

VareseNews

Ivan Basso looking to the Giro and the Tour: "I'm starting again from where I left off in 2006"

Pubblicato: Sabato 12 Dicembre 2009



"You think my beard's untidy, do you? Well, Micaela likes it, so when I'm not racing, I'll keep it. I can always shave later."

Ivan Basso shows up, with a somewhat different look, to the new racing season, which began a few days ago with the first retreat by the Liquigas-Doimo team, to the San Pellegrino Pass. **The 2010 performances** of the Cassano Magnago champion will be different from the year that has just ended, in terms of both programme and results. For the time being, the ride around Brinzio, on 8 December, had two objectives: to participate in a very popular and important event, and to feel the warmth of his fans, who continue to support him.

«The 'Pedalling with the champions' is always a lovely day: just see how many people come to this charity event. I thank them, but also my cycling "colleagues" who set everything up. It isn't easy for a working person like me to follow the organisation closely. The effort put in by Zanini, Frattini and the others was incredible.»

Ivan, you're still the most popular with the people, considering the number of autographs and photographs. And considering also the poll in the "Gazzetta dello Sport", where the public prefer you to Pellizotti as captain of the Liquigas team in the Giro d'Italia.

«Of course, this makes me very happy. Being amongst the fans is no burden, and events like the Brinzio ride are always a pleasure, particularly just before the start of a new season.»



Your programme has been established: you're going to take part in both the Giro d'Italia and the Tour de France, aren't you?

«That's right. Since going back to competing, I have decided to follow the same programme I had in 2006, with the Tours of both Italy and France in the same year (back then, after the victory in Italy, Basso had to stop the day before the Tour de France). I feel this programme is mine, it's the one I think is ideal. It won't be easy, but I intend to prepare for it as best I can.»

Last year you did a lot of racing, almost 100 days of competition starting, in January. But in 2010, you're joining the team late, in March; why?

«We've prepared a training programme for mobility of the muscles, particularly in the back, which should improve my performance in the time trials. I made progress in time trials between 2004 and 2006, but last year, my results were not satisfactory. So, together with the technicians and trainers, we've decided to go back to hard work and to find the best riding position possible.»

Are you going back into the wind tunnel, where you trained when you were with the CSC team?

«No. I have to do my training in the gym, and it's going to take up a lot of time. This is also why I won't start competing until spring. But you'll see me and hear about me in the Tour of Catalonia and afterwards, I promise.»

[Redazione VareseNews](#)

redazione@varesenews.it