

## The SCIO/EPFX does Tour de France 2003 with Lance Armstrong and team!

JULY 27 - The 2003 Tour de France returned to where it started three weeks ago and finished with the same winner as the past four years. Lance Armstrong endured what he called a "crisis-filled" Tour to join Jacques Anquetil, Eddy Merckx, Bernard Hinault and Miguel Induráin in cycling's "five club" as five-time Tour winners. "It was the hardest victory and it's like a dream," Armstrong said at the finish line on the Champs-Élysées. "I will put everything I have into trying to win a sixth victory."

### Team physician, Dr. Jeff Spencer writes about his experience:

I'm finally back from this year's Tour de France. It was a very challenging tour this year, which makes Lance's fifth straight tour victory that much more rewarding. The challenges began even before the first pedal stroke occurred; however, we were ready for anything and were able to successfully manage each and every crisis. The SCIO/EPFX played an important role in this. My responsibility to the team is to make sure the riders' bodies are optimally ready for competition each and every day, promote recovery from the days racing, prevent injuries from occurring and heal them when they do. To do this requires manual, biochemical, and energetic strategies that have to be done daily on each rider. The energetic side of the equation is where the most profound effects are seen in optimizing performance and recovery yet are virtually non-existent in formal athletics. In essence, my use of advantage to the team – a secret weapon. **The SCIO/EPFX was my choice for energetic diagnostics and treatment because it is time efficient, can be used proactively, it's portable and produces superior results every time. One of its most important features is that it allows you to see problems on the horizon that haven't become symptomatic yet and discharge them before they become performance limiting.** I used both subspace and the straps during the Tour. It was the ideal solution to a set of conditions that could only be handled this specific way. What's next? Preparing for Lance's sixth record setting tour win. When will I start preparing?

Yesterday, of course.

See you on the road. Jeff.

\*This article is Copyright of Quantum Alliance, a full service EPFX //SCIO Brokerage, and has been posted on this website with permission. It originally appeared in their weekly e-Zine, The Xroid Xpress.

**SCIO**