

# *Arlenis Sierra y Heidy Praderas in Tour de L´Ardèche*

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Havana, September 13 (RHC) – The Cuban Cyclists Arlenis Sierra and Heidy Praderas are competing, from September 13th to September 19th, in the Tour de L´Ardèche, in France, in the last competition of the Astana Women´s Team, before the World Championship that will take place from September 22 to the 29 in the UK.

The Union Cycliste Internationale (UCI) elite-category Kazakhstani-Italian team, made public their team for the Tour de L´Ardèche, formed by Ukrainian Olga Shekel, Colombian Liliana Moreno and Kazakhstani Makhabbat Umutzhanova, apart from the two Cuban cyclists.

26-year old Sierra, captain of the Astana Women´s Team, was the champion of their competition, the Premndiale Giro della Toscana, a three-day classic that finished last Sunday.

The 17th edition of the Tour Cycliste Féminin International de L´Ardèche, known as one of the most demanding events in the international circuit, is a 7-stage challenge that includes climbing 24 peaks on the mountains and almost 15000 meters of vertical gain.

The first stage of the tour will be Saint-Paul-le-Jeune - Aubenas, with a length of 126.4 km, and then the rest of the stages are Mende-Le Mont Lozère (139.1 km), Avignon-Apt (131 km), Savasse-Montboucher-sur-Jabron (138 km), St-Georges-les-Bains-Saint-Félicien (112.9 km), St-Sauveur-de-Montagut-Beauchastel (111.1 km) and Chomérac - Privas (87.9 km).



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