



Recovery Massage/ Physiotherapy

RACE SMARTER

Daily briefing

Get the inside information to prepare for the next stage.

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.



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.

There are three components to the Race Services:

1. 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
- Your personal choice of 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

2. 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 package includes the Directeur Sportif.

3. Recovery massage & physiotherapy

A guaranteed 30 minute session at pre-arranged times each evening, from a qualified sports physiotherapist.

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.

In practice

During the 2015 race we supported our riders at two separate feed-zones.

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

The costs

- €650 for the Directeur Sportif
- €1250 for the Super-domestique
- €360 for the Physiotherapy (not available alone)

PHYSIOTHERAPY- DETAILS

WHEN	WHAT	WHY
After the stage	<p>Six pre-arranged 30 minute sessions with one of our highly qualified, experienced sports physiotherapist. 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 first six 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>

IMPORTANT NOTE

Please note that due to limited capacity we are not able to offer the physiotherapy alone. It can only be purchased in conjunction with one of our coaching packages, either the Directeur Sportif or the Super-domestique.

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



*“ it was indeed tough but I really enjoyed it and thanks to u guys it did for sure make it a little easier...and thank goodness u guys were there as the weather was so up and down that it helped to have the option to drop off or pick up clothes. Also the after race recovery food/drink was a big help as I know from previous Haute Routes it can seem simple but become complicated trying to get all this organized yourself between lunch/showers/massage/fixing bikes etc. **Charlie and the massage service were fantastic** . I will for sure use you guys again next year as for me it was worth every penny. ”*

Craig, Dolomites 2014



*“ I really feared that I would be so tired after the first day or two I would need to quit. But, as the week progressed, I felt fitter and stronger and actually really enjoyed it from the rainy day onwards. A lot of the credit for that goes to the Alpine Cols team for looking after me so well. I would like to thank, in particular, **George for rebuilding me each day. George is obviously a class act when it comes to physio and was always positive and professional and always on schedule so no waiting.** ”*

John, Alps 2014





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