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Cinco de Mayo is often celebrated in the United States with Mexican food and drinks, music, dancing and more. Some cities have parades and cultural performances. However, how Cinco de Mayo is celebrated and even who participates in it has changed over time. Today, the biggest celebrations are held in major cities with significant Mexican-American populations, like Washington D.C., Los Angeles, Houston, Boulder, San Antonio and more. An important thing to remember if you plan on celebrating Cinco de Mayo is that it's not the anniversary of Mexico's independence. That's celebrated on September 16, the anniversary of the 1810 call by Miguel Hidalgo for independence from Spain, and is comparable to July 4th and the signing of the American Declaration of Independence.
Photo Courtesy: S Pakhrin/WikiMedia Commons
Cinco de Mayo is instead the celebration of the victory of a Mexican Army over invading French forces at the Battle of Puebla on May 5th, 1862. France was attempting to force a puppet monarchy on Mexico, and the victory of the smaller, mostly indigenous Mexican army against some of Europe's toughest soldiers inspired the people of Mexico. While the Battle of Puebla didn't end the war with France, it was an important symbolic victory. Today, Cinco de Mayo is celebrated in the state of Puebla with speeches, parades, reenactments of the Battle of Puebla and even an international mole sauce festival. However, it's not a national holiday in Mexico, and most of the country doesn't observe it. In the United States, Cinco de Mayo took off as a holiday when Mexican-American activists used it to celebrate Mexican and indigenous accomplishments during the civil rights movement in the 50s and 60s. However, it didn't become widespread until beer and liquor companies used the holiday to promote sales in the 80s. In the United States, Cinco de Mayo is often celebrated with tacos, guacamole, nachos and other Mexican-American foods. Mexican beer, including brands like Dos Equis and Corona, as well as liquor and mixed drinks, such as tequila and margaritas, are also popular. However, you don't have to stick to these classic foods to have a great Cinco de Mayo if you don't want to.
Photo Courtesy: Ruth Hartnup/WikiMedia Commons
Traditional Mexican dishes can add extra flavor to the holiday. Elote — grilled corn on the cob covered in mayonnaise, cotija cheese and spices — can add a street festival feel to a meal, while a bowl of pozole beef soup makes for a great appetizer. Chicken flautas, salsa verde enchiladas or avocado quesadillas can replace ground beef tacos as the main course, or you can make mole poblano for a dish straight out of Puebla itself. Top things off with churros and chocolate sauce for desert, and you have a meal worthy of a great celebration. Streamers, napkins and other items featuring the colors of the Mexican flag can be a tasteful way to celebrate Cinco de Mayo. While many adults may enjoy Mexican beer and other drinks, a pinata can be a fun way for even kids to get in on the celebration.
Photo Courtesy: S Pakhrin/WikiMedia Commons
Playing traditional Mexican music is an easy way to set the mood for the holiday. While most Americans think of mariachi music when it comes to Cinco de Mayo, there's also grupea, banda, Norteño, Tejano and more to choose from, so don't be afraid to mix things up. You can even learn zapateado, the type of dance moves often performed to mariachi music, or watch an expert if you're feeling bashful. While sombreros and fake mustaches can come across as disrespectful to Mexican-Americans, buying food or other goods from Mexican-American businesses or learning about Mexican-American history can keep the spirit and intent of the holiday alive in a way that's fun for everyone. And of course, local parades, festivals, concerts or other events are always a good time.
Photo Courtesy: Luc Claessen/Velo/Getty Images
Lasting nearly three weeks and involving several hundred competitors, the Tour de France is one of the biggest sporting events across the globe — and in the world of cycling, it's definitely the biggest. This much-anticipated annual race faced some setbacks during the COVID-19 pandemic, and while the world hasn't returned to normal yet, devoted cycling fans (and those of us who simply love edge-of-our-seats competition) are eager for the big return slated for this summer.In honor of the Tour de France's grand 2021 re-entry to the sporting universe on Saturday, June 26, we're taking a look at some fun facts that'll get your anticipation building even more. Plus, you'll discover where and how you can watch every minute of the race from the comfort of home — no cleats or helmet necessary.
Photo Courtesy: Marco Bertorello/AFP/Getty Images
You might already know that a bevy of bicyclists participate in the race — 198 riders spread across 22 different teams compete each year. But the number of people involved in ensuring the race goes off without a hitch is much higher than the number of athletes participating. Organizers take logistics to the next level with team staff members, members of the race jury, thousands of security professionals and members of the media. If you include the spectators in that count, the numbers — pre-pandemic, at least — can run into the millions. From city to city along the race route, hundreds upon hundreds of people follow the action throughout the course of the event. And organizers and support staff keep things running smoothly to the finish line.
Photo Courtesy: Robert Deyrail/Gamma-Rapho/Getty Images
The first Tour de France wasn't held because a bunch of bicycling fans got together and thought it'd be a great idea to start a competition — at least not totally. It was actually a promotional event hosted with the intention of bringing more publicity to L'Auto, a French newspaper that focused on reporting details about different sporting events. Although L'Auto has since closed down, the parent company of its replacement, L'Equipe, continues to organize the Tour de France today.
Photo Courtesy: AFP/Getty Images
And it's long in multiple ways, too. The race itself takes place over the course of nearly a month, with 21 different day-long segments making up the bulk of the competition. The length of the course is also extensive, however; it's typically over 2,000 miles long and can pass through multiple neighboring countries. It wasn't even always this short, either — in 1926, the course encompassed a winding 3,570 miles and took a full month for riders to finish.
Photo Courtesy: Pool/Velo/Getty Images
As you watch the race, you'll notice cyclists wearing the bright kits and bibs that represent their teams — but you'll also spot some even more unique colors and designs among the pack. One of these is a yellow jersey, called the "maillot jaune," that's bestowed upon the racer who had the lowest cumulative ride time for the day. Other special jerseys include the green "maillot vert," which is awarded to the rider with the most points, and the "maillot a pois" — a red and white polka-dotted jersey given to the cyclist who earns the most points during the areas of the course that have steep inclines to climb. The rider who wears the maillot a pois is affectionately known as "the king of the mountain."
Photo Courtesy: STR/Stringer/AFP/Getty Images
The first Tour de France took place in 1903 – and that was not the one and only iteration of the race. That's because newspaper editor Henri Desgrange, who helped organize the initial tour, was so aghast at the conduct not only of the fans but also of the competitors in the 1903 race that he wanted to discontinue it despite its clear appeal. Boisterous crowds turned violent, with spectators assaulting racers as they passed along the course. The riders themselves found numerous ways to cheat, disqualifying themselves in the process. But the Tour de France was so lauded — and it increased circulation of L'Auto so extensively — that the organizers had no choice but to continue hosting the event. Soigneurs prepare to hand out musette bags with meals during stage 15 of the 2017 Tour de France.
Photo Courtesy: Chris Graythen/Getty Images
Sport/Getty Images
Bonking, anyone? As you're watching the Tour de France, you might hear commentators use some curious turns of phrase — and many of them will be unique to the race itself. Boost your bicycling know-how by learning what these terms mean before catching one of the race segments:Bonking: Cyclists don't want to "bonk" during this race; it means they've run out of energy and are too wiped to continue.Peloton: No, it's not the fancy exercise bike you bought during the pandemic. In Tour de France context, a peloton is the main group of riders where most of the participants are cycling together.Sag Wagon: If someone bonks, they may need the assistance of the sag wagon. This is a car that follows the pack of cyclists and picks up those who become too fatigued or injured to keep riding.Musket Bag: While it may sound like something you'd find at a Civil War battleground, a musket bag is sort of like a bagged lunch — but it's packed with energy gels, water, sandwiches and other fuel for the cyclists. It's also called a "musette" or, sometimes, a "bonk bag."Lanterne Rouge: In French this term means "red light," and it refers to the cyclist who's in the very last place in the race. Being in this position gets riders ample attention, and those who know they won't win sometimes compete for this distinction instead.
Photo Courtesy: Justin Sotterfeld/Velo/Getty Images
Now that the race has returned to regularly scheduled programming in 2021 following its 2020 pandemic postponement, you might be eager to catch the three-week racing saga unfold from the comfort of home. Fortunately, you have the convenient option to stream the tour live on both NBC Sports and NBC's Peacock streaming service.The race coverage on Peacock is only available through Peacock Premium, a paid tier of the service that costs \$4.99 — a worthwhile investment if you're a serious cycling fan who can't wait to watch this Grand Tour. NBC Sports is accessible if you're already paying for regular cable, but without that subscription you won't be able to stream the program online or watch it on TV unless you spring for Peacock. Keep in mind that, if you're not already a Peacock subscriber, you'll receive a free weeklong trial to better help you determine if the service is right for you. You can use that to catch up on the race and decide if you want to make the monthlong (or longer) investment.

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