

Join the **Alpine Cols** team  
for the race of your life!



# Race Services at the Haute Route Alpe d'Huez 2017

Official training &  
coaching partner



# RACE SMARTER

## Daily briefing

Get the inside information to prepare for the next stage.

## Race support

Get an edge with quick feed stops and clothing exchange.

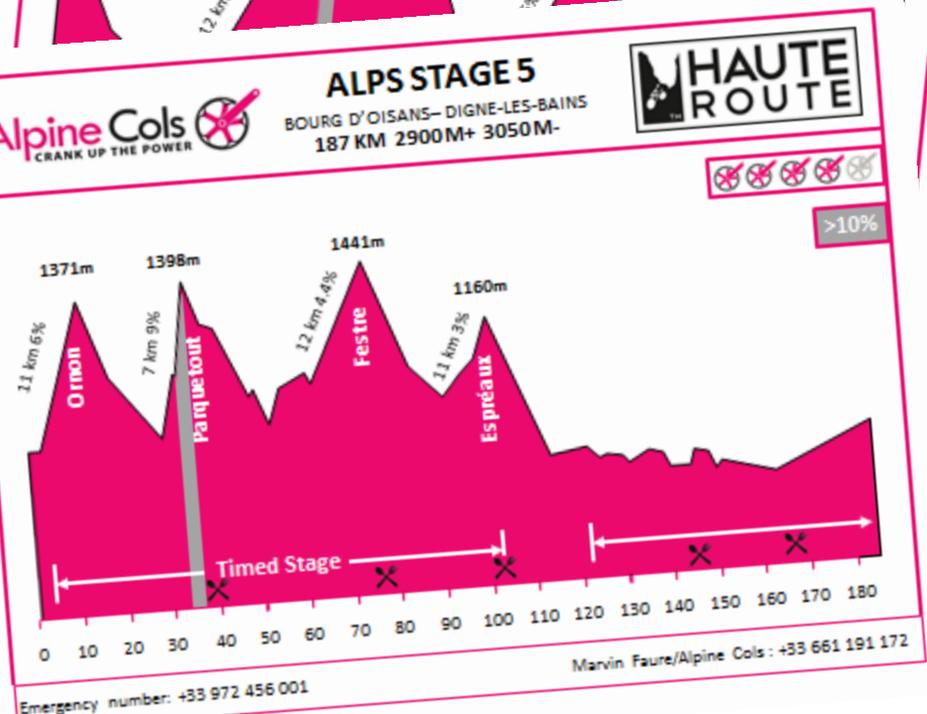
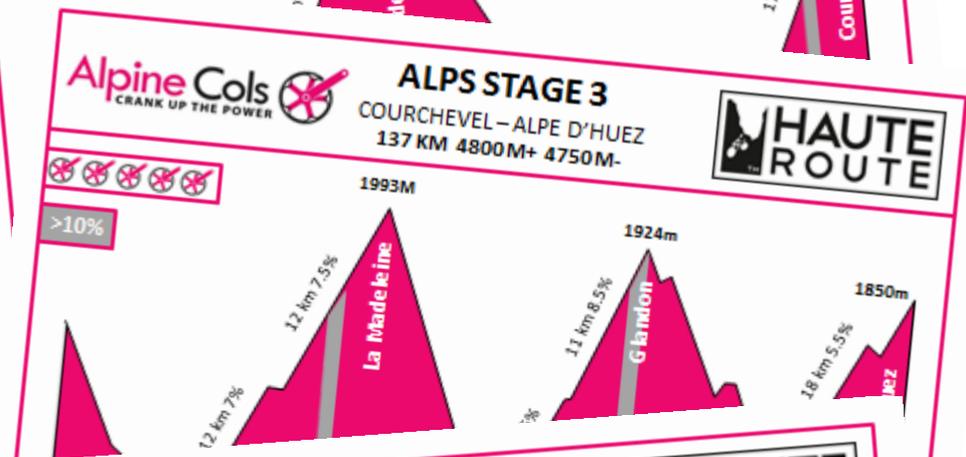
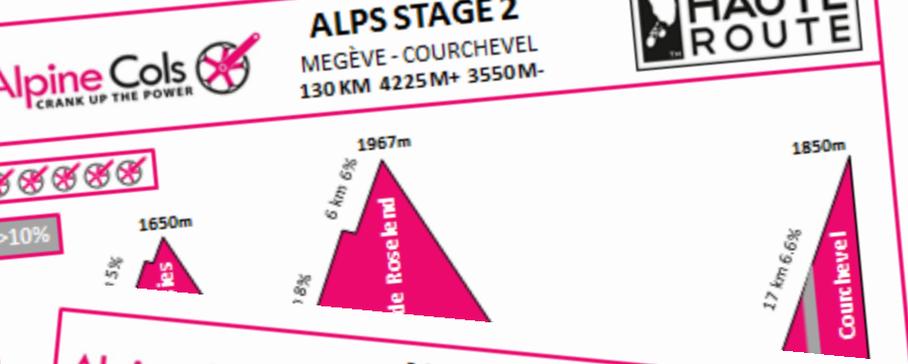
## Real time coaching

Finish faster with on-the-bike support from your coach.

## Recovery

Recover like a pro with expert physiotherapy treatment and optimal nutrition.





# DAILY BRIEFING

The Alpine Cols briefing complements the Haute Route official briefing.

We put all our race experience and knowledge of the climbs into race-winning tips:

- Key characteristics of the route
- What the climbs are really like
- Risks and dangers on the descents
- Which feed station to stop at
- What clothes to wear
- What equipment to choose

We think, you ride.



# REAL-TIME COACHING

Riding the 3-day Haute Route Alpe d'Huez is a big step up from the occasional weekend sportive.

Your coach will help you **during the race itself**.

Strong enough to finish in the top ten, Olivier, Stéphane, Yannick or Silas will:

- Pace you up the climbs

- Take long pulls at the front on the flat

- Lead you down the descents

They will also give you advice:

- When to make an all-out effort

- Whose wheel to follow

- When to recover

- How to refuel



# RACE SUPPORT

## At the start

We will be at the start line to help you with

- mechanical assistance,
- energy drinks,
- snacks and gels,
- advice on how to ride the stage.

## Food and drink

Stop for a bite to eat and to refill your bottles  
If you wish, we will re-supply you “on-the-fly”

## Clothing

Pick up, drop off or change clothing (jackets, waterproofs, arm-warmers, long-fingered gloves, etc.)



The arrival village,  
Bagnères-de-Luchon

## RECOVERY

Recovery is essential during the Haute Route and must be your priority the moment you cross the finish line.

Benefit from our post-race hydration and nutrition in those vital first 30 minutes, then enjoy a massage.

Our physiotherapists are specialised in elite sport and able to treat any physical problem you may develop while riding.

Electro-stimulation prepares your muscles for massage, increasing the blood flow to evacuate the toxins.

## OUR SERVICES

- Physiotherapy
- Electrostimulation
- Post-race nutrition
- Post-race hydration
- Rest and relaxation
- Logistical assistance

*“ During the actual stages Stephane was an immense help by either pacing us or encouraging us to push that little bit harder! He was drifting up and down the peloton and always made sure we were alright! On stage 5 he pulled us along for almost 70km at speeds I have never ridden at before!! He is an extremely gifted cyclist. ”*

David, Alps 2014, Pyrenees 2015



*“ A very very special thanks to Stephane "the pink TGV" as many riders called him on the road. I would probably not have made all the stages without him. ”*

Stephanie, Alps 2014, Pyrenees 2015, Alps 2016



*“ Olivier was just brilliant. He would help any rider gain several minutes per stage through his pacing and his encouragement. On the Col de Vence, when my legs were firing on all cylinders and with Olivier in front we smashed through several groups of riders and got faster and faster as we approached the finish. I just kept asking him to go harder and harder and he judged it perfectly. For a change, I felt I was actually racing rather than just surviving. ”*

John, Alps 2014



# RACE SERVICES

## PROFESSIONAL SUPPORT

Through our Race Services, we aim to make your experience at the Haute Route as pleasant and as easy as possible.

### Directeur Sportif

The Directeur Sportif provides you with the extra level of support routinely enjoyed by the professionals in competition. Here are just a few of the features:

- Comprehensive pre-stage briefing and advice
- Personalised energy drinks and nutrition
- Pickup and drop-off of extra clothing during the stage
- Access to the Alpine Cols tent in the arrival village for immediate post-stage nutrition and hydration
- Use of a Compex electro-stimulation device to speed recovery
- Cleaning and preparing your bike for the next day

### Recovery massage & physiotherapy

Three 30-minute sessions with an experienced sports physiotherapist are included in your Directeur Sportif package.

### The benefits

- We take care of the details, you focus on your riding
- Gain multiple places thanks to our coaching
- Recover faster with our top sports physiotherapists

### Option: Super-domestique

The Super-domestique is an Alpine Cols coach that will cycle by your side throughout the Haute Route, providing coaching and support. This provides a great opportunity to learn from a professional and thus to improve your race performance.

Our riders have improved their position by up to 50 places through this service.

### LIMITATIONS

The Haute Route is an amateur race, subject to its own rules and regulations. These mean that we cannot provide an identical service to what you see on the Tour de France, where the riders simply raise their arm to be resupplied on the road by their following car.

The rules state that all non-emergency assistance must be provided within 100m of an official feed-zone.

### The costs

- €460 for the Directeur Sportif and Physiotherapy
- €760 for the complete package, with Super-domestique
- Full details provided overleaf

# DIRECTEUR SPORTIF - DETAILS

WHEN	WHAT	WHY
Before the stage (previous day)	Comprehensive <b>Directeur Sportif briefing</b> , based on our intimate knowledge of the stage: <ul style="list-style-type: none"> <li>the route: landmarks and points of danger;</li> <li>the profile: climbs, descents, flat stretches;</li> <li>the weather forecast: temperatures, wind, precipitation;</li> <li>the strategy for the stage: pacing, nutrition, hydration;</li> <li>recommendations for clothing and equipment.</li> </ul>	Know what to expect: no surprises Be fully prepared for the stage
Before the start	<b>Mechanical assistance</b> up to the start	No stress: deal with any last minute mechanicals
	Provision of <b>energy drinks, snacks and gels</b> for the first part of the stage	No need to mix your own: we do it for you.
	Provision of a <b>pre-start energy drink</b>	Start the stage in optimum condition.
During the stage (only in the authorized zones)	<b>One-on-one support.</b> Reply to any questions or last-minute concerns; provide encouragement or if needed help to quieten the “inner chimp”	No stress!
	<b>Private resupply</b> of energy drinks, snacks and gels	Your choice of nutrition/hydration products, and no queuing
	Pick up, drop off or change <b>clothing</b> (jackets, waterproofs, arm-warmers, long-fingered gloves, etc.)	The temperature can vary by 30 degrees on a mountain stage: to be able to pick up, drop off or change clothing is a big advantage.
After the stage	<b>Mechanical assistance:</b> air, puncture repair, wheel exchange, adjustments...	Private access to assistance
	<b>Recovery assistance</b> provided in the arrival village: <ul style="list-style-type: none"> <li>Recovery mix (Overstims Sportdej and Regeprot: easily assimilated carbs &amp; protein)</li> <li>Bicarbonate drink</li> <li>High glucose natural snacks (figs, apricots, etc.)</li> <li>Savoury snacks (ham, salami, cheese, bread, peanuts, etc.)</li> </ul>	The first hour is the most important for recovery and replenishment. This is a critical window not to be missed.
	Use one of our <b>Complex electro-stimulation</b> devices to accelerate your recovery.	Electro-stimulation is known to increase the blood flow and thus accelerate the evacuation of lactic acid and other toxins.
	<b>Bike concierge:</b> <ul style="list-style-type: none"> <li>Cleaning and preparing your bike for the next day</li> <li>in the case of a serious mechanical problem that neither we nor Mavic can resolve we will take you to the nearest bike shop.</li> </ul>	Private access to assistance
	<b>Coach’s Corner:</b> Debrief on the day’s stage: what went well, lessons learned, followed by briefing for the next day’s stage. Individual debrief for those with power meters: analysis of the power data; lessons learned and recommendations for the next day.	Learn from the day’s experience
At the end of the event	Provision of a full set of <b>hi-res photographs</b> taken by Alpine Cols staff during the week, with rights for personal, non-commercial use.	Great photos to show friends and family.

# SUPER-DOMESTIQUE - DETAILS

WHEN	WHAT	WHY
During the stage	<p>You will be <b>accompanied during each stage</b> by one of our coaches Olivier Dulaurent, Yannick Drangowski, Stéphane Jacquin or Silas Cullen on their own bikes. In addition to their intimate knowledge of the route, they are extremely accomplished and competitive riders in their own right. Riding alongside you, they will provide you with the benefit of their experience through immediate feedback on your:</p> <ul style="list-style-type: none"> <li>• Climbing technique - gear selection, cadence, intensity</li> <li>• Descending technique – position, trajectory, gear selection, speed, safety</li> <li>• Pacing and drafting</li> <li>• When to make an effort, when to recover</li> <li>• Nutrition – when and how much to eat and drink</li> <li>• What to wear</li> </ul> <p>During the stage, Olivier, Stéphane, Yannick and Silas will also answer your questions, provide encouragement and give immediate mechanical assistance should you need it during the stage.</p> <p>Please note that this package is limited to a <b>maximum of three persons per coach</b>, to ensure individual attention.</p> <p>It is also possible to hire a coach on an individual, private basis: contact us for availability.</p>	<p>During the Haute Route, only a coach riding alongside you can see exactly how you cycle and therefore provide precise and targeted feedback.</p> <p>This is not possible from the car, which is not permitted to follow the riders on the road.</p> <p>The potential performance gain from receiving top-quality advice throughout the event is significant: in the past 3 years our riders have estimated they gained as many as 40-50 places.</p>

# PHYSIOTHERAPY- DETAILS

WHEN	WHAT	WHY
After the stage	<p>Three <b>30 minute sessions</b> with one of our experienced sports physiotherapists. The session may be used either to treat injuries/aches and pains or to help recovery by eliminating the toxins from your legs.</p> <p>One session after each of the three stages.</p>	<p>Many riders pick up injuries. Getting you back on the road the next day means treatment from an experienced physiotherapist, well beyond what can be achieved through the organisation's 15 min massage.</p>

## CYCLING COACHES

Olivier, Stéphane, Yannick and Silas are not only highly qualified, experienced cycling coaches but also very strong competitors in their own right.

They love sharing their experience and will be delighted to help you reach the best possible result.



**Silas**  
BSc, DBS

**Olivier**  
PhD, BPJEPS



**Stéphane**  
BEESAC



**Yannick**  
MSc, BPJEPS



## PHYSIOTHERAPISTS

Our physiotherapists are specialised in sports, highly qualified, and very experienced.

Their everyday jobs involve treating elite sports men and women and getting them straight back on the bike (or on the field of play).

Apart from the Haute Route, they have worked at the Olympics, the Commonwealth Games, World Championship events and with professional rugby teams.

### Anna

MSc, HPC, CSP, ACPSM



### Charlie

BSc, HPC, CSP, AACP



### Rachel

MSc, HPC, CSP, ACPSM



*“ I really enjoyed the services you provided. The briefings were very useful, support on feed stations as well but I guess what I enjoyed most is to have a place to go immediately after each stage to get some food, sit down and most important of all a very good massage. That really made a difference in terms of recovery. ”*

Bruno, Alps 2015, Alps & Dolomites 2016



*“ Most positive was your team’s attitude. You were positive, helpful, smiling, cheering and always available! I would say I gained some 50 places just because I was able to have extra clothes or give away unnecessary clothes when needed . ”*

Antti, Dolomites 2015



*“ Your service is invaluable for anyone not coming with a group or team. You created a camaraderie amongst the riders which is very important. You started the rebuild process as soon as the rider crossed the line which as you know but many don't is critical to success the next day. ”*

Marshall, Pyrenees 2015





- Training camps
- Private groups
- Race services
- Coaching



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