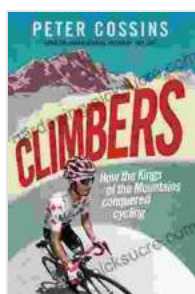


How the Kings of the Mountains Conquered Cycling

The mountains have always been a challenge for cyclists. The steep slopes and thin air can make even the most experienced riders struggle. But over the years, a select few cyclists have mastered the art of climbing mountains. These are the "Kings of the Mountains," and they have dominated the most prestigious cycling races in the world.



Climbers: How the Kings of the Mountains conquered cycling by Peter Cossins

★★★★☆ 4.8 out of 5

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Screen Reader: Supported

Print length : 336 pages



The first King of the Mountains was Henri Lemoine. In the early 1900s, Lemoine won the Tour de France four consecutive times, and each time he won the prize for the King of the Mountains.



Lemoine's success inspired other riders to focus on climbing. In the 1920s, Ottavio Bottecchia became the second King of the Mountains, and in the 1930s, Federico Bahamontes won the prize five times.

In the post-war era, the Kings of the Mountains continued to dominate the Tour de France. In the 1950s, Louison Bobet won the prize three times, and in the 1960s, Raymond Poulidor won it seven times.



Raymond Poulidor, one of the most successful Kings of the Mountains

In the 1970s, the King of the Mountains prize became even more prestigious when it was awarded to the rider who accumulated the most points on the climbs of the Tour de France. This change made the competition for the prize even more intense.

In the 1980s, Bernard Hinault became the first rider to win the Tour de France and the King of the Mountains prize in the same year. Hinault was one of the most dominant cyclists of his era, and he won the Tour de France five times.



In recent years, the Kings of the Mountains have continued to play a major role in the Tour de France. In 2019, Egan Bernal became the youngest rider to win the Tour de France and the King of the Mountains prize. Bernal is a Colombian climber who is considered to be one of the best young cyclists in the world.



Egan Bernal, the youngest rider to win the Tour de France and the King of the Mountains prize

The Kings of the Mountains are a special breed of cyclists. They are climbers who can overcome the challenges of the mountains and win the most prestigious races in the world. These cyclists are true athletes, and their achievements are a testament to their skill and determination.

Who Are the Kings of the Mountains?

The Kings of the Mountains are the cyclists who have won the King of the Mountains prize in the Tour de France. This prize is awarded to the rider who accumulates the most points on the climbs of the Tour de France.

The climbs in the Tour de France are classified into five categories:

1. Category 1: The most difficult climbs
2. Category 2: Very difficult climbs
3. Category 3: Difficult climbs
4. Category 4: Moderately difficult climbs
5. Category 5: The easiest climbs

The number of points that a rider earns for finishing on a climb depends on the category of the climb. For example, a rider who finishes first on a Category 1 climb will earn 25 points, while a rider who finishes first on a Category 5 climb will earn only 2 points.

The rider who accumulates the most points on the climbs of the Tour de France wins the King of the Mountains prize. The prize is a white jersey with red polka dots.

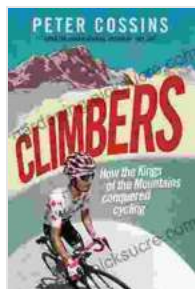
What Makes a Good King of the Mountains?

There are a number of factors that make a good King of the Mountains. These include:

- **Climbing ability:** Kings of the Mountains must be able to climb quickly and efficiently. They must have strong legs and a good aerobic capacity.
- **Endurance:** Kings of the Mountains must be able to sustain their effort over long periods of time. They must be able to ride for hours on end without tiring.

- **Strategy:** Kings of the Mountains must be able to develop a strategy for the climbs. They must know when to attack and when to conserve their energy.
- **Mental toughness:** Kings of the Mountains must be able to handle the pressure of competition. They must be able to stay focused and motivated even when things are tough.

Kings of the Mountains are a special breed of cyclists. They are athletes who have dedicated themselves to mastering the art of climbing mountains. These cyclists are true champions, and they deserve all the praise and admiration that they receive.



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