

Johannes Fröhlinger: "The return of the Deutschland Tour on roads I know – it could hardly be better"

Johannes Fröhlinger is one of the most experienced German pros in the peloton. The 32-year-old with Team Sunweb has just ended his 11th year as a pro cyclist and extended his contract through 2019. The native of Gerolstein is a cornerstone of his team as its road captain. With his cycling roots in the Eifel, Fröhlinger feels especially good on the challenging rolling terrain.

Trier is your second home: You grew up barely 500 kilometers away from Trier. Your family lives in Trier and you spend a lot of time in the region. Now the Deutschland Tour is coming to Trier in the first year of its new life. Your first reaction?

"That was fantastic news. My first thought was immediately: I have to be there. On the same day I told my team of my wish to include that in the season planning. Hopefully it will work out. Race days for us German riders on our native soil have been drastically reduced over the last decade. At the last Deutschland Tour in 2008, I was at the start. Starting again in the race and then riding on familiar roads, that could hardly be better for me personally."

You know the terrain of the Moselle valley as well as the distinctive climbs in the Eifel and Hunsrück like you know the back of your hand. What can your colleagues in the peloton and especially the fans of the Deutschland Tour look forward to?

"The region offers an incredible variety of roads. Long gentle climbs, as well as numerous short rough ramps – there are more than enough of all those in the Eifel and in Hunsrück. The roads through the Moselle vineyards are something, too. Theoretically you could build a course similar to the cycling Monument Liege-Bastogne-Liege in the nearby Ardennes. A spectacular finish in the Trier inner city with an impressive backdrop is also possible. Even if you just ride to Trier through the flat Moselle valley, the views of the landscape are beautiful. We will just have to be patient until we learn the details. But I am sure that the final result will not be boring."



In addition to the beautiful, and for a rider like you ideal, landscape, Trier offers the contrast of antique landmarks and a vibrant young university town. How do you find Trier? What makes Trier special to you?

"Trier is Germany's oldest city. There are several impressive remains from the Roman buildings. The contrast between the antique and the modern is definitely typical for the city. The large university offers a very lively scene to observe. The closeness to France and Luxembourg gives the whole region even more of an open, European flair. And the whole thing is tied together with the beautiful landscape of the wonderful Moselle valley with its characteristic vineyards."

If it was "Your Tour", what would absolutely have to be included in a stage in the Trier region? Which features must the Deutschland Tour include and which pictures must be shown to the fans at home on TV?

"I think you have to be careful not to make the stage too difficult. Otherwise the field could arrive in Trier in small groups. A difficult course with a climb up through the Trier vineyards would be ideal for the viewers. It would also be great to see the very modern professional cycling peloton ride by some of the antique Roman structures."