

# Trans-Alp Cycle Q&A follow-up

## Bike transport

### **Can bottle cages be left on bikes for transport?**

- Yes bottle cages can be left on bikes, but no bottles.

### **Can we leave bottles on the bikes loaded with liquids that are difficult to bring on flights e.g., sun cream?**

- Unfortunately not. No bottles of anything are to be left on bikes.

### **Are we allowed to leave shoes clipped onto pedals?**

- No, nothing can be clipped onto the pedals for transport.

### **Can my bike be collected when back in the UK by a friend or family member?**

- Yes, a nominated representative can collect your bike for you within the given collection times. They will need an email/text from yourself confirming you are happy for them to pick up your bike.

## Health

### **Is altitude sickness possible?**

- Yes, altitude sickness is a possibility as the air is thinner on some of the climbs and in the mountain ranges. It is hard to predict and differs for individuals, but we will have trained medical professionals on hand to help if you are feeling unwell.

## Kit

### **Are sunglasses essential?**

- Yes, sunglasses are essential.

### **Are bottles being provided or do we have to bring our own?**

- No, you will be required to bring your own water bottles.

### **Will energy bars/gels & electrolyte powder/tablets be provided during the ride? If so could you let us know the specific brands and flavours etc. that will be provided so we can start to use them in training?**

- Yes, all sports nutrition provided will be High5.

### **Do we have to bring cereal bars and gels, or will they be provided?**

- Cereal bars and other snacks and energy gels will be provided at pit stops on the trip. However, if you have a favourite snack that may get you through a rough section we recommend bringing it as a morale booster!

### **Can you give an overview of what is required/recommended in terms of bike kit?**

- Yes, essential/recommended cycle kit list can be found [here](#).

### **What temperatures are expected and what clothing shall we bring?**

- It's hard to predict the weather and conditions can change very quickly in the Alps. We recommend packing for all weathers, warm, rain, cold as it will vary throughout the ride.

**Is it a problem if I don't ride on cleats?**

- No this is fine. Cleats are a more efficient way of riding, but not a requirement.

**Are we expected to wear the provided jersey each day?**

- No, it would be great to have a day where everyone wears their Team Vodafone kit, but we encourage cycling in the kit you are most comfortable in and have trained in.

**Route support**

**Are there any pit stops at the top of the cols? (chilly if we have to wait to re-group)**

- We are still in the process of confirming pit stop locations, but generally we would avoid such a location.

**Are there any off-road sections?**

- No

**Is there mobile mechanical support on the day?**

- Yes, a mechanic will be in a support vehicle aiming to cover as much of the route as possible.

**If we don't pack an extra tire coat, in case it does damage during the ride, can we purchase an repair with the mechanics?**

- Yes, to a point. The mechanic will have spares of certain parts (as mentioned in the event info guide). Alternatively, it may take a trip to a local bike shop.

**Are there decent air pumps/compressors that we can use to re-inflate at the hotels? Do the mechanics provide these?**

- There will be track pumps to use.

**Do we have a support car option to carry things like tools etc.?**

- You will be able to leave a small day bag in the morning of each ride, that will be accessible at the lunch pit stop, so you can store clothing/tools in here etc.

**Do we have an official photographer?**

- Yes, we have an official event photographer who will be following the route, so remember to smile!

**Logistics**

**Are we booked into the hotel in Grenoble for 6<sup>th</sup> September? And in Nice on 11<sup>th</sup>?**

- Yes, we are staying in Grenoble overnight on Tuesday 6<sup>th</sup>, ready to begin riding on Wednesday 7<sup>th</sup>. When we finish the ride in Nice on Sunday 11<sup>th</sup>, will have a celebration dinner and will also be staying the night, ready to depart on Monday 12<sup>th</sup>.

**If flights are delayed, will the welcome briefing be rescheduled?**

- If you are experiencing delays with your travel, please call the event control number to let the team know. If there are delays for a large proportion of the team, the welcome briefing will be delayed, and otherwise we will catch people up when they arrive.

**How does clothes washing work? Are there laundry services?**

- We have not pre-arranged laundry services for the trip. Some hotels may be able to offer this, but the turnaround may be tight. A top tip from one of our cyclists - wash your jersey/shorts in the shower, then roll them in a towel to dry as much as possible. Hang them up and they will be dry the next day/

**What do we do if the weather turns really bad?**

- We will be continuously monitoring the weather, and if it is deemed to be unsafe we will look at potential re-routes / diversions to ensure the safety and enjoyment of all of our participants.

**Are dietary requirements (e.g., gluten free) catered for at hotels and pit stops?**

- Yes, all dietary requirements that have been communicated to us will be available at both the hotels and pit stops.