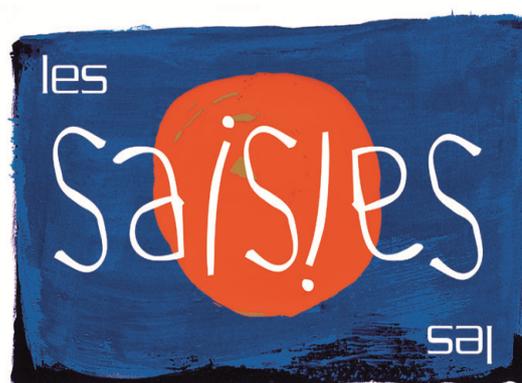


FAST NEWSLETTER

NO 25

September 2015

Jean Michel Prat



From our desk

After an interruption of 4 month due to technical , and online issues we are getting our news letter back on track. And we are glad to share with our sports fans some of the great moments we had in the French alps

AN AMAZING SUMMER at les Saisies

1. Triathlon
2. Grant Lottering IM-POSSIBLE tour
2015
3. Tour de France
4. Mountain bike
5. Trail running
6. Ski season coming quick

Triathlon : FAST had organise for 3 athletes from MAD

multisport to come and train at Les Saisies resort , and after picking them up at Chateauroux after the ETU competition , Lauren, Mike and DeLa Rey spend one week in fresh mountains before heading for

Marseille 5150 and then to

Hungary Tiszaujvaros.



Using the back ground of the French Alps made it such a top quality camp , swim, cycle, run. Perfect condition altitude.

We even had the opportunity to spend time with French ski legend Franc PICCARD Olympics

champion in Calagay in 1988.

Swimming in the lake make the swimming cession very profitable as the length was over 100 m , .



The cycling took place around the” col des Saisies” , on both side Beaufort and Notre dame de Bellecombe.



And running to the Col de Very made it an interesting 20 km run with only 350 m elevation.

So we will do it again next year, a longer stay, coupled with local events like the Geneva triathlon, the chateauroux European championship , Marseille and the

famous ALPE D HUEZ one, Embruns and there is more after if some athletes want to stay longer.

I was very privileged to be invited by EKOI sponsoring manager Jacky Evraerdt at I Alpe d Huez event.

What an awesome event !!! excellent organization, perfect set up , and what a climb 21 hair pins before to reach transition 2 .

Paired with the Tour De France Alpine stages, this Triathlon tour was a success and we will grow it next year.



For informations on next summer season in the French alps , you can contact us jeanmichel@lessaisies.co.za or karel@lessaisies.co.za

GRANT LOTTERING IM-POSSIBLE TOUR 2015



Very emotional moments before, during and after Grant Lottering IM-POSSIBLE TOUR 2015. Solo, 418 km , 9900m elevation , less

then 20 hours, 10 alpine passes. It was such an honour for FAST, ESF Ecole du Ski Francais ,JMD to be part of the organization of the

IM-POSSIBLE TOUR. Thank you to all the supporter, SKODA Albertville who gave us a magnific Tour de France Vehicle, the support of the local news papers. Even if we had no doubt that Grant will finish it was a very very long 20 hours, with some interesting rides , from the start” Col du Pre , scenic Cormets de Roselend climbing Iseran and night , with a fast downhill in the dark, then Col



du Mollard, La Croix de Fer such a long and difficult climb in the dark reaching the top for sunrise 6h30. The Glandon just after .Dont know where Grant get the resources to carry on and on. Lacets du Mont Vernier,

col de la Madeleine, la Forclaz, col des Saisies.

Well done Grant , and congratulations on your achievement as ambassador for LAUREUS SPORT FOR GOOD.

We will definitely be ready for Grant next year , for another IM-POSSIBLE TOUR .



FAST in partnership with JMD organisation can tailor made a tour for any riders in the French alps, making sure all the logistics follow. We have very good connections for the Tour de France village entries also.

It is also important to mention that 2 weeks before the IM-POSSIBLE TOUR , Grant participate in the Tour du Mont Blanc race on 18 July , 330 km solo France, Switzerland, Itlay, France , starting and finishing at les Saisies.



As soon as the TDF route is announced on 15 October 2015, we will be able to offers our packages, that riders can enjoy the French alps and also witness the Tour de France in the best conditions in a very friendly environment. And Grant will be with us for his IM-POSSIBLE TOUR 2016. More information jmp@fastactive.co.za



Tour De France 2015.

With 4 stages in the French Alps, we went to see 2 days the famous yellow jersey holder. Amazing experience to get closed to the riders at the “ Village du Tour “ in the morning, before the start of the

stage. We could talk to the riders, check their bikes and look at the all logistics around that event. Thanks to JMD organizations for the VIP tickets and ESF for the minibus. We know exactly what we can do for next year, and we will be announcing our packages just after the 15 October 2015, when the route of the 2016 Tour de France will be revealed.

We are ready, so contact us after the 15 October as we will have a limited numbers of VIP ticket. jmp@fastactive.co.za



Mountain bike :

Les Saisies is really an ideal destination for the Mountain bikers, down hills , endure, cross country or easy ride. I personally enjoyed the days on the trails with my good friend Francois of Col de Very , Bizanne, Crest- Volland, Beaufort...., with some nice stops for refreshment. So many races every week end if competition is a must be,



The shops are really offering hassle free bike rental , with an exceptional level of service , even the VAE is available in large numbers for the less competitive. We have secured some entries for a few races like MB Race for 2016, should some riders be interested.

The landscape is absolutely incredible, facing the Mont-Blanc and discover after each turn another beautiful lake, forest or traditional savoie village. More details visit www.lessaisies.co.za or contact karel@lessaisies.co.za



TRAIL RUNNING:

Even if South Africa has a strong trail running background, come and see what is happening in the Alps. Just another dimension.

I saw 2 events , the summer Pierra Menta , 70 km with 7000m elevation a very very difficult event ,technical in extremely hot conditions that made incredibly hard for the trailers.

The second one the ULTRA TOUR DU BEAUFORTAIN is probably the toughest in the region as the elevation is over 6000m for 106 km. Good to see some faces I knew on the trails, and congratulations to Yannick Mazzocchi who finish the events.

Chamonix being just one hour drive from les Saisies , it is easy to come train at the resort and go and participate at the UTMB end August. I will recommend the Beaufortain one, where the local guys compete, no glamour, just pain and joy. We have vsecured entries for both race for 2016 , and we have about another 6 races that we can offer entries. Please contact jeanmichel@lessaisies.co.za



Marathon International du Beaujolais.

Some good news for the runners for the TOP FESTVIVE Beaujolais Marathon, 42km, 21km, 12 km in France on 21 November 2015.

As we had already some bookings, we now can offer different types of Package for this event, 17 to 25 November 2015.

From Euro 890.00 p/p sharing for a group of 8 runners, transfers from/to Lyon Airport, accommodation 7 nights, entry and all access to the events party, dedicated driver for the all trip, visit and wine tasting in Macon (Chardonnay). Visit of Dombes and Bresse area.



For more informations on entries, contact karel@lessaisies.co.za



SKI SEASON 2015-2016



Specials from 2 January to 30 January 2016, For a week 7 days at Les Saisies resort, including accommodation, ski pass 6 days, ski hire 6 days, 5 morning ski lessons 2h00 private, welcome and farewell dinner, 1 lunches on the slopes, transfer from Albertville station **from euro 995.00p/p** sharing an studio self catering sleeping 4 persons.



Contact us for more informations jeanmichel@lessaisies.co.za

FAST TEAM IS GROWING :

A GOOD FRIEND AND EXCEPTIONNAL ATHLETE Karel Swanepoel has joined the FAST team.

Karel is a Comrades Marathon and Ironman finisher as well as a keen mountain biker.

Karel will be able to assist our clients with some valuable advice before and during their tours.

karel@lessaisies.co.za

FAST is FUN!

Enjoy your week!

The FAST group

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