

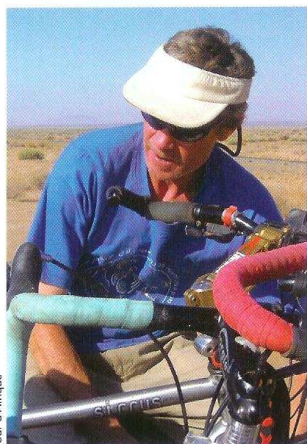
Tour d'Afrique

by Lisa Evans

"Africa seeps in and works her magic on the hearts of even the most resistant," reflects cyclist James D. Brown on the ambitious Tour d'Afrique, a grueling four-month, 12,000-kilometre bike tour from Cairo to Cape Town.

A new book commemorating the 10th anniversary of the Tour follows the journey of more than 600 riders through 10 countries in the world's harshest and most unforgiving continent. *10: Celebrating Ten Years of the Tour d'Afrique Bicycle Race and Expedition* contains stunning photos from a decade's worth of riders and quotes that document their life-changing experiences.





Tour d'Afrique

Photos depict riders pedaling through some of Africa's most spectacular landscapes, including the Sudanese desert, Ethiopia's Simian Mountains, Mount Kilimanjaro and Victoria Falls. Organized by themes — Discovery, Humanity, Challenge, Hunger, Conflict, Pain, Wonder, Humility and Bliss — the images and anecdotes capture the riders' struggles and triumphs, giving readers a glimpse into their day-to-day experiences.

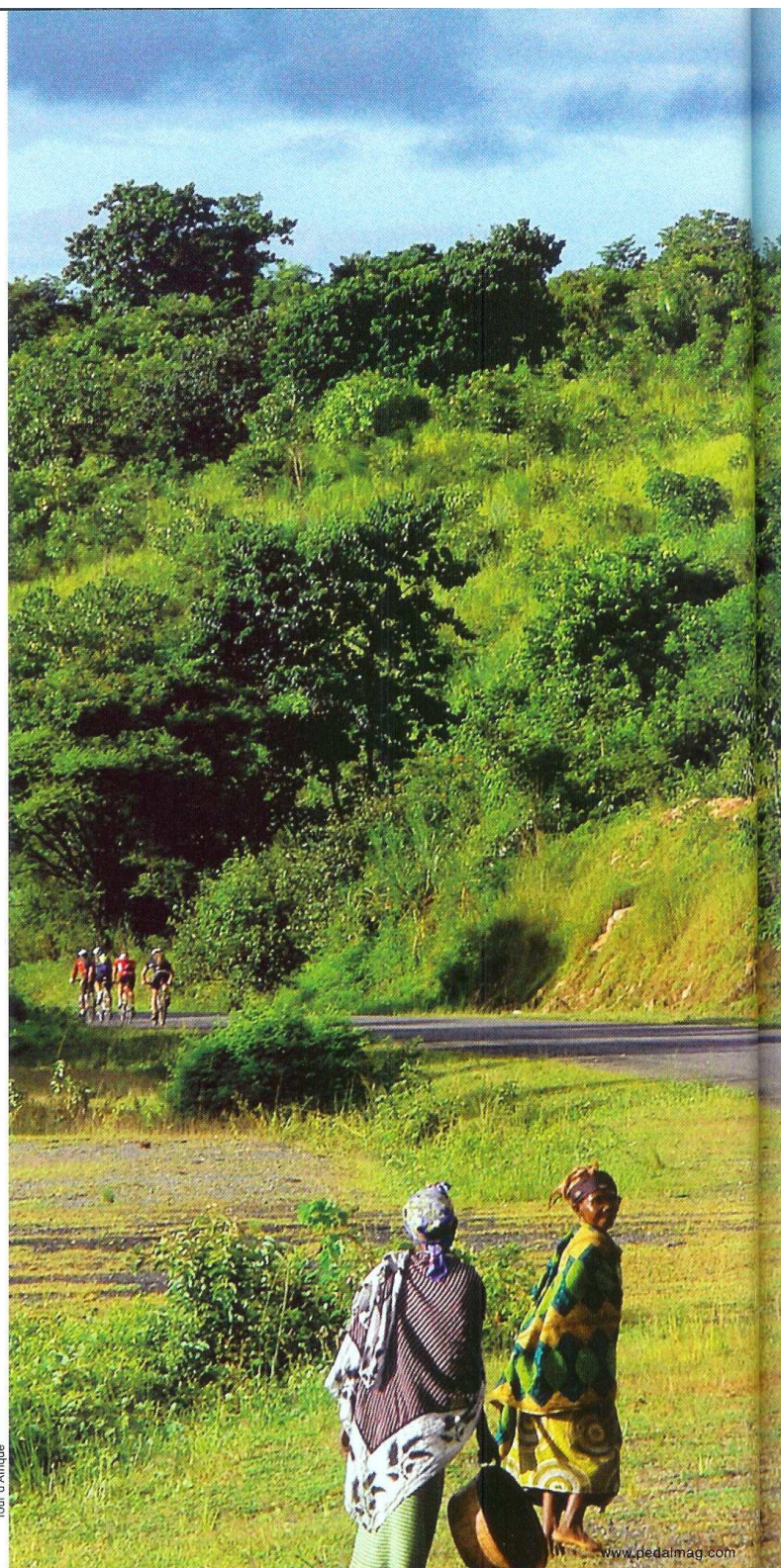
A forward written by founder Henry Gold tells the story of the Tour's beginning. While working with the Canadian Physicians for Aid and Relief (CPAR), Gold championed bicycles as a low-cost solution to local transportation needs. What started off as a ride to raise awareness of cycling as a sustainable method of transport in a continent where recreational riding is uncommon has transformed into one of the world's most challenging cycling adventures.

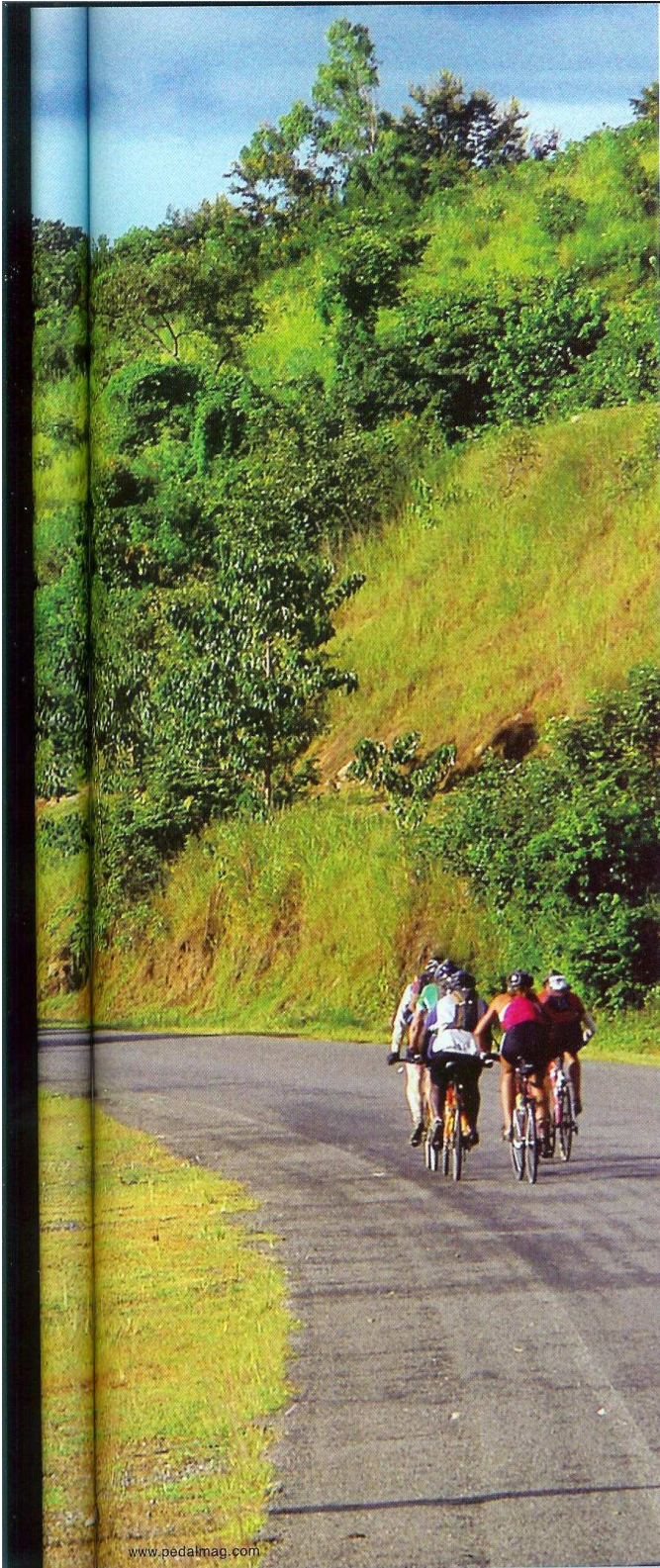
10 opens where the Tour begins — at the foot of the Sphinx with the Great Pyramids of Egypt as the backdrop. "The thousands-years-old pyramids, what they have seen — it was epic to be part of their history. I remember standing in front of the Sphinx holding the bike and thinking 'If you could only talk, what would you say,'" reminisces Gold.

(previous page)
Cyclists pass the
pyramids at Giza,
Egypt (above)
Henry Gold, Tour
d'Afrique founder
(right) Cyclists in
Malawi (far right
top) Tour d'Afrique

rider and local on
bike (far middle left)
Bent rim and
broken spokes (far
middle right) Biker
tans (far right
bottom) Lone rider
in the Sudanese
desert

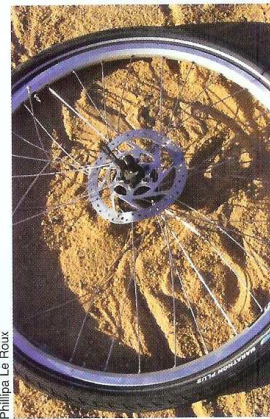
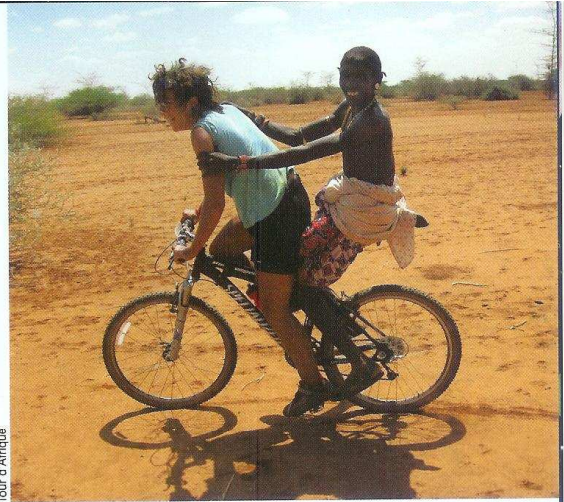
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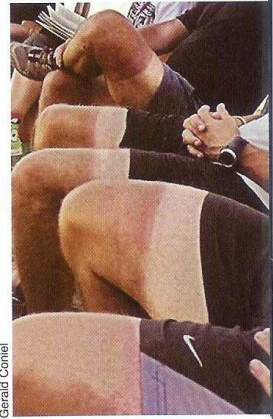


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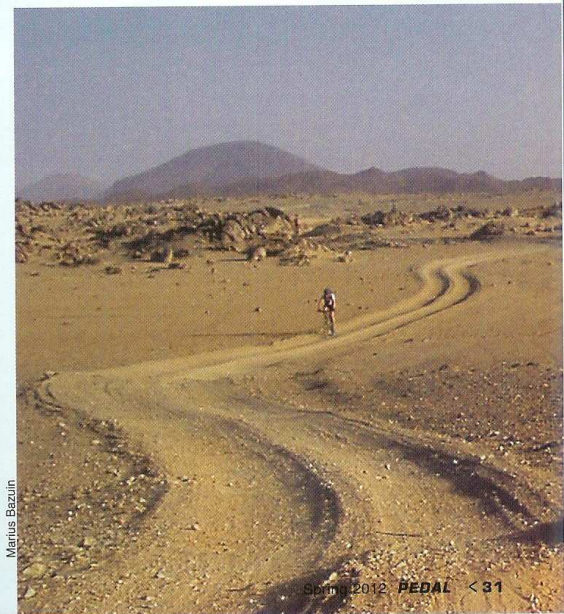
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Philippe Le Poux



Gerald Coniel



Marius Bazuin

While physical fitness is a priority for participants, the Tour is open to everyone from serious athletes to recreational cyclists. To date, 45 riders in their sixties have done the tour, with the oldest rider peeking at 70 years young. "The main physical component is to be healthy. The tour is very demanding, but the fact is any individual who is determined can do it," says Gold, who has been blown away by the tenacity of disabled riders, including a Swiss rider who lost both his legs as a youngster and a Kenyan rider who lost his eyesight in the American embassy bombing in Nairobi and completed the ride on a tandem.

10 doesn't hide from the harsh reality of African life. One image of a cyclist riding past an animal carcass in the middle of the desert and another of a rider helping to push a struggling donkey attached to a water cart out of the sand embankment display the struggles of everyday life in a continent that shows no mercy to its inhabitants. Images and text depict the physical pain, exhaustion, oppressive heat and dreadful road conditions riders encountered.

Opposing the brutal imagery of cyclists pushing through lava rock, sand and mud are spectacular landscapes that show the splendor of the continent, the friendly camaraderie among riders, encounters with majestic elephants and giraffes and the warmth of locals that seems to heal any physical wounds Mother Nature bequeathed upon the cyclists.

For Gold, an image of the group camping in the desert after a long day of riding and competing with the desert's desolate beauty sums up the experience: "Cycling Africa can induce a sense of wonder and isolation," he says.

Indeed, *10* seeps in and works its magic on the hearts of even the most resistant. The spectacular array of images and riders' anecdotes inspire readers and leave even amateur cyclists with the dream of pedaling through Africa's volatile landscape.

Visit www.tourdafrique.com.

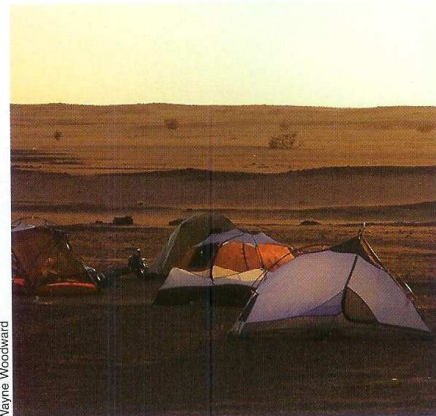
(top) Zebra and giraffes graze in Tanzania (middle left) Suffer-fest in northern Sudan (middle right) TdA

bush camp at sunset in Sudan (bottom) Victorious riders arrive at the finish in Cape Town, South Africa

Joachim Loeffel



Chris Evans



Wayne Woodward



Rick Wasy