

# FLAMME ROUGE

R A C I N G

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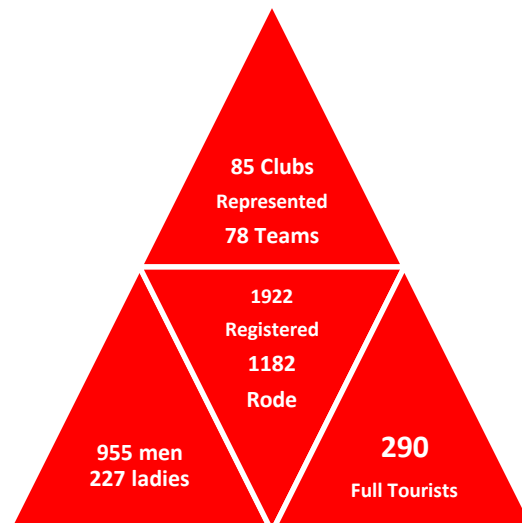
## ***FRR*** *Event Report*

### Series 2

### World Tour

Feb 18 – March 5

V20230310.1



## Simply the best Tour on Zwift... (your words again...)

We commented in January that the Watopia tour was the best ever, well the World Tour was simply double that in every sense. It has been an incredible time and we are just lost for words at the fantastic support and level of racing that all riders showed throughout the Tour – so many go above and beyond the bounds of dedication to the Tour and I hope I have done them justice within the report.

I've said it before FRR is more than just a set of races where riders compete and go away till the next time. The vast majority of riders really connect in races and on the social media platforms to create a great Tour vibe which carries across every day as we live, breath and push ourselves further than we thought possible.

It's a support environment that is unlike any other on the platform and perhaps only seen IRL where riders race, travel and tour round their events together.

## Summary

Overall races were well attended at the times expected with the other events allowing many others to simply complete the challenge more than the podium as we all have different goals and reasons for taking on the event.

Outstanding performances across the classes whether it's from the sheer power the top riders produce or incredible determination shown by riders to complete the Tour or just a stage.

So, let's sum up the Team, GC, Green and Polka competitions.

## Team League

As ever the Team prize takes the most effort and coordination to succeed. It is no easy task to link together 16 stages and 9 classes of riders to generate enough points to keep a Team flying high. **OTR – mOusekeTeeRs** showed the way this Tour with fantastic consistent results across many classes. In the early part of the Tour Teams swapped top spot Drafting Dino's, TugaZ, ABR, Evolution, OTR, OPT and BL13 were all up there.

Following the Queen Stage 10 OTR started to consistently put the points on the board, helped I'm sure by having 50+ riders who completed the Tour which I'm sure helped ensure their top 8 performers each stage scored highly - the winning margin of 52points certainly proves that volume and broadly covering all the FRHC classes and genders is the recipe for Team success.

Joining OTR on the podium was no mean feat either and this went down to the very last stage with **ABR** narrowly placing 2<sup>nd</sup> overall (736) by just 2 points from **TugaZ** with 4<sup>th</sup> place taken by Drafting Dinosaurs who were just 5 points further back. Great racing and engagement right up to the last climb and that's what we wanted to achieve.

We divided the overall Team League into 3 after stage 5, as much to give smaller teams a goal in addition to individual ones. Heat League 2 was taken by WATTFAB and HL3 by Evolution Warriors so congratulations to those Teams for staying in the Tour.

### **CAPSAICIN (CAP) & DRAGONS BREATH (DRA)**

Both competitions were extremely close across the Tour with the Top riders separated by seconds rather than minutes for much of the time. iTT and longer climbs began to prove the deciding factors as both sets of riders made it their priority to join the larger events to ensure time wasn't lost.

**Celebi (Kirchmair) is a worthy winner** of both the **CAP** title and the Open category title as he led the way from the front for over half of the Tour and extended his lead on the final stage with a time of 15 hours 56mins 56secs. Hot on his heels for much of the time in CAP was Mark Elding (BL13) [+7min 30s] who took runner up with Mathias Kemnitz (EVO Tourists) [+3min 18s] further back securing 3<sup>rd</sup> place.

Looking across to **DRA** the **winner Michael Gamst (BL13)** completed the Tour in 16hrs and 18s and secured the open class second place – proving the difference for some between CAP/DRA is not so great. Nathan Miller (Relentless) took 2<sup>nd</sup> and 4<sup>th</sup> overall from fellow Relentless rider Travis Gatesman.

Brian Ditty (Alpha) secured the CAP **Green jersey** from Duncan Johnson (OTR) – Brian also made his own special FRR top something we need to have a chat about...!

In DRA Francis Cayouette (5W4T) showed he was the best sprinter with Jean-Christophe Beaulieu (OPT) and Michael Greiner (OMG) placing 2<sup>nd</sup> and 3<sup>rd</sup>.

CAP **Polka Dots** was claimed by Mark Elding (BL13) from his own teammate Gareth Jooste with Brian Ditty being a single point off 2<sup>nd</sup>.... Where did it all go wrong Brian?

In DRA the Polka Dots were claimed by Patrick Schaefer (OTR) with Per Sam (Team Italy) and Michael Greiner placing for 2<sup>nd</sup> and 3<sup>rd</sup>.

### **CAROLINER REAPER (CRP)**

The closest result across the classes with **Jason Bridges (Relentless)** narrowly holding off Thomas Evans (Team CLS) by just **FORTY FIVE seconds** (45s) after 16 stages, 650km+ and 9,000m of climbing.... Made even better considering they were in the same Stage 16 event with Thomas setting a furious pace up the final KOM....

Not to be forgotten was Joe Ricci (Relentless) who came in 3<sup>rd</sup> just 3 minutes down from Evans.

Jason Robinson (DIRT) and Grant Womack (BL13) took it down to the very last sprint to decide who was best in Green ...separated by just 3 points Robinson took the crown with Patrick Caisse (5W4T) not far behind in 3<sup>rd</sup> place.

Leon O'Regan (ABR) was king of the hills with Thomas Evans taking 2<sup>nd</sup> place ahead of Ben Clarke (OTR).

### **GHOST (GHT)**

Not far behind CRP in drama was the battle of the Colins, which saw Rehm (DIRT) and Saunders (OTR) battle out the lead over the last few stages. Saunders seemed to have everything under control heading into the final stage with a 2min lead however with an outstanding effort well supported by a team of domestiques Rehm set a time on Stage 16 which ultimately gave him a 53second winning lead – again another fantastic battle to the very last climb.

Pauly Mew (TBR) equally had a hard battle to secure 3<sup>rd</sup> from Robert Mass (ABR) by a slim margin of just 41 seconds.

In GHT we see the ladies appear and Elyse Gallegos (LVLESPORT) powered her way to top spot and 5<sup>th</sup> overall in the mixed GC a fantastic result where she was picking off the men one by one on the leaderboard.

Asa Fast-Berglund (SZ) pushed all the way to take second and team mate Cornelia Engstrom (SZ) came in third and all ladies in the GHT group competed well in the class. I'd like to also mention Mia Mawdsley (eSRT) and Timea Cserhegyi (EVO Tourists) who completed all but 3 stages.

Green was a hard battle between Johan Bournonville (Coalition) and Ally Loney (DIRT) – it ran to the last stage where Johan had the power left to ease home with Jason Drummond (USMES) pipping his own Team mate Wendell by just 1 point to 3<sup>rd</sup>.... worth mentioning that Wendell did manage to not only complete the Tour but to do so after having illness during it.... Not a quitter... but do get well soon!

Oliver Elgie (DIRT) took the Polka dots and Colin Rehm squeezed his way past Jon Winward (TT1) by a single point to claim second.

In Green the Queen of speed was Asa with Elyse just holding off Cornelia by 7 points.

Asa made it a second jersey to the collection in Polka with Elyse holding off Cornelia by 1 point... worth mentioning Nathalie Champagne (OPT) coming 4<sup>th</sup> with only 9 stages... what could have been perhaps!

### **HABENERO (HAB)**

Final stage saw a big swing in GC with Frank Lucarelli (OTR) overhauling Ulli Fella (Kirchmair) to take top spot by over 4 minutes - a truly huge team result as 3<sup>rd</sup> on the podium was Sarah Bishop (OTR) who was in a class of her own in the ladies and definitely holds the bragging rights in the Bishop household – sorry Brian!

Pushing Sarah was both Aliseeyah (Dinos) and Anna Rogers (REVO) securing 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

Jay Keteleers (WLECOL) stayed the course to take Green from Shane Lee (USMES) and Rene Benz (WATTFAB).

Frank Lucarelli (OTR) dominated the Polka jersey from Ulli Fella and Chris Howe (HERD).

Aliseeyah showed the ladies the way to sprint with Anna Rogers keeping Sarah Bishop at bay to take 2<sup>nd</sup> place.

Polka was held firmly by Sarah Bishop with Anna Rogers pushing past Aliseeyah on the last climb to take 2<sup>nd</sup> by just 1 point....ouch!

### **SCOTCH BONNET (BON)**

Fabulous Fabio Santos (TugaZ – Pico) smashed his way through the Tour to take the GC title, Dave Ronan (EVO Tourists) managed to hold off the challenge by Stijn Bollen (Coalition) by just 75 seconds to take 2<sup>nd</sup>.

Wendy Mathie (AEO) set out on the Tour to 'try it' and see how far she could get given her own recovery .... It's fair to say that the FRR bug took her all the way to the top of the ladies GC podium with Tesa Vogel (ALPENTVC) taking 2<sup>nd</sup> from Heather Downie (REVO).

Mick Fernie (ZSUNR) held his sprinter top spot from Dan Bjorkman (SZ) and Ian Jervis (ZSUNR) who claimed the 3<sup>rd</sup> podium spot.

Fabio took the Polka jersey with Tiago Cang (TugaZ) edging out Oliver W (FRR) into 3<sup>rd</sup>.

Cristina Pires (AEO) was the Green speed line with Netta Vogt (Dino) holding off K hill (Team CLS) to take 2<sup>nd</sup> place.

Wendy Mathie certainly can climb and took the Polka jersey to prove it, Heather Downie powered through into 2<sup>nd</sup> over Tesa Vogel by just 14 points.

### **CAYENNE (CAY)**

New kid on the block Richard Dalen (Vikings) invaded the Tour and took away the GC prize, which John Atkinson (Dinos) held for quite some time before ending just over 3 minutes off the lead, with Matt Thomson (OTR) holding on to 3<sup>rd</sup> place.

Josee Pouliot (5W4T) secured GC from Maggie Carden (Dinos) after a tight battle for much of the Tour with Barbi Brochu (Coalition) taking 3<sup>rd</sup> – an experienced Haute Route rider who commented that FRR certainly mirrors that type of event in the virtual space... Which is ultimately what we are aiming to do in every sense!

Chris Rees (EVO Tourists) powered the Green competition with James Balloch (Coalition) and Bill Parenteau (ZSUNR) taking 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

Matt Thomson (OTR) held off the challenge from Richard Dalen on the final stage to take Polka by just 16 points with John Atkinson taking 3<sup>rd</sup>.

Green Queen was clearly Maggie Carden with Gina van Rossum (TeamNL) taking 2<sup>nd</sup> place from Astrid Bontzek (Kirchmair) who held on to 3<sup>rd</sup> by 4pts.

Polka was well deserved by Gina van Rossum who declared she pushed herself further than she imagined, upgraded her CAT and generally was fully spent on Sunday. Julia Hargreaves held on to second place ahead of Josee Pouliot and definitely enjoyed that Guinness a little quickly afterwards!

### **JALAPENO (JLP)**

Jorge Vieira (TugaZ – Pico) showed the way and like so many riders over the course of the week categories change.

But of course the big news in JLP was our own pocket rocket Hayley Vale (Race3R), who held on to 2<sup>nd</sup> overall and the top ladies GC place while putting out on average slightly more watts than a 150w light bulb. She was well supported (it was more than my life was worth not to) by her Team despite expecting to be caught by the chasing pack every stage.

3<sup>rd</sup> overall was secured by Hal Sutherland (OTR) with Catherine Deveault (LWATT) placing second with Ann-Charolotte Bivall (EVO Tourists) taking 3<sup>rd</sup>.

Matt Armitage (CRYO GEN) dominated Green from William Corry (EVO Tourists) with Enno Enno (WLBB) taking 3<sup>rd</sup> spot.

William Corry edged out Jorge Vieira by just 8 points to win Polka, a jersey decided on the final 2 climbs.... With Sutherland managing to take 3<sup>rd</sup> place by just 6 points....

Jennifer Hillerberg (LGBTQ) held on to the Green jersey ahead of Silvia Fischer with Ann-Charlotte Bival in 3<sup>rd</sup> - Sarah Johnson (ABR) did score the most points however the GC Green Jersey winners are those who complete all stages... just like IRL.

Polka saw Silvia Fischer (WLBB) take the leading position with Ann-Charlotte Bivall narrowly holding off Catherine Deveault by 2pts for 2<sup>nd</sup> place.

### **PEPERONCINI (PEP)**

GC was dominated by the ladies with just 5 men taking places in the top 20.

Maya Hidajat (LGBTQ) took the title from Lisa McDermott (Dinos) and Dini Sutoyo (ZIRT) making it a 123 for the ladies in PEP.

In the men's competition Kevin J Brown (OTR) took the top spot from Quique Penaranda (HISP), with 3<sup>rd</sup> taken by Miles Ushaw (TFC) and DougS (HERD) 4<sup>th</sup> completing the series in an incredible 29 hours 33mins and 26s .... Nearly 100% more time than the overall GC winner and that has to be recognised.

DougS held off the challenge of Kevin Brown to secure Green, with Quique in 3<sup>rd</sup> – perhaps all that time on the road for Doug was to conserve energy for sprinting!!

Miles Ushaw (TFC) took Polka by some margin from Quique who squeezed past Kevin Brown by just 10 points.

Green showed just how diverse the PEP section was with Jana Parsons (REVO) edging out Rowena Howard (RAVE) with Cecilia Lindkvist (SZ) taking 3<sup>rd</sup> place. Riders not at the top but clearly leaving it all on the virtual road.

Lisa McDermott (aka Crazypants) took home her Polka dot jersey ahead of Maya Hidajat and Dini Sutoyo.

In fact looking at the CAY, JLP and PEP riders – we should all applaud their dedication, motivation and application as the time they invest in the Tour is way above and beyond any expectation I have had about tour involvement.

This brings us nicely to the **Readhead** award, which for those that are unaware is an award made to riders who throughout the Tour go above and beyond to achieve their goals and an award named after the first recipient 'Hilary' who FRR drove to new heights in the first Tour – France and ended up in that very exclusive Club F40 by doing them all!

## **Readhead Award**

Over the course of 16 days there were many extraordinary stories that developed including those that continued beyond the Tour to simply say they completed all 16 stages.

**Carol Tsang (Saddled)** is our first awardee, enjoying the experience so much her options for Stage 16 were either 0600 before going holiday or going solo.... Zwift kindly replicated the event on the Wednesday and on her day off she completed Stage 13 followed by a further 4 hrs later in the day... madness but 16 Stages ticked off...

**Tara Follett (REVO)** was equally in that same 'madness' category but this time for completing a number of Stages starting at 0330am to get them in before work... I personally can't imagine the alarm going off at that time.... Tara not only raced but competed.... Full respect and I'm really sorry for driving you to this.

**DougS (HERD)** (you must reveal your name) as highlighted spent more time on the virtual road, cycled more time as an iTT than anyone and yet still competed for and won the PEP Green Jersey.

Finally from across the other side of the planet we have two ladies who were there every race supporting the Tours, racing in much smaller numbers (one day APAC will show up in force) so working harder than most and yet they were still there – the dedication of both **Rowena Howard (RAVE/NZBRO)** and **Michelle Spicer (AHDR)** are fully appreciated.

## **World Tour Podium Report ..link**

I want to thank everyone who has taken the time to send funds through the [FRR GoFundMe](#) page, we do not push this and mention it only in passing as we all have our lives to live and I know we are all living in a much harder economic period than most can ever remember. I'm honoured that you let me into your lives each Series and appreciate every donation and ounce of perspiration. FRR will continue to evolve and adapt and if in that journey you want to contribute then donations to the cause are fully appreciated.

As you may know 20% of donations received will be used to support causes World Wide and we have now linked up with our chosen charity [Cyclists Fighting Cancer](#) From the donations received we expect to be passing nearly £500 to them once the report goes out and any additional donations come in.

**CFC** have also asked us to highlight they have two IRL events in the UK for which they have fund raising places available. Here are the details, if you want to enter then please contact me and I can give you direct contact details for Rachel at CFC.

I'm looking to do the C2C so getting together IRL for a FRR meetup in events like these seems a great way to put a real face to a virtual name.

## **CFC Events**

First up is the [Tour of Cambridgeshire](#) Sportive on Sunday 4th June 2023. We have 30 half price entries to their **FULLY CLOSED ROAD** sportive. There are 100 mile (now only £40), 70 mile (now only £30) and 50 mile (now only £25) routes to choose from, each exploring the beautiful Cambridgeshire countryside. All routes are **flat, fast and traffic free!**

Not only that, we are also giving you a **free Team CFC jersey** with your entry. All we are asking is that you fundraise for us with your entry, there is no minimum fundraising target, just raise whatever you can to help us get more children living with cancer pedalling on their road to recovery. The first 30 people to set up their fundraising page on Just Giving, [Team CFC Ride the Tour of Cambridgeshire](#) will be given the half price entries.

Next is [Coast to Coast in a Day](#) on Saturday 24th June 2023. Where we have **50 FREE** entries (usual price £110) to their epic 150 mile ride from Seascale to Whitby. This is a challenging and



iconic ride with 4500m of ascent starting in Seascale then through the mountainous Western Lake District, through the Yorkshire Dales, across the flat Vale of York and finally the Northern Valleys of the North York Moors, finishing by the sea in Whitby.

There is a minimum fundraising target of £200 which does include your Team CFC jersey making this a great opportunity to take part in a memorable event and help kids living with cancer at the same time. To claim your place and receive your free entry code, set up your fundraising page on Just Giving, [Team CFC ride Coast to Coast in a day 2023](#) and we'll be in touch.

The Tour Series is now done, it started way back on October 22<sup>nd</sup> and since then we have competed for 41 days, completed 40 stages, across 1,560km and climbed 22,487m. No Tour or Series on Zwift asks more of you and in return gives so much more back.... and all in the name of fun, fast and fair racing.

Now this brings me to the very special roll of honour....

***FULL SERIES 2 Tourists***...those riders who completed every stage of Series 2 – amazingly **25 riders** completed every stage (with 78 riders completing 35 or more...) and these are listed at the end of the Podium report

If I could send everyone a trophy I would as you deserve one for putting up with me for so long however that's something for me to work on for Series 3 and retrospectively for Series 2... so watch that merchandising space.

### ***What's next....***

Well as you'll see we have outlined at the end of the podium report the ***World Order*** which we expect to run May through to September in between the Tour Series. Details to be fully ironed out as too a nice FRR Logo, I'll start sharing on the Facebook Event Group for input before updating the web site home page.

Series 3 Tour season kicks off in October so enjoy outdoor cycling and hopefully we'll see some of you in the World Order Series.

### ***And finally....***

The event is more than a set of virtual riders who can select an open Zwift event, riders return Tour after Tour and just like IRL the participants know each other and instantly bond – FRR is a competitive family and together we make the event what it is and something where feedback is listened to and can influence how the event you ride can improve the experience.

I want to thank you all for joining the FRR Tour Series – the competition, camaraderie, team support, feedback, positivity and support is simply overwhelming – what we do is very personal to us and I see that too in the rides who join and contribute.

Finally, a very special thank you Hayley and my family for supporting me throughout the Series –

it's an immersive experience all the way through.

Late nights, early mornings, laptops in service stations, laptops in the bed at night, in stands at football games, car parks wherever it is needed – reacting every day 24/7 to ensure events run as well as possible, keeping results timely and any adjustments made are quickly decided upon and communicated to everyone from New Zealand to Hawaii...

The Tour operates very much like an IRL Tour as we don't have the luxury of fixing something over the week before the next event.... But we wouldn't have it any other way!

See you very soon!

**Richard & Hayley**

Join us in the [FRR Facebook Event Group](#) and we also have a [FRR Discord](#) server

## Event Lessons Learned

If you have any additional observations then please contact [Race Control](#)

### Reminder Our Tour Ethos...

- Multi day stage event where fatigue comes into play
- Rider engagement from Stage 1 to the end
  - Mixed Team racing
  - Mixed rider racing classes
  - Your Race Your Way – Race any event each stage
  - Fairer narrower racing Classes
  - Race starts appropriate to your own level
- Engage riders of all levels
- Remove game features and level the playing field
- Fair, honest and respectful racing

Feedback Point	Comments
Event PENs	<p>Three PENs worked really well, in fact better than expected. It was great to see rides using them all in the events to give themselves starts to races they could manage.</p> <p>For riders like myself where the choice between A or B was the difference in destroying my own GC hopes.... So great to see riders not (unlike me) jumping into A or B and trying to stick with riders who were always going to blow them away at some point and then leave you to cycle alone... and be caught by the next class behind and so instantly lose 2 minutes....</p> <p>This format will stay for the Tour and I now know my place....or do I?</p> <p>Domestiques respected the PENs in the vast majority but equally did not push the C PEN so this worked really well across the Tour.</p>
Flamme Rouge	<p>One for the memory everlasting – keeping this here for new riders!</p> <p>Now whenever you are watching a race on TV as rider's pass under the 1km banner and the commentator says 'Flamme Rouge' you will think of FRR.</p>
FRHC Setting	<p>FRR will now be self setting all riders.</p> <p>Known riders will start from where they finished the Tour season, new riders will be classed based on their FRR race performance in the first 3 Stages where their initial Class will be set according to their rider Profile.</p>

	<p><b>CHANGE</b></p> <p><b>Riders will no longer need to enter an NP value.</b></p> <p><b>Riders will have the option to self upgrade their calculated Class but any downgrades must be raised with race control.</b></p>
<p><b>GC timing</b></p>	<p>GC remains the top prize for many and the problem of solving multiple events and peloton speed is a subject that we are looking into options for Series 3.</p> <p>Several theories out there and we will try something new in a 'Flash tour event' 3 stages over a weekend... to try it out...so watch the FRR Event Group space on Facebook and Discord for events.</p>
<p><b>Hall of Fame / Event Locker</b></p>	<p>Over the summer we will add the Hal of Fame and event locker ... riders who complete a Tour event will have that badge shown there... its virtual of course and I'll see if we can get a widget to enable you to print off a certificate of the event .... If of course you want one!</p>
<p><b>Merchandising</b></p>	<p>Well I've talked about things on my list are:</p> <ul style="list-style-type: none"> <li>• Tour Trophies, medals, stickers....</li> <li>• FRR kit</li> <li>• Water bottles</li> </ul> <p>Have a few more contacts now so its something to promote...</p>
<p><b>Web site</b></p>	<p>Improvements to the look feel and operation need to be made which may run beyond my reading ability, however I have been contacted by a couple of rides who may be able to help.</p> <p>So let's see how the site moves forward... this little project seems to have grown some what!</p>
<p><b>World Trophee</b></p>	<p>Now we had great hopes for this event but it seems there were other distractions on the day that took riders elsewhere....</p> <p>Those who did race had a great time and the 2<sup>nd</sup> edition this year will be tweaked to try and explode the numbers.</p>

**Your Race Your Way**

No change but we will remove the less populated times to try and improve peloton time, flexibility and increase participation.

**CHANGE**

For US West coast we will tweak the times to early evening and with the help of rides in that space hopefully we ignite more in that late zone to join the Tour.

APAC is also a place we want to draw in, so many great Teams and riders out there we just need to find something that works for them.