

# *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 Umuzhanova, apart from the two Cuban cyclists.

26-year old Sierra, captain of the Astana Women's Team, was the champion of their competition, the Premiiale 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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