



Alpine Cols
CRANK UP THE POWER



Super-domestique

RACE SMARTER

Daily briefing

Get the inside information to prepare for the next stage.

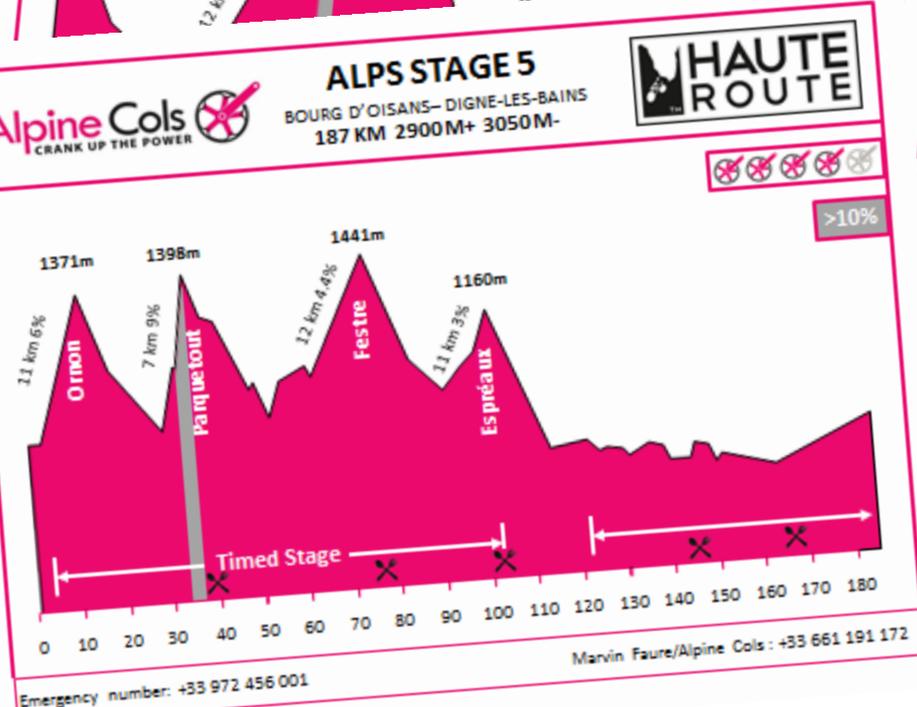
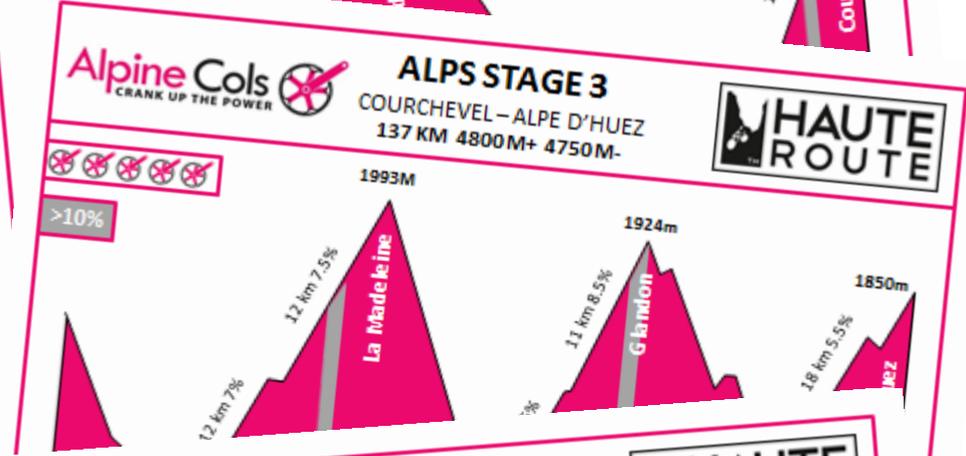
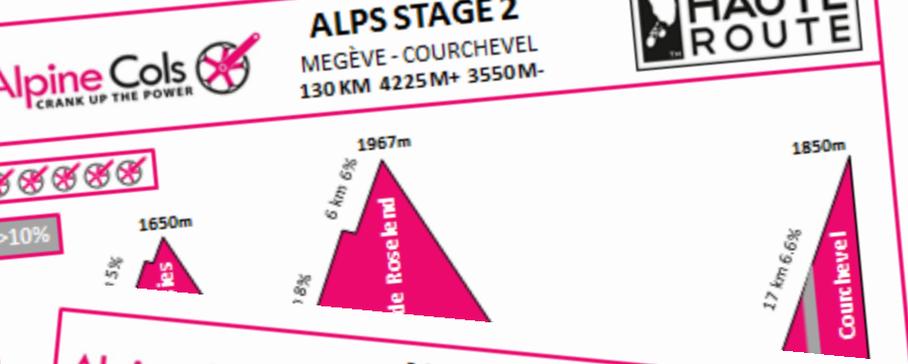
Real time coaching

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

Recovery

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





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

Racing 900 km, 20 major cols and 20,000m of vertical in seven days 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 and Yannick 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

“ 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



“ 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



“ 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





The arrival village,
Bagnères-de-Luchon

RECOVER

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

Benefit from our post-race hydration and nutrition in those vital first 30 minutes, quickly replacing fluids, salts, carbohydrate and proteins.

Relax and put your legs up at the Alpine Cols base in the arrival village with one of our Compex electro-stimulation devices.

Electro-stimulation increases the blood flow to evacuate the toxins, accelerating recovery and preparing your muscles for massage.

RECOVERY SUPPORT

Post-race nutrition

Post-race hydration

Electrostimulation

Rest and relaxation

Logistical assistance

Physiotherapy (extra)

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)

SUPER-DOMESTIQUE - DETAILS

WHEN	WHAT	WHY
<p>During the stage</p>	<p>You will be accompanied during each stage by one of our coaches , Olivier Dulaurent, Yannick Drangowski or Stéphane Jacquin on their own bikes.</p> <p>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"> • Climbing technique - gear selection, cadence, intensity • Descending technique – position, trajectory, gear selection, speed, safety • Pacing and drafting • When to make an effort, when to recover • Nutrition – when and how much to eat and drink • What to wear <p>During the stage, Olivier, Stéphane and Yannick 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 maximum of three persons per coach, to ensure individual attention.</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 seven stages is significant: in both 2014 and 2015 our riders estimated they gained as many as 40-50 places.</p>

N.B. The Super-domestique package also includes everything in the the Directeur Sportif package (see overleaf).

DIRECTEUR SPORTIF - DETAILS

WHEN	WHAT	WHY
Before the stage (previous day)	Comprehensive Directeur Sportif briefing , based on our intimate knowledge of the stage: <ul style="list-style-type: none"> the route: landmarks and points of danger; the profile: climbs, descents, flat stretches; the weather forecast: temperatures, wind, precipitation; the strategy for the stage: pacing, nutrition, hydration; recommendations for clothing and equipment. 	Know what to expect: no surprises Be fully prepared for the stage
Before the start	Mechanical assistance up to the start	No stress: deal with any last minute mechanicals
	Provision of energy drinks, snacks and gels for the first part of the stage	No need to mix your own: we do it for you.
	Provision of a pre-start energy drink	Start the stage in optimum condition.
During the stage (only in the authorized zones)	One-on-one support. Reply to any questions or last-minute concerns; provide encouragement or if needed help to quieten the “inner chimp”	No stress!
	Private resupply of energy drinks, snacks and gels	Your choice of nutrition/hydration products, and no queuing
	Pick up, drop off or change clothing (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	Mechanical assistance: air, puncture repair, wheel exchange, adjustments...	Private access to assistance
	Recovery assistance provided in the arrival village: <ul style="list-style-type: none"> Recovery mix (Overstims Sportdej and Regeprot: easily assimilated carbs & protein) Bicarbonate drink High glucose natural snacks (figs, apricots, etc.) 	The first hour is the most important for recovery and replenishment. This is a critical window not to be missed.
	Immediate access to your small bag with the kit you need upon arrival to shower and change (carried in the Directeur Sportif’s car)	These are not always easy to recover from the main transport: no need to go and get it yourself
	Use one of our Compex electro-stimulation 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.
	Bike concierge: <ul style="list-style-type: none"> Cleaning and preparing your bike for the next day in the case of a serious mechanical problem that neither we nor Mavic can resolve we will take you to the nearest bike shop. 	Private access to assistance
Coach’s Corner: 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 week	Provision of a full set of hi-res photographs taken by Alpine Cols staff during the week, with rights for personal, non-commercial use.	Great photos to show friends and family.

CYCLING COACHES

Olivier, Stéphane and Yannick 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.

Olivier
PhD, BPJEPS



Stéphane
BEESAC



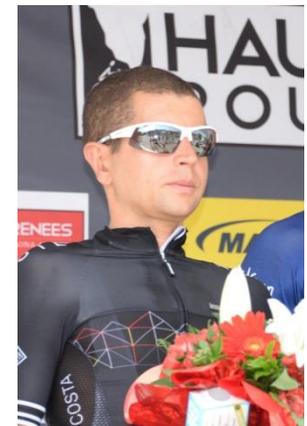
Yannick
MSc, BPJEPS



“ After having decided to do the Triple Crown I also decided to have the support of Alpine Cols and I must say it was a wise decision. During a so long and demanding challenge all the extra help and support is very welcome and the Alpine Cols support was extremely good with all the staff very friendly and expert.*

Some of the things I found extremely important:

- 1. The [Alpine Cols] riders briefing the night before each stage*
- 2. The energy food and drinks before, during and just after the stage*
- 3. The support that every time was possible of the Alpine Cols coaches during the stages*
- 4. The massages just after the stages were also incredibly good for recovery*
- 5. Last but not least, all the mental support given by all the staff ”*



Sergio, 2nd place, Triple Crown
Haute Route 2014

*Triple Crown riders ride all three of the Haute Route back to back, covering 2700km and 60,000m of vertical in three weeks through the Dolomites, the Alps and the Pyrenees.



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