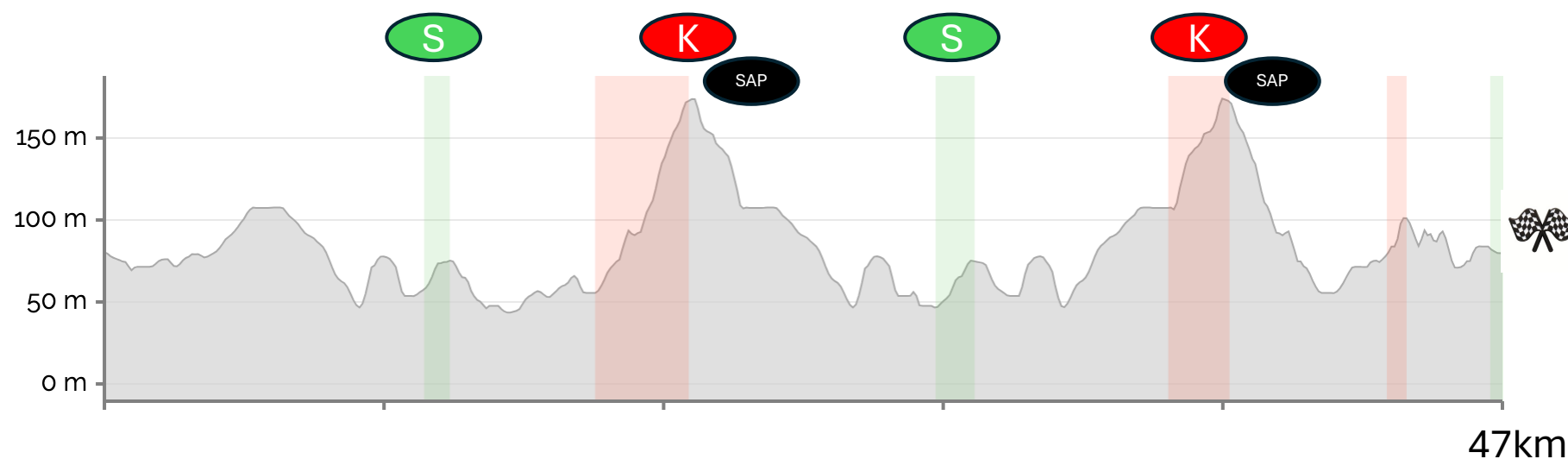
Leg warming opening stage around France just 45km with both the Balon sprint and Petit Kom in play to add a little extra spice to the stage and with eGAP taken off the fastest rider in your class on the stage it's your chance to set the tone and put a marker down early



# March 3<sup>rd</sup> - Edition 1 – Stage 2

Stage	Course Title	Format	Distance / Elevation	Segments In Play
2	Seen Nessie lately Muckle Yin	Race	47km ↑560m 2 laps	Sgurr North(c2) & South(c1) Breakaway Brae (Fwd & Rev)
SAP	Calculated on Sgurr North & South			

Two full laps to rolling around bonny Scotland, if anyone see's Nessie then shout out early. Plenty of opportunity for the brave to go long but is that a wise decision with a chasing pack on a rolling course so early in the Tour? Today we introduce the 'SAP' time bonus with the top 5 riders of each FRHC/Gender class earning time reductions on the marked segments - so what strategy will you use!

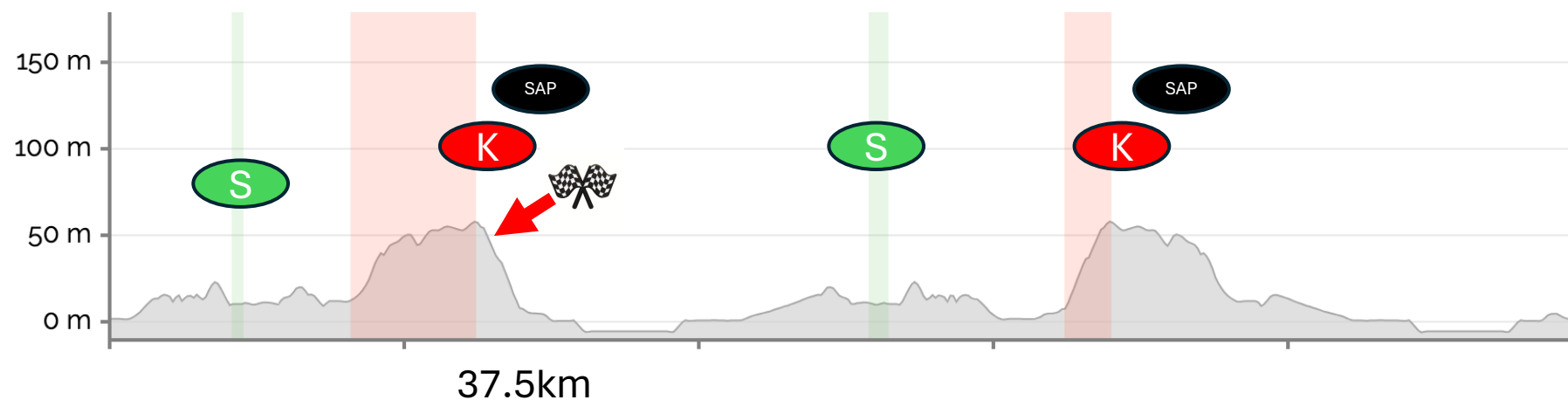


But which course?

# March 4<sup>th</sup> - Edition 1 – Stage 3

Stage	Course Title	Format	Distance / Elevation	Segments In Play
3	Erugif 8 Figure 8 Reverse	Race	37.5km ↑306m 1 lap+	Zwift Hilly (c2) & Zwift Fwd (c2) Sprint FWD & REV
SAP	Calculated on Hilly & Forward Zwift KOM			

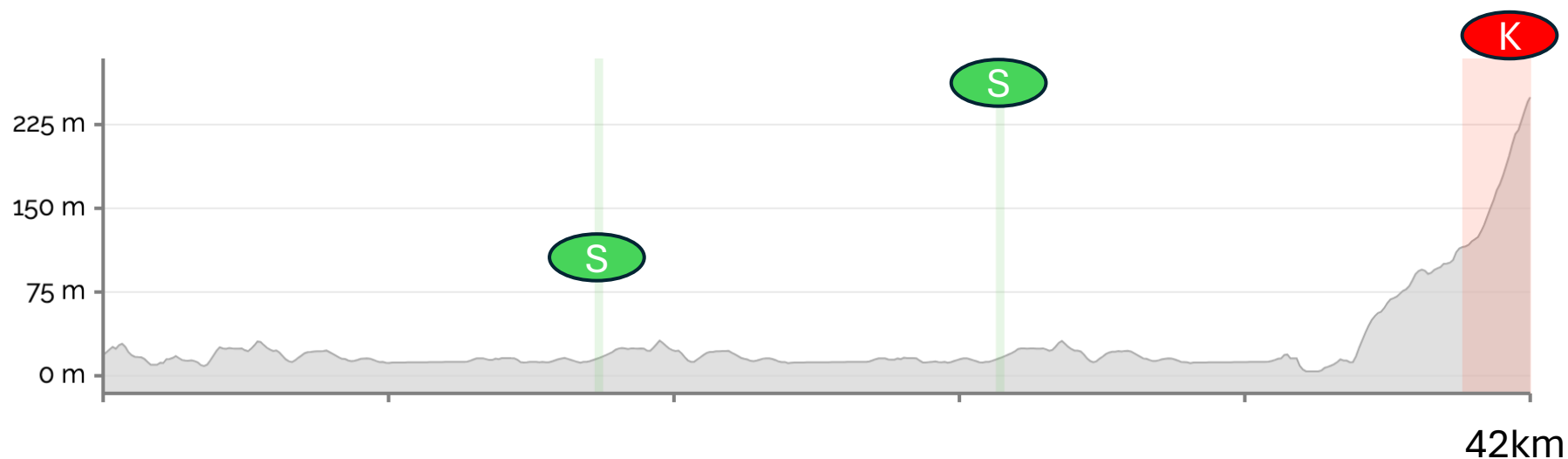
Transition day to cool those legs but still plenty to play with one of the shorter stages on the Tour, but make the most of it as edition 1 may be shortest but it's the starter of this 3 course meal... so we can't go too heavy too early!



# March 5<sup>th</sup> - Edition 1 – Stage 4

Stage	Course Title	Format	Distance / Elevation	Segments In Play
4	Party in Leith Park Leith Hill After Party	Race	42km ↑434m	Leith Hill (c3) Mall Sprint
SAP	Not in play			

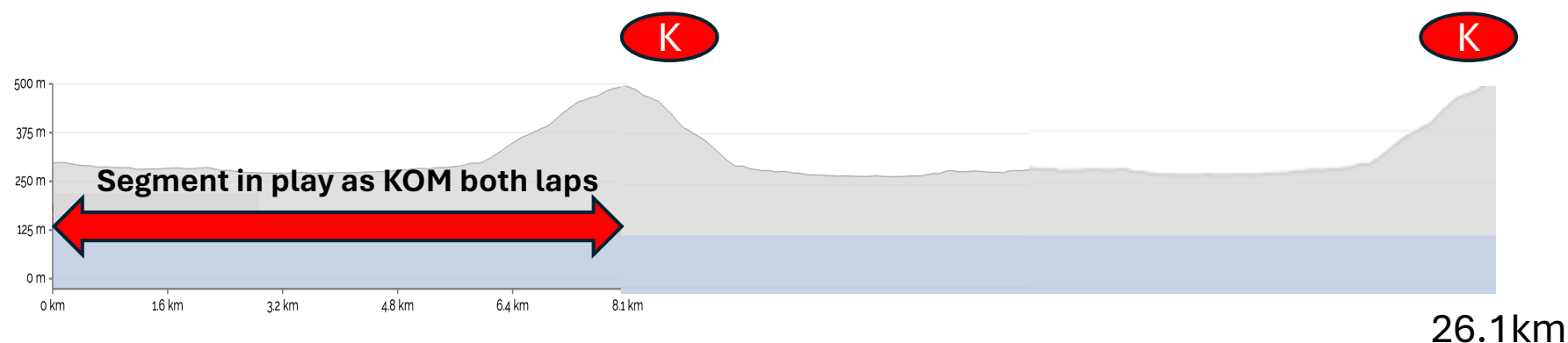
Flat and rolling until it is not, 2 bites at the Mall Sprint before heading off to the finish line somewhere after the KOM banner – a popular feature to many Tour Stages as you'll find out , no SAP in play today!



# March 6<sup>th</sup> - Edition 1 – Stage 5

Stage	Course Title	Format	Distance / Elevation	Segments In Play
5	Sotto gli archi Bologna	iTT	26.1km ↑472m 2 laps	iTT Lap 8km as KOM(c3) No sprints
SAP	Not in play			

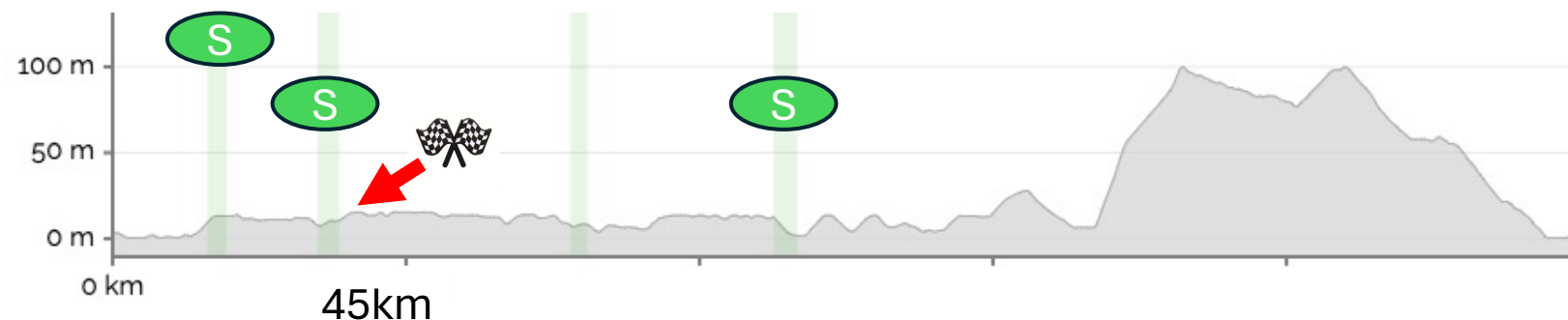
**No hiding from this effort 2 chances to record your best segment time on this short but sharpe TT course, remember to save a little something to get you round as it's an iTT so only ONE rider is going to set eGAP by your FRHC**



# March 7<sup>th</sup> - Edition 1 – Stage 6

Stage	Course Title	Format	Distance / Elevation	Segments In Play
6	Sugar kick Sugar Cookie	Race	45km ↑250m	Stoneway, Acropolis, Woodland Not in play: Sasquatch
SAP	Not in play			

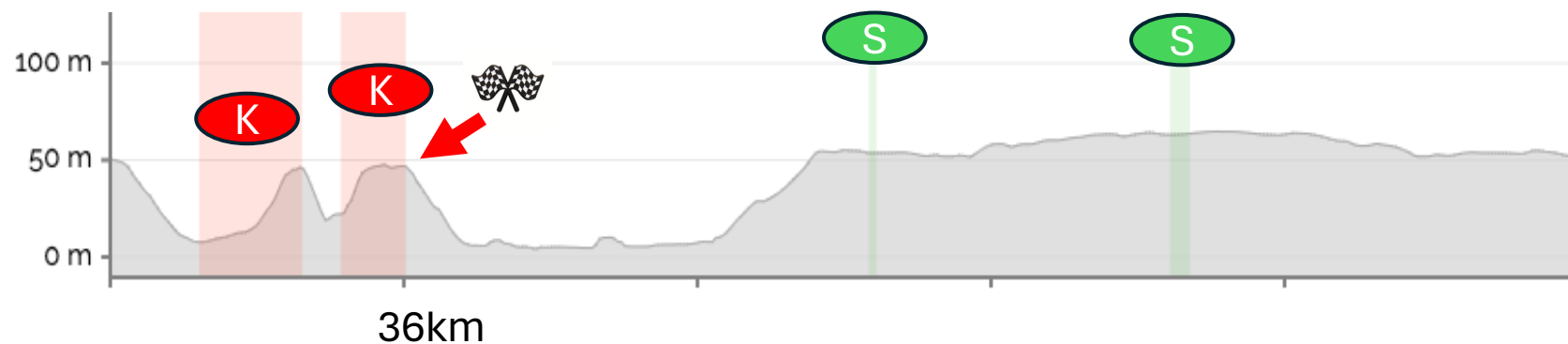
Time for spriners to shine on this flat run with a bit of kick at the end to spice things up just a little. Know which segments are in play to conserve that energy for when it matters most.



# March 8<sup>th</sup> - Edition 1 – Stage 7

Stage	Course Title	Format	Distance / Elevation	Segments In Play
7	Double trouble 2015 Worlds Reverse	Race	36km ↑350m 2 laps+	23 <sup>rd</sup> st (c1), Libby Hill Rev (c2) Broad st, Monument Rev
SAP	Calculated on 23 <sup>rd</sup> and Libby Hill Rev KOM			

Time to close out Edition 1 with 2laps and a bit on a course that has plenty to break up the pack and ease out an eGAP and with SAP in play there is also the chance to close down a rival if they take their foot off the pedal

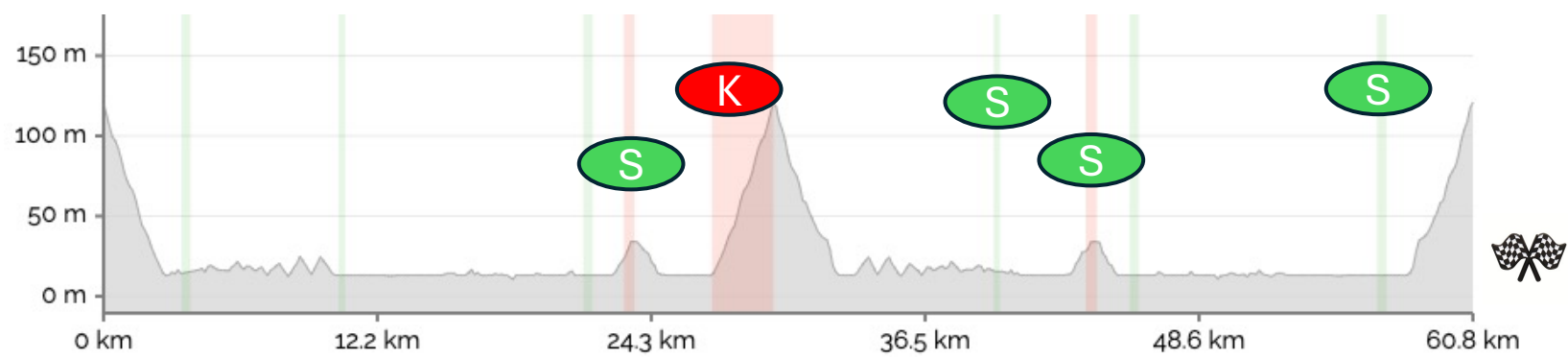




# March 9<sup>th</sup> - Edition 2 – Stage 1

Stage	Course Title	Format	Distance / Elevation	Segments In Play
8	Sting at both ends Tire Bouchon	Race	64km ↑590m	Petit KOM (c3) Aquaduct Fwd & Rev (Sprints) Ballon Fwd, Marina Fwd Not in Play: All other segments
SAP	Not in play			

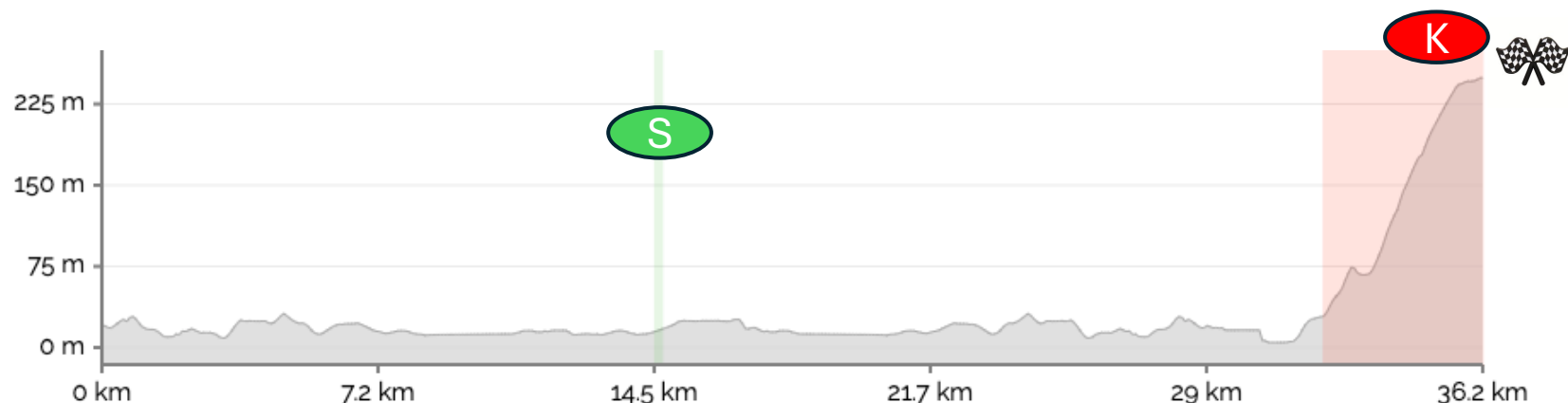
Stage 8 opens up Edition 2 of Triquetra with a roll around a course that may stretch the field from the pen, but there's plenty of time to regroup if riders ride smart as this stage judges heavy in the second half.



# March 10<sup>th</sup> - Edition 2 – Stage 2

Stage	Course Title	Format	Distance / Elevation	Segments In Play
9	Mums the word Keith Hill After Party	iTT	36.6km ↑430m	Keith Hill (c3) Mall sprint
SAP	Not in play			

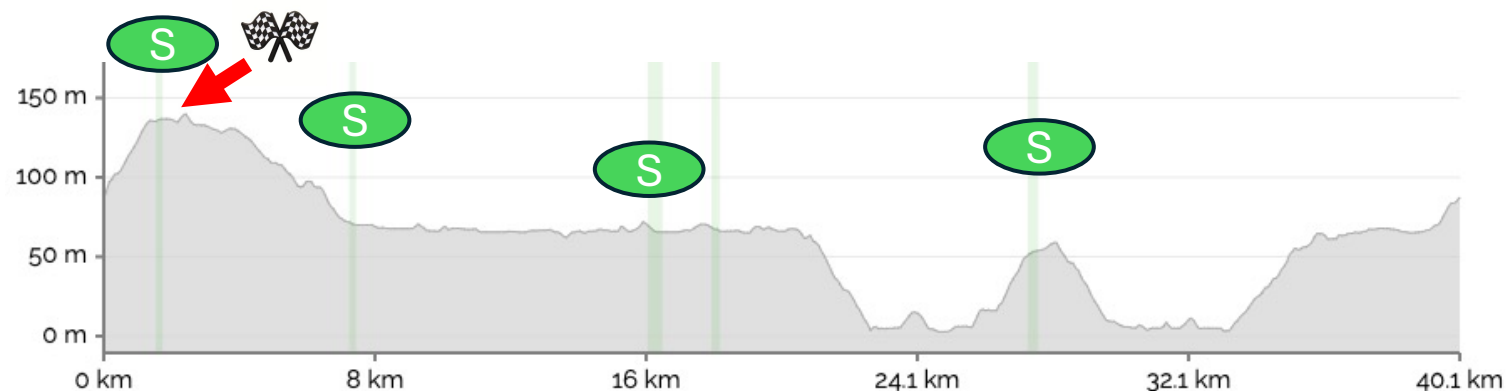
Tour returns to London for a shorter iTT with that signature hill top finish to squeeze every ounce of energy out of the rider before the peloton is rewarded with it's first rest day, and being Mothers Day it's the lesast we could do!



# March 12<sup>th</sup> - Edition 2 – Stage 3

Stage	Course Title	Format	Distance / Elevation	Segments In Play
10	Mach 10 Makuri 40	Race	42.2km ↑350m	Village, Country, Alley, Shisa Not in play: Castle Park
SAP	Not in play			

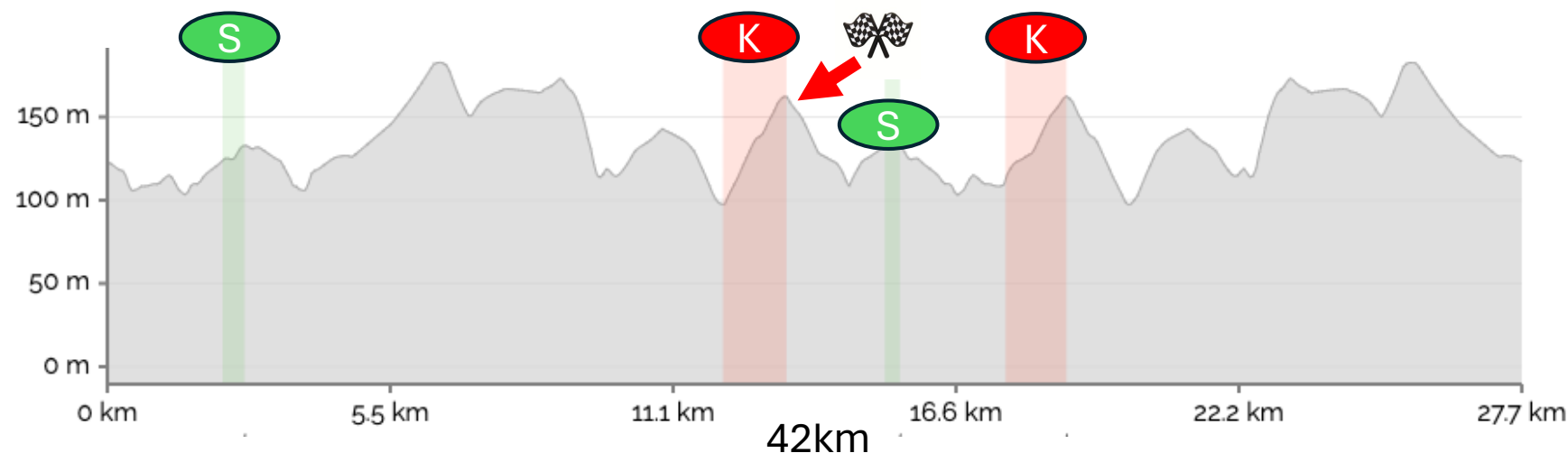
Techically impossible to achieve for a human but after a rest day this course will feel like you are doing it, the first 2km are explosive... survive it and you may just get to enjoy the stage... till the end!



# March 13<sup>th</sup> - Edition 2 – Stage 4

Stage	Course Title	Format	Distance / Elevation	Segments In Play
11	Time to ask the question Royal Pump Room 8	Race	42km ↑750m 1lap+	Yorkshire KOM Fwd (c2) & Rev (c2) Sprint Fwd & Rev
SAP	Calculated on Yorkshire KOM Forward and Reverse			

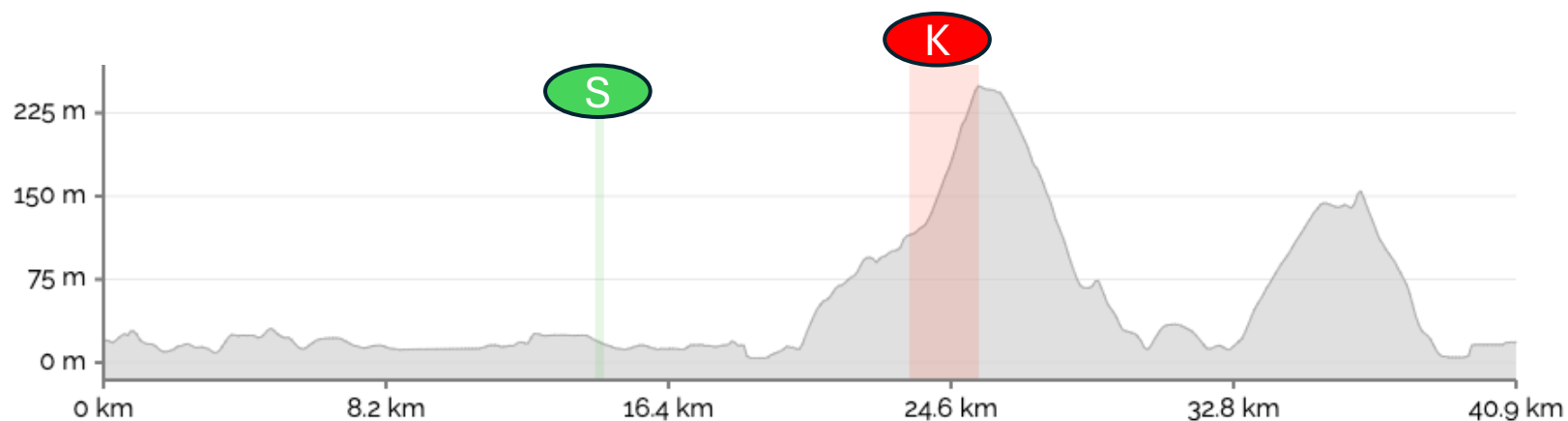
Deceptive rolling course where you'll need to keep your whits about you as a split can open up anywhere and with SAP in play for the first time on Edition 2 then riders may have a little extra incentive to push a little harder to get those bonus seconds



# March 14<sup>th</sup> - Edition 2 – Stage 5

Stage	Course Title	Format	Distance / Elevation	Segments In Play
12	Box clever London – Triple Loops	iTT	41.5km ↑570m 1lap	Leith Hill (c3) The Mall sprint
SAP	Not in play			

A stage to reflect but with a single winner there is opportunity as always with an iTT to close or open the eGAP question especially with these two spikes in the course to spice things up

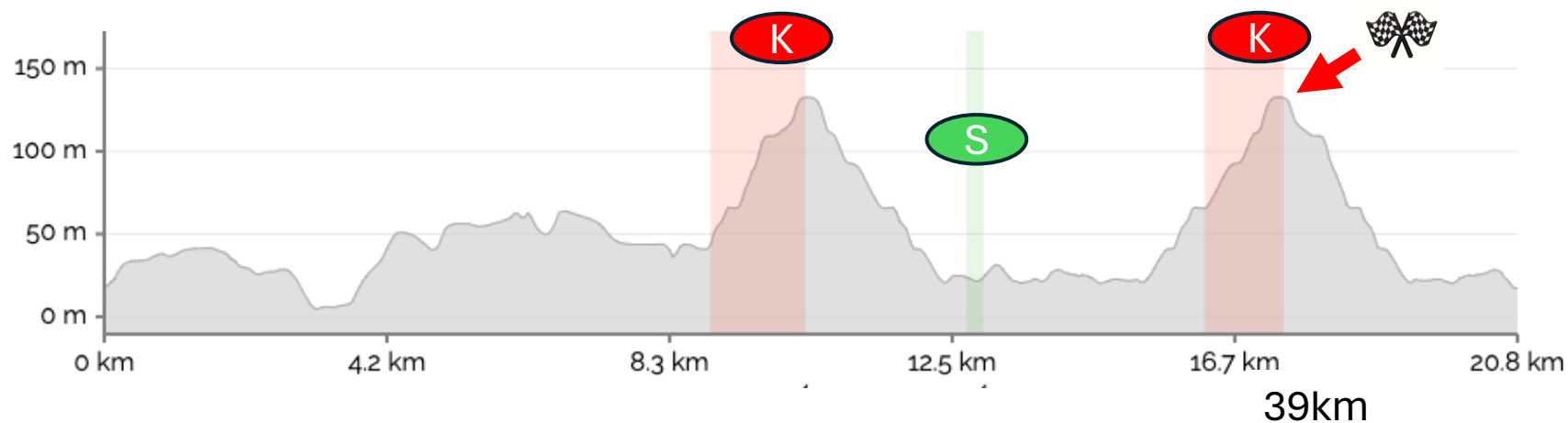


# March 15<sup>th</sup> - Edition 2 – Stage 6

Stage	Course Title	Format	Distance / Elevation	Segments In Play
13	Mercury Rising Rising Empire	Race	39km ↑750m 1lap+	NY KOM Fwd (c2) & Rev (c2) NY Sprint
SAP	Calculated on NY KOM Forward and Reverse			

Rolling course in the big Apple where you'll need to keep your focus as its easy to be dropped around here. SAP is in play so there is a little more to play for up those slippery glass slopes and all before we head into the Queen stage weekend too...

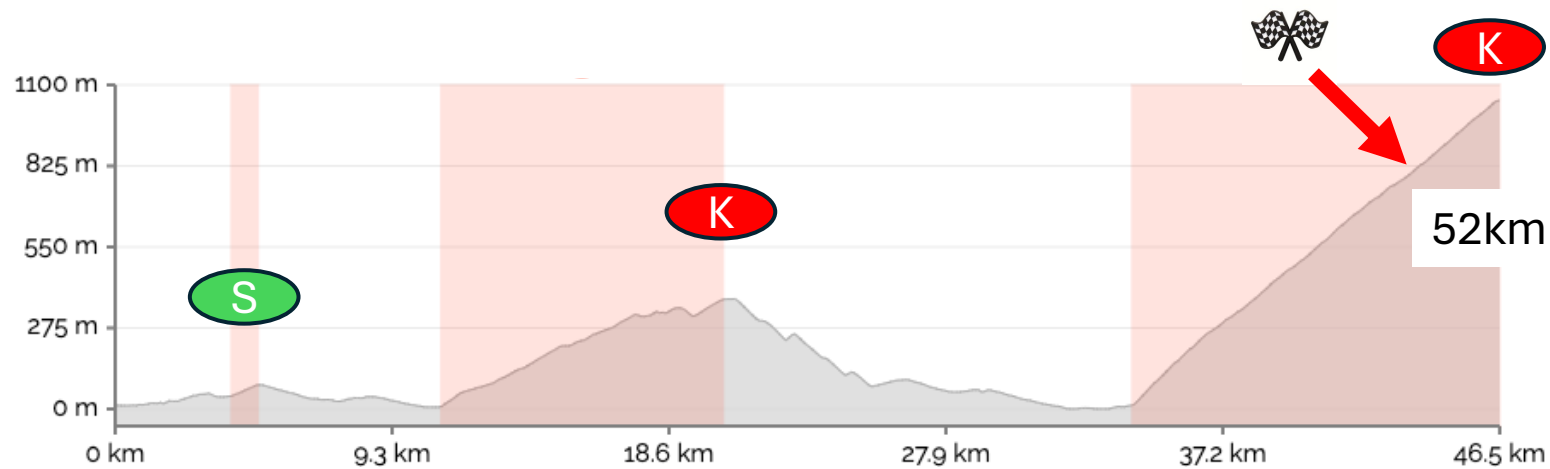
## 1930 Race Live Streamed



# March 16<sup>th</sup> - Edition 2 – Stage 7 – Queen Stage

Stage	Course Title	Format	Distance / Elevation	Segments In Play
14	Dutch Corner Dash Quatch Quest +	Race	52km ↑1706m	Epic (c4) & Alpe (c5) Titans Grove Rev (Sprint)
SAP	Calculated on Epic & Alpe			

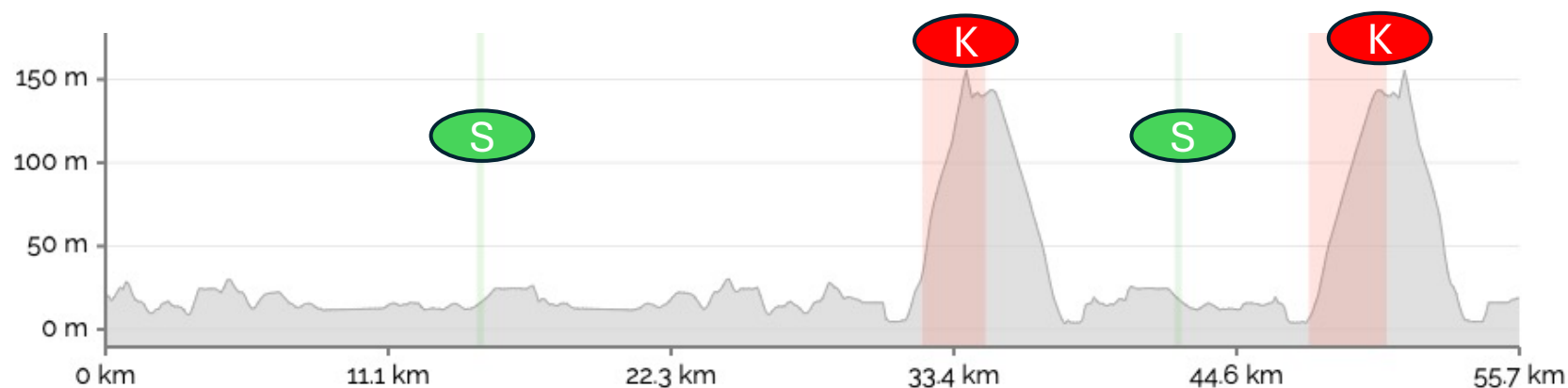
It's time to climb, middle weekend of a Grand Tour typically asks the question but will you have the answer on the Queen stage which also takes the peloton to the end of Edition 2. Titans Reverse is rebadged as a Sprint and with the added extra spice of SAP being in play then those times are worth fighting for as you head your way towards Dutch corner a little faster than normal with so much to play for...



# March 17<sup>th</sup> - Edition 3 – Stage 1

Stage	Course Title	Format	Distance / Elevation	Segments In Play
15	Pretzal Time London Pretzal	Race	56km ↑572m	Fox Hill (c2) & Box Hill (c2) Mall sprint Fwd & Rev
C2)	Calculated on Fox and Box hill			

It's time to group up and count the cost of Stage 14, with over 600km in the legs so far full tourists should have one eye on the second rest day for recovery before the Tour ramps up the pressure on the run in to the final Stage - but with SAP opportunities running out perhaps riders may try for the bonus time and with the 3<sup>rd</sup> Edition kicking off fresh legs might also have other ideas ...

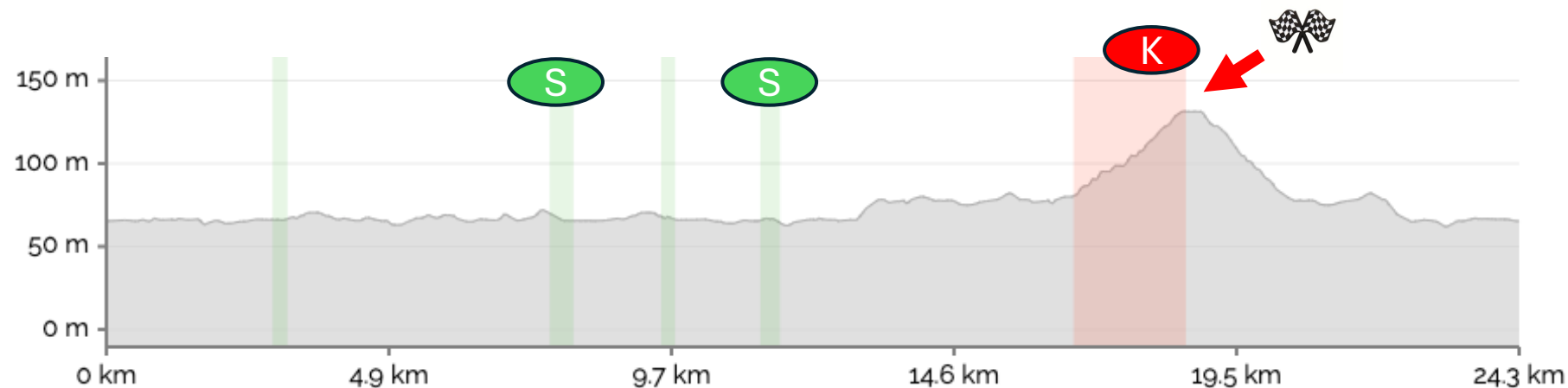




# March 19<sup>th</sup> - Edition 3 – Stage 2

Stage	Course Title	Format	Distance / Elevation	Segments In Play
16	Neon Heights NeoKYO All-Nighter	iTT	43.5km ↑300m	Rooftop (c2) Alley & Tower Sprint Not in play Castle Park Fwd & Rev
SAP	Not in play			

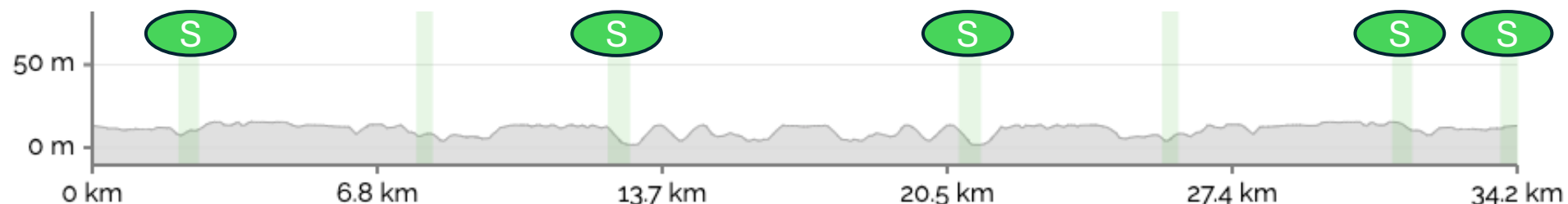
What better way to start the final week than an iTT under neon lights, couple of sprints to warm the legs and hill that you get two bites at to set your time.. So pacing will be key on this course



# March 20<sup>th</sup> - Edition 3 – Stage 3

Stage	Course Title	Format	Distance / Elevation	Segments In Play
17	Five of the best Coast Crusher	Race	43km ↑177m 1 lap	Acropolis, Woodland – Fwd & Rev Stoneway Rev Not in play: Sasquatch
SAP	Not in play			

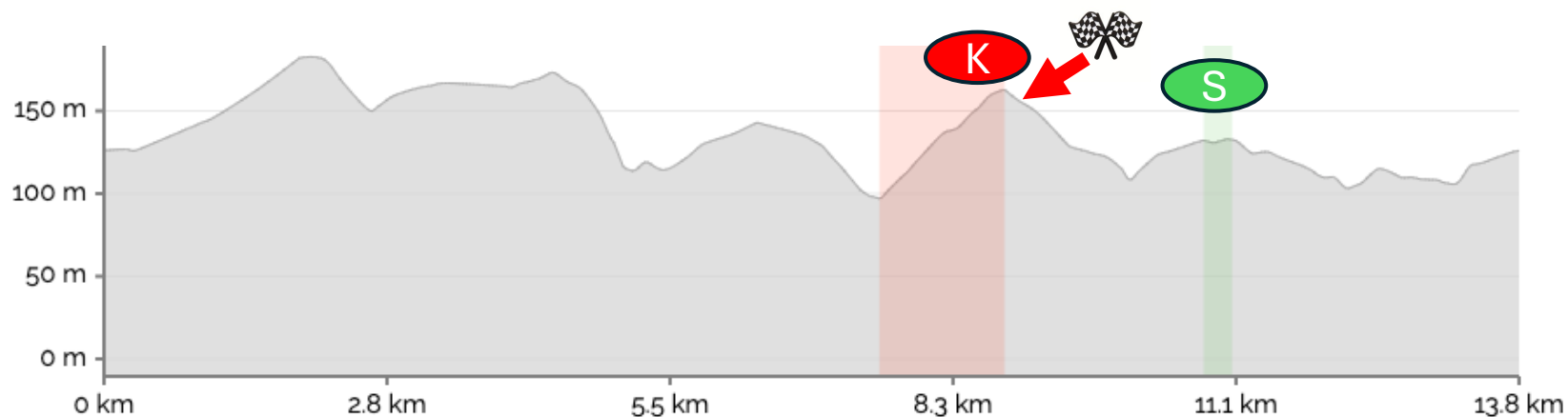
Lowest in elevation on the Tour, though crossing a bridge may start to feel tough by now. Five sprints though and a simple transition day ahead... or so it seems!



# March 21<sup>st</sup> - Edition 3 – Stage 4

Stage	Course Title	Format	Distance / Elevation	Segments In Play
18	Horrogate 2019 Worlds Harrogate	Race	37km ↑600m 2 laps+	Yorkshire KOM Fwd (c2) Sprint Fwd
SAP	Not in play			

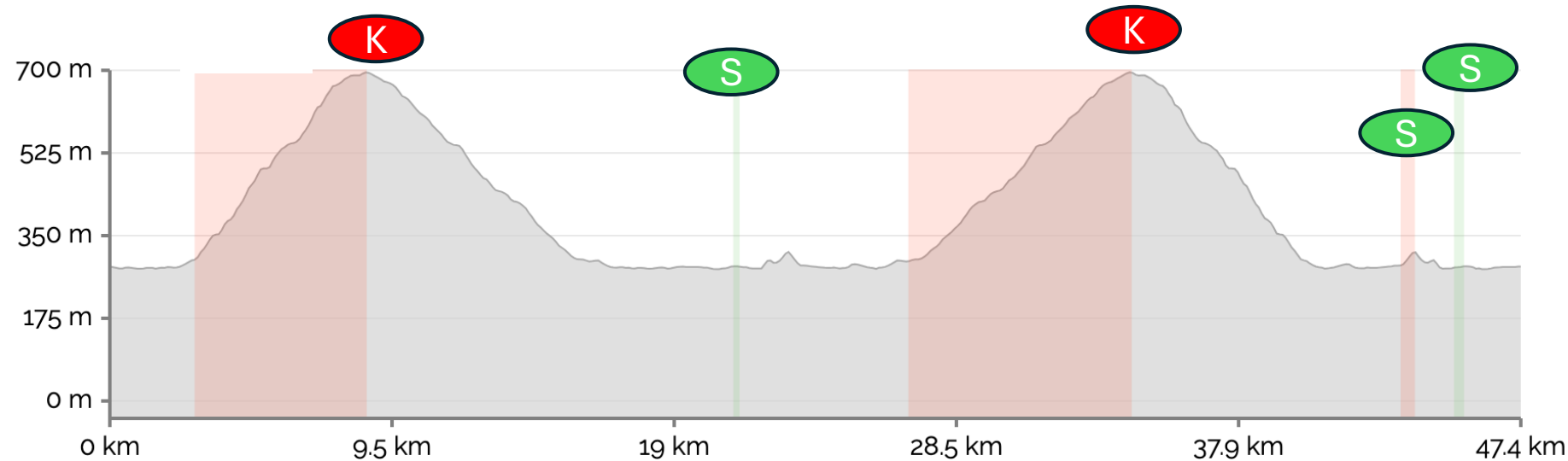
Just enough to keep you thinking on a course where a breakaway may just succeed as you roll around the Yorkshire countryside and with just 3 Stages to go after this you are so close to finishing your can almost touch it!



# March 22<sup>nd</sup> - Edition 3 – Stage 5

Stage	Course Title	Format	Distance / Elevation	Segments In Play
19	Twin Peaks Achterbahn	Race	47.6km ↑990m	Innsbruck KOM Fwd (c4) & Rev (c4) Sprint Fwd & Rev Leg Snapper (Sprint)
SAP	Calculated on Forward and reverse KOM			

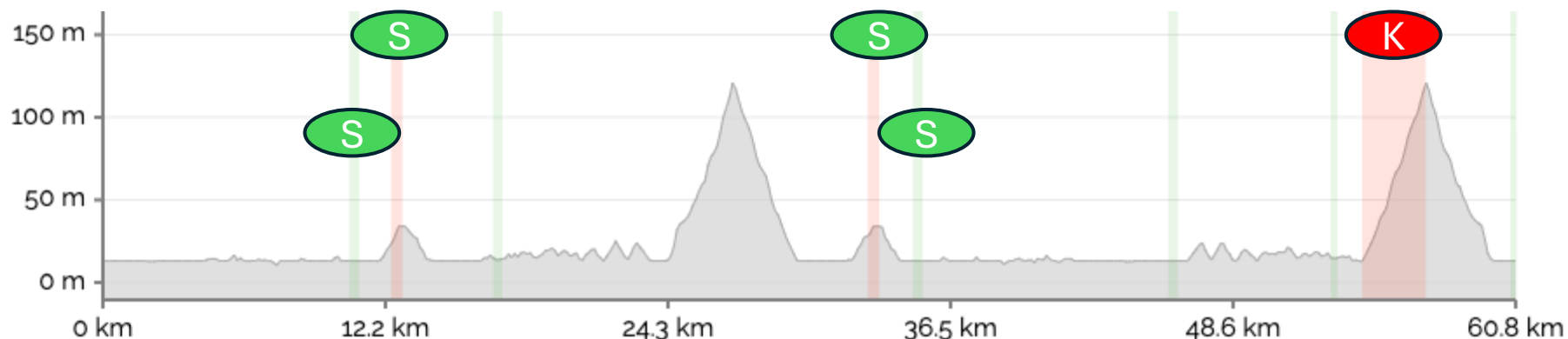
The last opportunity to gain bonus seconds back on eGAP and plenty of opportunity to grab them.



# March 23<sup>rd</sup> - Edition 3 – Stage 6

Stage	Course Title	Format	Distance / Elevation	Segments In Play
20	One more day Petit Boucle	Race	62km ↑483m	Petit KOM (c3) Aquaduct Fwd & Rev (Sprints) Pave Fwd & Rev Not in play: All other segments
SAP	Not in play			

The penultimate stage of the Tour, plenty of time to group up chat, laugh, joke about the last 3 weeks and try close down any eGAP before the final stage and the procession.

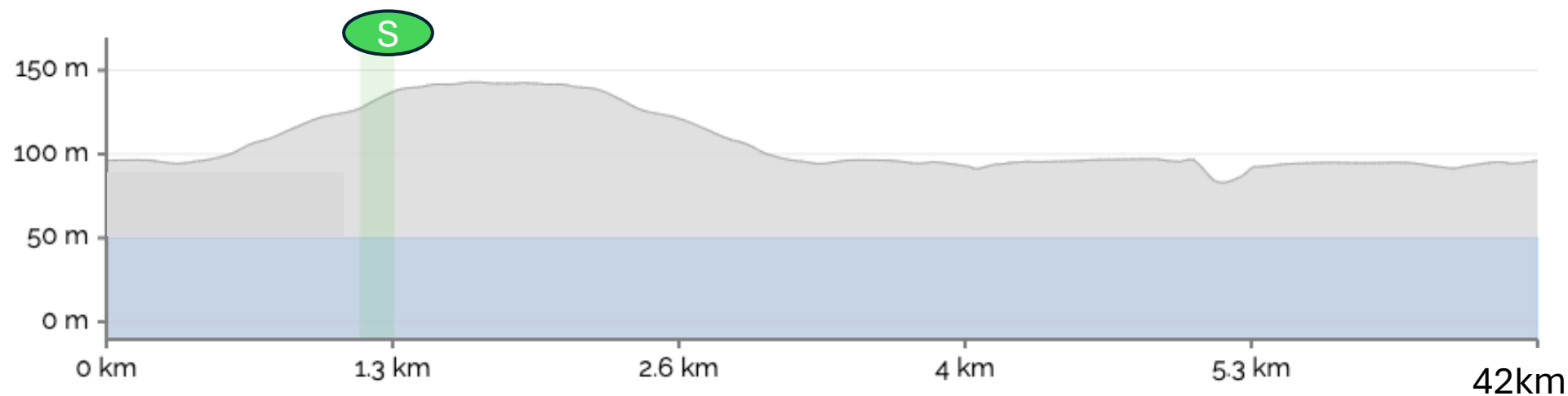


# March 24<sup>th</sup> - Edition 3 – Stage 7

Stage	Course Title	Format	Distance / Elevation	Segments In Play
21	End of the line Champ Élysées	Race	42km ↑240m 6 laps	Lutece Sprint
SAP	Not in play			

We've all seen the Stage and if you've been on Tour for the last 3 weeks the sight of the Arc de Triomphe may just draw a tear... For the Sprinters still something to aim for so 6 bites at the cherry.

1800 Race Live Streamed



# Tour Edition1 Summary

Stages 7 – No rest day

Distance: 279km

Elevation: 2,690m

Stage	Date	Course	Format	SAP In Play	Distance KM	Elevation M	Segments
1	2 Mar 2024	France Classic Fondo	ITT	N	45	320	Petit KOM (c3) Ballon Rev Sprint <b>Not in Play: All other segments</b>
2	3 Mar 2024	Scotland - Muckle Yin	POINTS	Y	47	560	Sgurr North(c2) / South(c1) Breakaway Brae (Fwd & Rev)
3	4 Mar 2024	Watopia - Figure 8 Reverse	POINTS	Y	37.5	304	Zwift Hilly (c2) / Zwift Fwd (c2) Sprint & REV
4	5 Mar 2024	London - Leith Hill After Party	POINTS	N	42	434	Leith Hill (c3) The Mall Sprint
5	6 Mar 2024	Italy - Bologna	ITT	N	26.1	472	iTT Lap (c3) 8km as KOM No sprints
6	7 Mar 2024	Watopia - Sugar Cookie	POINTS	N	45	250	Stoneway, Acropolis, Woodland <b>Sasquatch not in play</b>
7	8 Mar 2024	Richmond - 2015 Worlds Reverse	POINTS	Y	36	350	23 <sup>rd</sup> st (c1) / Libby Hill (c2) Rev Broad st, Monument Rev

# Tour Edition2 Summary

Stages 7 – One rest day

Distance: 319km

Elevation: 5,141m

Stage	Date	Course	Format	SAP In Play	Distance KM	Elevation M	Segments
8	9 Mar 2024	France - Tire Bouchon	POINTS	N	64	590	Petit KOM (c3) Aquaduct Fwd & Rev (Sprints) Ballon Fwd, Marina Fwd <b>Not in Play: All other segments</b>
9	10 Mar 2024	London - Keith Hill After Party	ITT	N	38	430	Keith Hill (c3) Mall sprint
10	12 Mar 2024	Makuri Islands - Makuri 40	POINTS	N	42.5	350	Village, Country, Alley, Shisa <b>Not in play: Castle Park</b>
11	13 Mar 2024	Yorkshire - Royal Pump Room 8	POINTS	Y	42	750	Yorkshire KOM Fwd (c2) & Rev (c2) Sprint Fwd & Rev
12	14 Mar 2024	London - Triple Loops	ITT	N	41.5	565	Leith Hill (c3) Mall sprint
13	15 Mar 2024	New York - Rising Empire	POINTS	Y	39	750	NY KOM Fwd (c2) & Rev (c2) NY Sprint
14	16 Mar 2024	Watopia - Quatch Quest <b>QUEEN STAGE</b> <b>Double segment points</b>	POINTS	Y	52	1706	Epic (c4) & Alpe(c5) Titans Grove Rev (Sprint)



# Tour Edition3 Summary

Stages 7 – One rest day

Distance: 331km

Elevation: 3,358m

Stage	Date	Course	Format	SAP In Play	Distance KM	Elevation M	Segments
15	17 Mar 2024	London - The Pretzel	POINTS	Y	56	572	Fox Hill (c2) & Box Hill (c2) Mall Fwd & Rev
16	19 Mar 2024	Makuri - NeoKYO All-Nighter	ITT	N	43.5	300	Rooftop (c2) Alley / Tower Sprint <b>Not in play Castle Park Fwd &amp; Rev</b>
17	20 Mar 2024	Watopia - Coast Crusher	POINTS	N	43	173	Acropolis, Woodland – Fwd & Rev Stoneway Rev <b>Not in play: Sasquatch</b>
18	21 Mar 2024	Yorkshire - 2019 Worlds Harrogate	POINTS	N	37	600	Yorkshire KOM Fwd (c2) Sprint Fwd
19	22 Mar 2024	Innsbruck - Achterbahn	POINTS	Y	47.6	990	Innsbruck KOM Fwd (c4) & Rev (c4) Sprint Fwd & Rev, <b>Leg Snapper (Sprint)</b>
20	23 Mar 2024	France - Petit Boucle	POINTS	N	62	483	Petit KOM (c3) Aquaduct Fwd & Rev (Sprint) Pave Fwd & Rev
21	24 Mar 2024	Paris - Champs – Élysées	POINTS	N	42	240	Lutece Sprint

Total Tour

Distance: 930km

Elevation: 11,190m