

# EXHIBIT A

To the Affidavit of S. Jack Robertson

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** October 19, 2007 1:50 PM  
**Subject:** Re: January  
Schumi says that every kilo less is about 3 seconds per km faster,  
under the same conditions.

On Oct 19, 2007, at 7:44 PM, Lance Armstrong wrote:

>  
> 79 kilos..  
>  
> 2-3 lighter than last years marathon.  
>  
> I don't follow pro cycling anymore to be honest. Don't really care  
> who wins.  
>  
>  
>  
> -----Original Message-----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Fri Oct 19 12:42:39 2007  
> Subject: Re: January  
>  
> Schumi asks what's the weight?  
>  
> Sara I believe is not running a lot at the moment, as she's busy with  
> her university finals. And she's always sick, every time I come home  
> from Monaco she's got some bug. Boh...  
>  
> Who wins Lombardia tomorrow? Schleck is flying now...  
>  
> Stef  
>  
>  
>  
> On Oct 19, 2007, at 7:28 PM, Lance Armstrong wrote:  
>  
>>  
>> I have been running more. Shooting for a sub 2:50 in nyc this year.  
>>  
>> Is sara running?  
>>  
>> Let me know. I can come and suffer with them.  
>>  
>>  
>>  
>> -----Original Message-----

>> From: Stefano Ferrari [REDACTED]  
>> To: Lance Armstrong  
>> Sent: Fri Oct 19 12:07:09 2007  
>> Subject: Re: January  
>>  
>> Hey, that would be awesome!  
>>  
>> We'll keep you posted on it, as it really depends on the riders'  
>> schedule etc.  
>> Surely guys like Popo, Gusev, Bileka, Pellizotti and some minor  
>> others will come.  
>>  
>> Are you training on the bike? How much?  
>>  
>> Stef  
>>  
>> On Oct 18, 2007, at 8:09 PM, Lance Armstrong wrote:  
>>  
>>>  
>>> I may want to come.  
>>>  
>>> I'm free jan 7 - jan 28.  
>>>  
>>>  
>>>  
>>> -----Original Message-----  
>>> From: Stefano Ferrari [REDACTED]  
>>> To: Lance Armstrong  
>>> Sent: Thu Oct 18 13:07:36 2007  
>>> Subject: Re: January  
>>>  
>>> He doesn't know yet... probably trying to gather riders and dates  
>>> for  
>>> Teide camp as usual.  
>>>  
>>> Why?  
>>>  
>>> Stef  
>>>  
>>>  
>>> On Oct 18, 2007, at 7:47 PM, Lance Armstrong wrote:  
>>>  
>>>>  
>>>> What is schumi doing in january?  
>>>>  
>>>  
>>>  
>

<?xml version="1.0" encoding="UTF-8"?>  
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"

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<key>subject</key>  
<string>Re: January</string>  
<key>to</key>  
<string>"Lance Armstrong" &lt;[REDACTED]></string>  
</dict>  
</plist>
```



---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** April 9, 2009 7:04 PM  
**Subject:** Re: How?

Between 75 and 76

-----Original Message-----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** Thu Apr 09 10:47:35 2009  
**Subject:** Re: How?

That's good watts for the altitude. Very good in fact. However, Schumi advises being prudent at those altitudes, Ok?

Body weight?  
S.

On Apr 9, 2009, at 5:43 PM, Lance Armstrong wrote:

>  
> I don't but u said M. I was higher than that mostly. Closer to  
> 380-400 and between 160-168 hr  
>  
> Fyi, it's between 2400 - 2700 mts here  
>  
>  
>  
> -----Original Message-----  
> **From:** Stefano Ferrari [REDACTED]  
> **To:** Lance Armstrong  
> **Sent:** Thu Apr 09 10:41:46 2009  
> **Subject:** Re: How?  
>  
> Excellent.. do you have average watts and HR for the 2x 18' uphill?  
>  
> Are you going to Tucson?  
>  
> S.  
>  
> On Apr 9, 2009, at 5:39 PM, Lance Armstrong wrote:  
>  
>>  
>> Pretty damn good. Did the 4 by 7's and the 2 by 18's yesterday.  
>>  
>> All good!  
>>  
>>

>>  
>> -----Original Message-----  
>> From: Stefano Ferrari [REDACTED]  
>> To: Lance Armstrong  
>> Sent: Thu Apr 09 10:38:01 2009  
>> Subject: How?  
>>  
>> Hey L,  
>>  
>> how's it going with the first days of training up there? Any  
>> particular pain?  
>> Please update me when you can,  
>>  
>> S.  
>>  
>  
>

izw

---

**From:** "Kevin Livingston" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Cc:** "Johan Bruyneel" [REDACTED] <stefano@[REDACTED]>  
**Sent:** April 20, 2009 6:46 PM  
**Attach:** LA Combined.xls  
**Subject:** Tests graphed out  
Lance I put together the three tests we've done since November.

Please note the different tabs on the sheet.

Kevin Livingston  
[REDACTED] Mobile



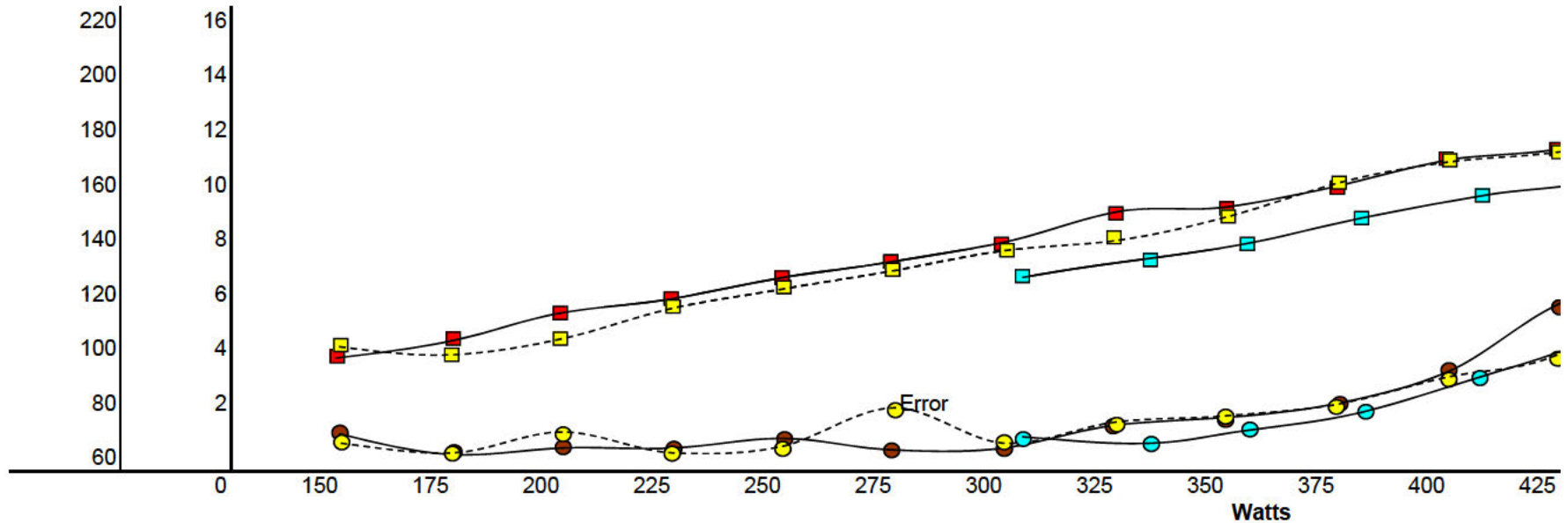
LA  
 DOB: 9/1971  
 3mins step test (150watts 4mins-3mins-25watts increments)  
 Weight: 77kilos

Training zones 11/22/2008

Training zones 11/22/2008	HR Values bpm	Watts
Recovery	<119	<123
Endurance	120-145	224-303
Medium/Tempo	146-164	304-363
Threshold	165-183	364-423
AT (above threshold)	184+	424-488
Max		484+

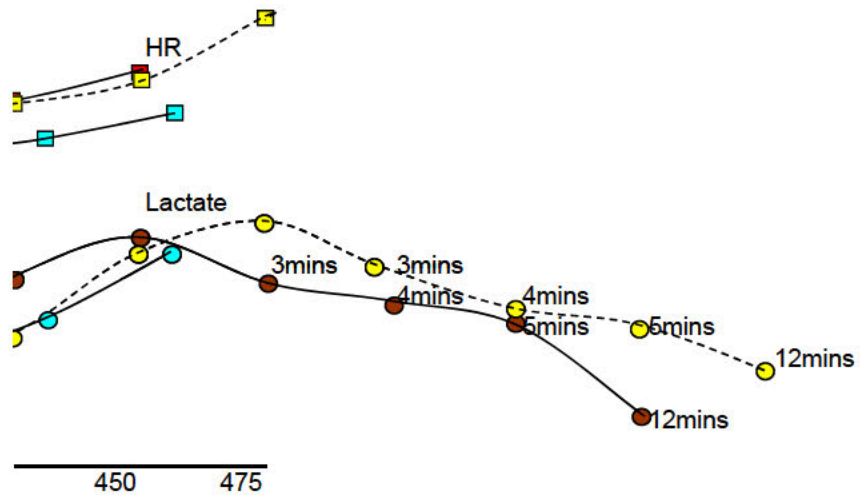
Heart Rate (bpm)

Lactate



- 11/22/2008 Test on SRM Ergometer Austin, TX
- 12/11/2008 Test on SRM Ergometer Austin, TX
- 4/19/2009 Test on 100m climb (1986 to 2086meters) 1.10kms

(174bpm @400watts)



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** [REDACTED]@livestrong.org  
**Sent:** April 25, 2009 8:40 AM  
**Subject:** TT pos.

Hey Lance,

ok, stupid UCI is at it again, I see...

No prob, Schumi is thinking of something cool to do before the Giro then. Some cool race simulation stuff for you guys...

About the TT position, it seems that your back shape has really changed and there is not much you can do about it.

Schumi advises trying to relax and stretch the arms/shoulders as much as possible, cause they looked a bit stiff/bulky, probably due to all the swimming you've done. One good thing you could do and that usually works is to lay your arms on a small table simulating the TT position (maybe sitting in front of TV or something), and just stay there relaxed and stretched for 15-20mins every day.

He suggests not getting obsessed with aerodynamics, but rather find a comfortable ad efficient position.

What wattages were you pushing approx when those pics were taken?

S.

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
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<string>Stefano Ferrari &lt;[REDACTED]>gt;</string>
<key>subject</key>
<string>TT pos.</string>
<key>to</key>
<string>[REDACTED]@livestrong.org</string>
</dict>
</plist>
```



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** May 2, 2009 8:30 AM  
**Subject:** Re: TT

Oh yea, a thousand times better Levi than Basso, you know what I think of him...

Just reported to Schumi, he says ok for June for flying low somewhere to do some kick ass high intensity work.

He adds: after the race/trip, just have some recovery, easy rides to adapt to jet lag and perhaps plan to win the opening TTT :-)

Later,  
S.

On May 2, 2009, at 2:15 PM, Lance Armstrong wrote:

>  
> Haha!  
>  
> Yes, levi is the odds on favorite to win the giro. Basso is not  
> close. He's complete and we have a strong team.  
>  
> As for the training, that's where we'll be all of June so hopefully  
> we can do some tt work there. Or I can fly somewhere lower every  
> week. That's easy too.  
>  
> We leave tomorrow after the race for italy. Arriving monday.  
>  
> L  
>  
>  
>  
> -----Original Message-----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Sat May 02 07:11:22 2009  
> Subject: Re: TT  
>  
> Ciao!  
>  
> yea, the goal was a recovery from the big crash, so I'd say goal  
> accomplished and just in a few weeks.  
> Erase the "I'm old" quote and add:  
>  
> - the place where you trained was not optimal to train for high  
> intensities, as Schumi pointed out  
>

> Levi I must say looks very good for the Giro... hmmm...  
 >  
 > What day are you guys flying to Italy?  
 > S.  
 >  
 > On May 2, 2009, at 2:02 PM, Lance Armstrong wrote:  
 >  
 >>  
 >> Grande-  
 >>  
 >> Feelings weren't bad considering...  
 >>  
 >> -the amount of work and pulling I've done in stages 1 and 2.  
 >> -the crash and just a few weeks of work. With no specific tt work.  
 >> -i didn't pace myself well. Blew up at one point but recovered.  
 >> 1800mts here.  
 >> - I'm old  
 >>  
 >> Safe to say that Levi is the best TT rider in the world right now  
 >> so not bad considering the above.  
 >>  
 >>  
 >>  
 >> -----Original Message-----  
 >> From: Stefano Ferrari [REDACTED]  
 >> To: Lance Armstrong  
 >> Sent: Sat May 02 03:31:44 2009  
 >> Subject: TT  
 >>  
 >> Hey L,  
 >>  
 >> how were feelings in the TT? Would have been good to have the watts,  
 >> but I saw you tried those cool Zipp cranks.  
 >>  
 >> S.  
 >>  
 >  
 >

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
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<string>local:///Outbox</string>
<key>sender</key>
```



```
<string>Stefano Ferrari &lt;[REDACTED]>></string>  
<key>subject</key>  
<string>Re: TT</string>  
<key>to</key>  
<string>"Lance Armstrong" &lt;[REDACTED]>></string>  
</dict>  
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** May 25, 2009 1:30 PM  
**Subject:** Re: How have the vams been here?  
Allora, the first 2 long climbs were done between 1400-1500 m/h,  
while the last one Sastre did 1704 m/h, which equals 6.03 w/kg.

S.

On May 24, 2009, at 6:51 PM, Lance Armstrong wrote:

>  
> Yep, I think with a week's rest I'll be fine.  
>  
>  
>  
> -----Original Message-----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Sun May 24 11:49:47 2009  
> Subject: Re: How have the vams been here?  
>  
> Haha, we'll see how you feel...  
> Schumi says no more than 9 days though. You won't have much time to  
> train for the Tour then!  
>  
> You're doing good there, if possible don't dig too deep.  
>  
> S.  
>  
>  
>  
> On May 24, 2009, at 6:30 PM, Lance Armstrong wrote:  
>  
>>  
>> Only 6 days? You guys are crazy...  
>>  
>> This fucking race plus the travel home..  
>>  
>>  
>>  
>> -----Original Message-----  
>> From: Stefano Ferrari [REDACTED]  
>> To: Lance Armstrong  
>> Sent: Sun May 24 11:22:31 2009  
>> Subject: Re: How have the vams been here?  
>>  
>> Ciao!  
>>  
>> yes, fuckin allergies... and with this damn heat and humidity it must

>> be real hell...  
>>  
>> For June, you'll do about 6 days of recovery right after the Giro,  
>> then we'll resume the specific work, with the necessity of being able  
>> to go and train low altitude at least 1 day/week. However, we'll see  
>> how you're going... Kevin will have to come there and test you again  
>> at least once, of course.  
>>  
>> Best of luck for the team tomorrow, it's gonna be "evil"...  
>>  
>> Later,  
>> S.  
>>  
>>  
>> On May 24, 2009, at 10:36 AM, Lance Armstrong wrote:  
>>  
>>>  
>>> Grande,  
>>>  
>>> My allergies have been terrible. Man, killing me.  
>>>  
>>> Question: what does schumi think that june looks like? Roughly? I  
>>> get home june 1 and will be there til june 25.  
>>>  
>>> L  
>>>  
>>>  
>>>  
>>> -----Original Message-----  
>>> From: Stefano Ferrari [REDACTED]  
>>> To: Lance Armstrong  
>>> Sent: Sat May 23 15:09:25 2009  
>>> Subject: Re: How have the vams been here?  
>>>  
>>> There wasn't really any climb that we could check the VAM of... in  
>>> the TT the climbs where not ideal for accurate VAM's.  
>>> On the long stage with the Sestriere, the last climb Pra Martino  
>>> when  
>>> Pellizotti attacked, it was about 1660m/h on a 6% which equals to  
>>> 6.38w/kg.  
>>>  
>>> How you feeling? Schumi keeps telling me you look thin!  
>>>  
>>> S.  
>>>  
>>> On May 23, 2009, at 10:01 PM, Lance Armstrong wrote:  
>>>  
>>>>  
>>>> Not really today but the other days?  
>>>>  
>>>>



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Cc:** <johan [REDACTED]>  
**Sent:** June 17, 2009 7:34 AM  
**Subject:** Re: Test

Hey L.,

thinking about the numbers Schumi wrote, he has a correction to make:  
the increase in watts at SA it's about 6%, not 12%...

Making some calculations of the uphill performance of Menchov in the  
long TT in the Giro, only on the 2 climbs, you were about 8% slower  
than him.

So you should be almost equal in terms of potential to perform uphill.

Schumi thinks it's unlikely you can "gain" some more edge by lowering  
body weight now, but he thinks it's possible to gain some more in  
terms of threshold in the next 10 days of training.

S.

On Jun 17, 2009, at 12:37 AM, Lance Armstrong wrote

```
>
> Same climb. 1km and 100 mts
>
> Power. Lactate. HR. Time
>
> 311, 1.0, 138, 4:34
> 338, 1.4, 148, 4:19
> 362, 1.9, 155, 4:00
> 387, 1.8, 161, 3:54
> 413, 3.0, 168, 3:43
> 441, 4.5, 175, 3:26
> 484, 6.7, 183, 3:14
>
```

```
<?xml version="1.0" encoding="UTF-8"?>
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```

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<key>subject</key>  
<string>Re: Test</string>  
<key>to</key>  
<string>Lance Armstrong &lt;[REDACTED]></string>  
</dict>  
</plist>
```



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** July 11, 2009 3:01 AM  
**Subject:** Re: Col du Romme

Unbelievable, what is it, #40? Third day in a row or something?

Anyway, you looked good yesterday.. VAM for the gunslinger was 1670 m/h, on that climb is about 6.1 w/kg. But considering it's all at altitude (1500m +), the adjusted value would be about 6.4/6.5 w/g. It was very windy though, so that affected it quite a bit.

Schumi asks how you feeling?

S.

On Jul 6, 2009, at 6:48 PM, Lance Armstrong wrote:

>  
> I will do that!!  
>  
> And thanks!  
>  
>  
>  
> -----Original Message-----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Mon Jul 06 11:09:04 2009  
> Subject: Re: Col du Romme  
>  
> HAH! That's what I call cycling! Well done!  
>  
> On another topic, Schumi and I were watching your position on the TT  
> bike again, and it does seem like you're a little low with the saddle.  
> It may be because your butt is thinner than in the past...  
> Perhaps for tomorrow Schumi suggests raising the saddle by 2mm - try  
> in the am and let us know how it feels?  
>  
> S.  
>  
>  
> On Jul 3, 2009, at 9:48 PM, Lance Armstrong wrote:  
>  
>>  
>> Cool!  
>>  
>> I think we gotta be careful heading up to the casino then hit the  
>> gas after that.  
>>

>> Eh?

>>  
>>  
>>

>> -----Original Message-----

>> From: Stefano Ferrari [REDACTED]  
>> To: Lance Armstrong  
>> Sent: Fri Jul 03 14:44:36 2009  
>> Subject: Re: Col du Romme

>>  
>> L,

>>  
>> kick some ass tomorrow, show 'em how to do it properly!!  
>> I'll be on the Moyenne Corniche to cheer you, hehe!

>>  
>> S.

>>  
>>  
>> On Jul 1, 2009, at 5:31 PM, Lance Armstrong wrote:

>>  
>>>  
>>> Yessir, I'll get the team scale and establish a baseline.

>>>  
>>> It is hotter than hell.

>>>  
>>>  
>>>

>>> -----Original Message-----

>>> From: Stefano Ferrari [REDACTED]  
>>> To: Lance Armstrong  
>>> Sent: Wed Jul 01 09:59:24 2009  
>>> Subject: Re: Col du Romme

>>>  
>>> Capo,

>>>  
>>> what is body weight now? Schumi reminds to check it every day,  
>>> before  
>>> and after each stage for proper re-hydration...

>>>  
>>> Ciao,

>>> S.

>>>  
>>> On Jun 30, 2009, at 2:14 PM, Lance Armstrong wrote:

>>>  
>>>>  
>>>> Def a diff between racing/training! We'll see..

>>>>  
>>>> I'm going off 1st of the team in monaco. Just after 4pm. Before the  
>>>> live tv feed... In and out, muthafucka.

>>>>



>>>> Downside is that I get no splits but bruynel wouldn't put me last  
>>>> or second to last. I'd be 3rd to last and get no decent splits then  
>>>> either.

>>>>

>>>>

>>>>

>>>> -----Original Message-----

>>>> From: Stefano Ferrari [REDACTED]

>>>> To: Lance Armstrong

>>>> Sent: Tue Jun 30 07:09:39 2009

>>>> Subject: Re: Col du Romme

>>>>

>>>> L,

>>>>

>>>> did you do it all-out then? What was the average HR? You know there  
>>>> is always a difference between race and training...

>>>> That performance will surely allow you to be in the front.. then

>>>> probably climbers like Contador will be able to put in a 6.2/6.3

>>>> w/kg

>>>> going full gas, but consider that climb is not so long and 9%...

>>>> that

>>>> is not comfy ground for you, never been...

>>>>

>>>> The numbers of your last tests were the numbers of the top guys in

>>>> the Giro, so we're confident you can do really well. Dig deep

>>>> when it

>>>> counts, race smart and protected and you'll be up there.

>>>> I still believe your real only rival will be the gunslinger... and

>>>> Menchov, if he can repeat the form of the Giro. But in that case,

>>>> you'd be there close to him for sure, if all goes well.

>>>> Evans? Nah, he seemed at 100% already at Dauphine, doesn't have a

>>>> team, and he's dumb... Schleck's? They may lack the consistency and

>>>> they both TT like crap. Watch out for the whole team though,

>>>> Cancellara resuscitated at TdeSuisse?!!!!

>>>>

>>>> Are you gonna start early in the TT here in Monaco?

>>>>

>>>> S.

>>>>

>>>>

>>>>

>>>> On Jun 30, 2009, at 7:29 AM, Lance Armstrong wrote:

>>>>

>>>>>

>>>>> Question is how good?

>>>>>

>>>>> What do we need to win the TdF??

>>>>>

>>>>>

>>>>>

>>>>> -----Original Message-----



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<string>Re: Col du Romme</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]>></string>
</dict>
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** July 22, 2009 11:51 AM

Hey L,

Contador and Kloden show us all what a small brain they have... eh?

Schumi asks if your TT bike has the same height as the road bike? If yes, he suggests raising it 2mm.

And, since you still look low on the road bike, only for the Ventoux stage, raise it another 2mm.

Tomorrow keep taking ibuprofen.

And personal thanks for for killing that Garmin...

S.

```
<?xml version="1.0" encoding="UTF-8"?>
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<key>subject</key>
<string></string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]>gt;</string>
</dict>
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Michele Ferrari" [REDACTED]  
**Sent:** August 9, 2009 12:31 PM  
**Subject:** Fwd: Hey  
Cosa gli faccio fare?

Begin forwarded message:

**From:** "Lance Armstrong" [REDACTED]  
=div style="margin-top: 0px; margin-right: 0px; margin-bottom: 0px; =argin-left:  
0px; ">**Date:** =/b>August 9, 2009 3:03:03 PM CEDT

**To:** <stefano [REDACTED]>  
**Subject:** =/b>Re: Hey

**Amico!**

**Recovery has been very good. Of course it was better than ever this year. My problem was threshold and =he "top end".**

**Raced yesterday on the mtb and smoked em.**

-----Original Message-----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** =ed Aug 05 10:15:53 2009  
**Subject:** =ey

**Hey L,**

**how are you? Recovery?  
What are your racing plans for the rest of the =eason?**

**S.**

**=**



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** September 7, 2009 5:26 AM  
**Subject:** Re: Ciao!  
Hey L,

sure thing.  
Just let me know when you're around... :-)

Keep in touch, bro!  
S.

On Sep 7, 2009, at 1:29 AM, Lance Armstrong wrote:

>  
> Yo.  
>  
> Can I pay it in cash when I see you?  
>  
>  
> -----Original Message-----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Tue Sep 01 03:39:44 2009  
> Subject: Ciao!  
>  
> Hey Grande,  
>  
> Come stai? Hope all is good with you and family!  
> How were the final races?  
>  
> Read on your twitter you've attended a Buckethead gig the other  
> day... he's really good! Could you see his face below the bucket?  
>  
> Schumi asked me if you could process the payment (25.000 EUR) for  
> the season as agreed last March.  
> You can forward the payment when's best for you to my account in MC:  
>  
> Bank: [REDACTED]  
> Address: [REDACTED]  
> Swift: [REDACTED]  
> Account #: [REDACTED]  
> Beneficiary: Stefano Ferrari  
> IBAN: [REDACTED]  
>  
> Let me know if you require further details.  
> Grazie and talk to you soon,  
>  
> S.

>  
>  
>  
>

```
<?xml version="1.0" encoding="UTF-8"?>  
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"  
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">  
<plist version="1.0">  
<dict>  
<key>date-sent</key>  
<real>1252315604</real>  
<key>flags</key>  
<integer>33815681</integer>  
<key>original-mailbox</key>  
<string>local:///Outbox</string>  
<key>sender</key>  
<string>Stefano Ferrari &lt;[REDACTED]></string>  
<key>subject</key>  
<string>Re: Ciao!</string>  
<key>to</key>  
<string>Lance Armstrong &lt;[REDACTED]></string>  
</dict>  
</plist>
```

---

**From:** "Michele Ferrari" <fermichi [REDACTED]>  
**To:** "Johan Bruyneel" <[REDACTED]@stefano [REDACTED]>  
**Sent:** November 4, 2009 12:42 PM  
**Subject:** RE: €€€  
hi,

Stefano will send to you the numbers for the trans=er

---

**Subject:** €€€  
**Date:** Wed, 4 Nov=2009 17:10:47 +0100  
**From:** johan [REDACTED]  
**To:** fermichi [REDACTED]

Michele,  
Our boy gave me some cash for you.  
Do you prefer the cash or a wire transfer?  
Let me know.  
JB

---

Doretta [Doretta ti "cerca"! Vieni a trovarla sul s=o Spaces!](#) =



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** <johan [REDACTED]>  
**Sent:** November 4, 2009 12:52 PM  
**Subject:** Fwd: €€€  
Ciao Johan,

Hope all is good!  
Here are the bank details for the wire:

**Bank:** [REDACTED]  
**Address:** [REDACTED]  
**Swift:** [REDACTED]  
**Account #:** [REDACTED]  
**Beneficiary:** Stefano Ferrari  
**IBAN:** [REDACTED]

**From:** =/b>Michele Ferrari [REDACTED] =/div>  
**Date:** November 4, 2009 4:42:58 PM =ST  
**To:** Johan Bruvneel [REDACTED]  
=lt;stefano [REDACTED]  
**Subject:** =/b>RE: €€€

**Subject:** €€€  
**Date:** Wed, = Nov 2009 17:10:47 +0100  
**From:** johan [REDACTED]  
**To:** =fermichit [REDACTED]

Michele,  
Our boy gave me some cash for you.  
Do you refer the cash or a wire transfer?  
Let me know.  
JB

---

Doretta Doretta =i "cerca"! Vieni a trovarla sul suo =paces!

=

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** November 16, 2009 6:11 AM  
**Subject:** Re: Ciao!  
Ciao Capo,

all is good here, =hanks!

Great! Schumi says it's obviously a =our for light climbers: it will probably be necessary to "kill them" on =he flats, or when they least expect it.

You and the team will =ave to work a lot for the flats in training and be in top form since =he very first stages.

About the feelings in last Tour: all =he staying and training at altitude you'd done didn't allow you to =eally focus on intensity, so that surely was a limiting factor.

The tentative program could =e:

19-24 Jan.: D. =nder

Feb: ??? where will you =e?

3-18 Mar: Teide =ltitude

22-28 Mar: Vuelta =ataluna

4 Apr: =landers

7 Apr: Gand =evelgem

8-16 Apr: Teide =ltitude

18 Apr: Amstel

21 Apr: Fleche

25 Apr: LBL

1-13 May: USA at =ltitude

17-23 May: =alifornia

6-13 June: =auphine

Then more altitude - stage course =hecking

3 Jul: TdF

Let us know your =houghts!

My mom says thanks and hi =ack!!

S.

On Nov 15, 2009, at 1:25 PM, Lance Armstrong wrote:

Amico,

How are you?

Yes, let's continue w/ what we have started.

I'm curious to know what Schumi thinks for 2010 and what we need to do differently in terms of training. I personally felt like I was missing that high end intensity/acceleration/punch and then the high end/fast threshold work. Also, important to look to the 2010 route. More climbing, less TT's. No TTT.

Thoughts?

L

Ps. Tell you mom hello please

On 11/4/09 5:51 AM, "Stefano Ferrari" [REDACTED] wrote:  
=br>

Hey Grande,

how are you? What you been up to in terms of training recently?

Schumi asks if you'd like to continue the cooperation for next year too - if so, then it would be good to start thinking about some specifics already (gym + some bike).

Let us know - hope all is great with family,  
=br> Stef

=/blockquote>

=

---

**From:** "Michele Ferrari" <fermichi@██████████>  
**To:** <stefano@██████████>  
**Sent:** March 10, 2010 4:24 PM  
**Subject:** RE: Watts?  
 Ok,  
 alle 16, allo zoo.

---

To: f=rmichi@██████████  
 From: stefano@██████████  
 Subject: Fwd: Watts?  
 =ate: Wed, 10 Mar 2010 19:49:58 +0100

Gli ho detto che vi potete incontrare all'entrata dello Zoo come l'altra volta, alle 4... oppure che ci dia l'indirizzo completo che poi troviamo le indicazioni su come arrivare alla casa su internet...

Begin forwarded message:

=blockquote>  
**From:** "Lance Armstrong" <██████████>  
 =div style="margin-right:0px;margin-bottom:0px;margin-left:0px">**Date:** March 10, 2010 7:43:13 PM CEST<=div>  
 =font face="Helvetica" size="3" color="#000000" style="font:12.0px Helvetica;color:#000000">**To:** <stefano@██████████>  
 Sub=ect: Re: Watts?

Oh, I thought we were just meeting to talk.

let's do 4pm at the house where we are staying in cap ferrat.

=div style="margin-right:0px;margin-bottom:0px;margin-left:0px">We can test another day.

Johan will fly in from madrid.

-----Original Message-----

**From:** Stefano Ferrari <██████████>  
**To:** Lance Armstrong  
**Sent:** Wed Mar 10 09:46:28 2010  
**Subject:** Re: Watts?

Ok for wednesday...  
 5.00 pm at the usual place before the start of the Madone?

S.

On Mar 10, 2010, at 4:41 PM, Lance Armstrong wrote:

=blockquote>

Ok, wednesday it is

<=div>  
 =pm?

-----Original Message-----

From: Stefano Ferrari [REDACTED]  
To: Lance Armstrong  
Sent: Wed Mar 10 09:20:56 2010  
Subject: Re: Watts?

L-

he can't on Monday 15th, sorry! He tried to move things around but it's not possible...  
Either Wednesday 17th, or I test you on Thursday 18th and he can come see you after MSR. How long you stay in Nice after the race?

The important is that we can see you now even if Johann is not there, test you properly and we can easily update him with Schumi's thoughts...

S.

Trying to do it so Johan can be there. He's in Nice for the end of Paris Nice so Monday is actually the best. He wouldn't stay till Wednesday.

Monday is out? Maybe Pozzato can do it Tuesday?

<=r>

-----Original Message-----

From: Stefano Ferrari [REDACTED]  
To: Lance Armstrong  
Sent: Wed Mar 10 08:21:42 2010  
Subject: Re: Watts?

Boss,  
Schumi told me he's in Monaco on Wednesday anyway because he has to meet/test Pozzato.  
Can't you organize for Wednesday?  
Otherwise even I could test you on Thursday on Madone, and then he could come after SR, say Sunday or Monday.

S.

On Mar 10, 2010, at 2:38 PM, Lance Armstrong wrote:

S-

Any way we can do Thursday since I am doing MSR and Johan has the directors meeting on Friday.

L

-----Original Message-----

From: Stefano Ferrari [REDACTED]  
To: Lance Armstrong  
Sent: Tue Mar 09 12:04:13 2010

Hey L,  
Next week he's available on Wednesday, or Friday+Saturday+Sunday.  
I also come back to MC on Wednesday evening.

You doing Sanremo?

On Mar 9, 2010, at 5:41 PM, Lance Armstrong wrote:  
<=r>

Actually how about Monday AM?  
<=div style="margin-right:0px;margin-bottom:0px;margin-left:0px;min-height:14px">

-----Original Message-----  
<=div style="margin-right:0px;margin-bottom:0px;margin-left:0px">From: Lance Armstrong  
To: 'stefano ferrari' <stefano.ferrari@usada.gov>  
Sent: Tue Mar 09 10:24:36 2010  
Subject: Re: Watts?

Will Tuesday work?

-----Original Message-----  
From: Stefano Ferrari  
To: Lance Armstrong  
Sent: Tue Mar 09 08:43:03 2010  
Subject: Re: Watts?  
<br>  
Boss,

Here's what Schumi says:

459w versus 409w: the difference is 12.2%.

<=div>

1.5"/km slower than Wiggins means a 4.2% lower power, assuming you  
2 have the same aerodynamic efficiency (most likely, you don't).

Therefore there is a discrepancy of 8%: either your SRM is  
underestimating or Wiggins's is overestimating, or both things at  
once...

In any case, it's obvious something is wrong. We better meet and  
solve the problem now, before it's too late. This reminds me a lot  
of the bullshit TT bike back in 2003.  
Give us a date when you are back in Nice!

S.  
<=r>



On Mar 8, 2010, at 11:22 AM, Lance Armstrong wrote:

It looks like my srm was off. It said 409 =or the effort which is too low. Wiggins by contrast was 459 and only 30 se=onds faster. Then the next day I had srm issues on the road bike. Frustrat=ng..

=span class="ecxApple-tab-span" style="white-space:pre"> Feeling= were "ok". Not super. It's definitely a good idea to do as many of =hese as I can before the Tour to simulate these efforts as they do not fee= the same in training (obviously).

<=span>On 3/6/10 1:49 PM, "Stefano Ferrari" [REDACTED] wrote:

Boss,  
=  
how many watts then? Feelings?

S.  
<=pan class="ecxApple-tab-span" style="white-space:pre">

=/div>

---

Hotmail: posta elettronica at=endibile grazie alla protezione avanzata dalla posta indesiderata. [Iscrivi=i subito.](#) =



---

**From:** "Michele Ferrari" <fermichi [REDACTED]>  
**To:** <stefano [REDACTED]>  
**Sent:** March 24, 2010 1:35 PM  
**Subject:** RE: Schedule  
in maggio dal 9 al 15 : meglio california!

---

T=: fermichi [REDACTED]  
From: stefano [REDACTED]  
Subject: Fwd: Schedule  
Date: Wed, 24 Mar 2010 15:45:45 +0100

Begin forwarded message:

**From:** "Lance Armstrong" [REDACTED]  
**Date:** March 24, 2010 9:22:16 AM CEST  
**To:** <stefano [REDACTED]>  
**subject:** **Schedule**

Here's what I think my schedule is like for the foreseeable future.

This weekend Criterium

Up to Belgium the night of the 31st to ride the course of Flanders on the 1st w/ the team.

Flanders April 4.

La Roche 6-9

Travel the 10th

In Austin April 10-15

April 16 - 22 Aspen

April 23 Austin (sea level - could do flat/tt work. No climbs in ATX)

April 24 - 27 Aspen

April 28 - May 2 Tour of the Gila

May 2 - 6 Aspen

May 7/8 Austin (more flat work)

May 8 - 15 Aspen or California

May 16 - 23 Tour of Cali

May 23 travel back to Nice

---

La tua posta e molto altro anche in viaggio. Richiedi gratuitamente Windows Live Hotmail. [Iscriviti subito.](#) =

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** March 25, 2010 7:34 AM  
**Subject:** Re: Schedule  
Schumi advises from May 8-15 is better to go to California...

Remember take it easy today and tomorrow...  
Later,  
S.

On Mar 24, 2010, at 9:22 AM, Lance Armstrong wrote:

>  
> Here's what I think my schedule is like for the foreseeable future.  
>  
> This weekend Criterium  
>  
> Up to Belgium the night of the 31st to ride the course of Flanders  
> on the 1st w/ the team.  
>  
> Flanders April 4.  
>  
> La Sarthe 6-9  
>  
> Travel the 10th  
>  
> In Austin April 10-15  
>  
> April 16 - 22 Aspen  
>  
> April 23 Austin (sea level - could do flat/tt work. No climbs in ATX)  
>  
> April 24 - 27 Aspen  
>  
> April 28 - may 2 Tour of the Gila  
>  
> May 2 - 6 Aspen  
>  
> May 7/8 Austin (more flat work)  
>  
> May 8 - 15 Aspen or California  
>  
> May 16 - 23 Tour of Cali  
>  
> May 23 travel back to Nice  
>  
>  
>

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
<key>date-sent</key>
<real>1269516856</real>
<key>flags</key>
<integer>261249</integer>
<key>original-mailbox</key>
<string>local:///Outbox</string>
<key>sender</key>
<string>Stefano Ferrari &lt;[REDACTED]>></string>
<key>subject</key>
<string>Re: Schedule</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]>></string>
</dict>
</plist>
```

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** May 22, 2010 7:21 PM  
**Subject:** Re: 3 things

Elbow is stiff and sore but ride-able. Has to be.

Yes, landing in nice tuesday at noon. Meet schumi about 4?

-----Original Message-----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** Sat May 22 11:23:26 2010  
**Subject:** Re: 3 things

Ok, let me know how you feel on the bike, especially with that elbow... how many stitches?

You still scheduled to fly to Europe as per plan?

On May 22, 2010, at 6:15 PM, Lance Armstrong wrote:

>  
> Not yet but I am today.  
>  
>  
> -----Original Message-----  
> **From:** Stefano Ferrari [REDACTED]  
> **To:** Lance Armstrong  
> **Sent:** Sat May 22 10:50:22 2010  
> **Subject:** Re: 3 things  
>  
> Boss,  
>  
> come stai? Have you managed to ride a bit yet with that elbow and eye?  
>  
> S.  
>  
>  
> On May 21, 2010, at 12:51 AM, Lance Armstrong wrote:  
>  
>>  
>> Nothing broken but beat up pretty bad.  
>>  
>> Question now becomes, do I add the tour of luxembourg? It is june  
>> 2-6. Have schumi think on it.  
>>  
>>

>>

>> -----Original Message-----

>> From: Stefano Ferrari [REDACTED]

>> To: Lance Armstrong

>> Sent: Thu May 20 16:00:17 2010

>> Subject: Re: 3 things

>>

>> Crap, tell me you didn't break anything!!??

>>

>>

>> On May 19, 2010, at 6:52 PM, Lance Armstrong wrote:

>>

>>>

>>> - how stupid is the astana director? Unreal..

>>>

>>> - we are now arriving europe may 25, not the 24. We were planning

>>> on meeting schumi the 24. Does the 25 work for him too?

>>>

>>> - feeling much "sharper" here. Whew.

>>>

>>

>

z



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** May 25, 2010 5:24 AM  
**Subject:** Re: Meeting tomorrow  
Hey L,

yes, no prob! We'll be waiting for your call then.

S.

On May 25, 2010, at 2:37 AM, Lance Armstrong wrote:

>  
> Can we do 3pm instead of 4pm?  
>  
> Johan will call Schumi w/ directions. It won't be at the hotel like  
> last time.  
>  
>  
>

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
<key>date-sent</key>
<real>1274779493</real>
<key>flags</key>
<integer>33815681</integer>
<key>original-mailbox</key>
<string>local:///Outbox</string>
<key>sender</key>
<string>Stefano Ferrari &lt;[REDACTED]&gt;</string>
<key>subject</key>
<string>Re: Meeting tomorrow</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]&gt;</string>
</dict>
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Michele Ferrari" [REDACTED]  
**Sent:** May 25, 2010 12:30 PM  
**Subject:** Fwd: Meeting tomorrow

Begin forwarded message:

**From:** =/b>Stefano Ferrari [REDACTED]  
**Date:** =/b>May 25, 2010 6:27:40 PM GMT+02:00

**To:** Lance =rmstrong [REDACTED]  
**Subject:** =/b>Re: Meeting tomorrow

**Thu = 3h-4h L-M hilly but =till easy**

**Fri = 5h-5h30min endurance L-M with 2x 18' uphill = (1'-1'-2'-2'-3'-3'-2'-2'-1'-1') 60-90RPM, Rec. 10-15' + 2x 7' slightly uphill 2-4% or =lat M (1' at 60RPM - 1' at 80RPM - 1' at 100RPM - 1' at 110RPM - 1' at =00RPM - 1' at 80RPM - 1' at 60RPM) seated position, Rec. 4' L + 1x =-6km uphill M (3' at 50RPM - 2' at 80-90RPM)**

**Sat = =est**

**S.**

**<div style="margin-top: 0px; margin-right: =px; margin-bottom: 0px; margin-left: 0px; min-height: 14px; =>**

**Can we do 3pm instead of =pm?**

**Johan will call Schumi w/ directions. It won't be at =he hotel like last time.**

**=/blockquote>**

**=**

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** May 25, 2010 12:27 PM  
**Subject:** Re: Meeting tomorrow  
 Boss,

the program for the next days:

Wed = 3h hilly L-M but easy

Thu = 3h-4h L-M hilly but still easy

Fri = 5h-5h30min endurance L-M with 2x 18' uphill M  
 (1'-1'-2'-2'-3'-3'-2'-2'-1'-1') 60-90RPM, Rec. 10-15' + 2x 7'  
 slightly uphill 2-4% or flat M (1' at 60RPM - 1' at 80RPM - 1' at  
 100RPM - 1' at 110RPM - 1' at 100RPM - 1' at 80RPM - 1' at 60RPM)  
 seated position, Rec. 4' L + 1x 5-6km uphill M (3' at 50RPM - 2' at  
 80-90RPM)

Sat = Test

S.

On May 25, 2010, at 2:37 AM, Lance Armstrong wrote:

>  
 > Can we do 3pm instead of 4pm?  
 >  
 > Johan will call Schumi w/ directions. It won't be at the hotel like  
 > last time.  
 >  
 >  
 >

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
<key>date-sent</key>
<real>1274804860</real>
<key>flags</key>
<integer>33815937</integer>
<key>original-mailbox</key>
<string>local:///Outbox</string>
```

```
<key>sender</key>  
<string>Stefano Ferrari &lt;[REDACTED]></string>  
<key>subject</key>  
<string>Re: Meeting tomorrow</string>  
<key>to</key>  
<string>Lance Armstrong &lt;[REDACTED]></string>  
</dict>  
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** June 5, 2010 6:19 AM  
**Subject:** Re: Monday  
Ciao,

he can tuesday... he asks would it be possible to meet half-way? So he won't have to travel so much in 1 day...

He also has the answers to your questions.

S.

On Jun 4, 2010, at 9:49 PM, Lance Armstrong wrote:

>  
> I need to meet w/ schumi monday  
>  
> Possible?

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
<key>date-sent</key>
<real>1275733163</real>
<key>flags</key>
<integer>261249</integer>
<key>original-mailbox</key>
<string>local:///Outbox</string>
<key>sender</key>
<string>Stefano Ferrari &lt;[REDACTED]></string>
<key>subject</key>
<string>Re: Monday</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]></string>
</dict>
</plist>
```

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** June 5, 2010 6:29 AM  
**Subject:** Re: Monday

Tues will work but I can't meet halfway since my kids are in nice from austin. Is that cool?

Legs are getting better here.

-----Original Message-----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** Sat Jun 05 05:19:23 2010  
**Subject:** Re: Monday

Ciao,

he can tuesday... he asks would it be possible to meet half-way? So he won't have to travel so much in 1 day...

He also has the answers to your questions.

S.

On Jun 4, 2010, at 9:49 PM, Lance Armstrong wrote:

>  
> I need to meet w/ schumi monday  
>  
> Possible?

z



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** June 16, 2010 7:35 AM  
**Subject:** After TdS  
Hey Boss,

Schumi asked if you could let us know the schedule after TdS, when you go checking the stages...  
What days are you doing what?  
We need to know as we need to plan a proper tapering period just before the big start.

Have a good race today,  
S.

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
<key>date-sent</key>
<real>1276688151</real>
<key>flags</key>
<integer>261249</integer>
<key>original-mailbox</key>
<string>local:///Outbox</string>
<key>sender</key>
<string>Stefano Ferrari &lt;[REDACTED]></string>
<key>subject</key>
<string>After TdS</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]></string>
</dict>
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "fermi chit" [REDACTED]  
**Sent:** June 16, 2010 1:12 PM  
**Subject:** Fwd: After TdS

Begin forwarded message:

**From:** **="/b>"**Lance Armstrong" [REDACTED]  
**Date:** **="/b>**June 16, 2010 7:05:33 PM GMT+02:00

**To:** <stefano [REDACTED]>  
**Subject:** **="/b>**Re: After TdS

**Swiss finishes sunday.**

**Ride =ery easy here in the alps monday and tuesday to see Des Rousses and =voriaz.**

**Wednesday and Thurs in the Pyrenees. Home Thursday =ight and there in nice for a week.**

stefano [REDACTED]  
**To:** Lance Armstrong  
**Sent:** =ed Jun 16 06:35:51 2010  
**Subject:** =fter TdS

**Hey Boss,**

**Schumi asked if you could let us =now the schedule after TdS, when you go checking the stages...  
What days are you doing what?  
We need to know as we need to plan a proper tapering =eriod just before the big start.**

**Have a good =ace today,  
S.  
=/blockquote>**

**=**

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** June 18, 2010 5:27 AM  
**Subject:** Re: After TdS

There were definitely parts I was "all out" at the bottom w/ the attacks in the steeper sections. Stayed withing myself tho and felt good at the top.

-----Original Message-----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** Thu Jun 17 11:35:27 2010  
**Subject:** Re: After TdS

Boss,

I liked how you rode today! How were feelings? Were you all out on the climb?

Good job!

On Jun 16, 2010, at 7:05 PM, Lance Armstrong wrote:

>  
> Swiss finishes sunday.  
>  
> Ride very easy here in the alps monday and tuesday to see Des  
> Rousses and Avoriaz.  
>  
> Wednesday and Thurs in the Pyrenees. Home Thursday night and there  
> in nice for a week.

> -----Original Message-----

> **From:** Stefano Ferrari [REDACTED]  
> **To:** Lance Armstrong  
> **Sent:** Wed Jun 16 06:35:51 2010  
> **Subject:** After TdS

> Hey Boss,

>  
> Schumi asked if you could let us know the schedule after TdS, when  
> you go checking the stages...  
> What days are you doing what?  
> We need to know as we need to plan a proper tapering period just  
> before the big start.

> Have a good race today,

> S.

z

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** July 6, 2010 1:12 PM  
**Subject:** Re: On the positive...

YES! Exactly what Schumi and I discussed.. Big engines Levi-Kloden-Janez-Horner in the group immediately behind you? No way... there was no big crash to hold them up, they should've been around you all the time! Even Menchov, who's really really bad at handling, was up front! That is not acceptable and you should be fucking pissed with all of them!

Anyway, it will be soon when you guys have to take the race in your own hands and create real havoc...

How did legs feel today? Affected by the crash a bit?

S.

On Jul 6, 2010, at 7:01 PM, Lance Armstrong wrote:

>  
 > He was not good but our team was a joke. Before the pave guys just  
 > riding for themselves then I flat and only popo waits. What a joke.

>  
 >  
 >  
 > -----Original Message-----

> From: Stefano Ferrari [REDACTED]  
 > To: Lance Armstrong  
 > Sent: Tue Jul 06 11:25:03 2010  
 > Subject: On the positive...

>  
 > El Pistolero looked in real trouble in the end...

>  
 >

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
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<string>Re: On the positive...</string>
<key>to</key>
<string>"Lance Armstrong" &lt;[REDACTED]></string>
</dict>
</plist>
```



**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** July 6, 2010 4:44 PM  
**Subject:** Re: On the positive...

Contador... man, I think the broken spoke in the last 30km with cobbles is all bullshit!!! He would've changed the wheel (not to kill himself) or at least not have Vino pull so hard...

It's time to wipe out all the bullshit...  
Remember the carbs loading at dinner! 300g of good pasta!

On Jul 6, 2010, at 7:01 PM, Lance Armstrong wrote:

>  
> He was not good but our team was a joke. Before the pave guys just  
> riding for themselves then I flat and only popo waits. What a joke.

>  
>  
>  
> -----Original Message-----

> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Tue Jul 06 11:25:03 2010  
> Subject: On the positive...

>  
> El Pistolero looked in real trouble in the end...

```
<?xml version="1.0" encoding="UTF-8"?>
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<key>subject</key>
<string>Re: On the positive...</string>
<key>to</key>
<string>Lance Armstrong &lt;[REDACTED]></string>
</dict>
</plist>
```

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>; <sbreen [REDACTED]>  
**Sent:** August 16, 2010 6:03 PM  
**Subject:** Re: Legal

Stefano,

I'm copying my attorney Sean Breen here and he can show you guys what we're thinking about.

Thanks!

L

----- Original Message -----

**From:** Stefano Ferrari [REDACTED]  
**To:** Lance Armstrong  
**Sent:** Mon Aug 16 03:16:47 2010  
**Subject:** Re: Legal

Ciao Capo,

all is good here, grazie!

Just spoke with Schumi, of course he'd do that! But he need more details - what exactly he's gotta state with regard to what, to whom should he address to etc. Perhaps your legals can send a draft of what they think it's better to say/not to say?

We haven't spoke with Paolo in quite a long time (2 years?), but I'm sure my dad could contact him and ask...

Later,  
S.

On Aug 16, 2010, at 7:03 AM, Lance Armstrong wrote:

- >
- > S-
- >
- > Ciao grande
- >
- > How's europe?
- >
- > Hey, will your dad sign a statement that he and I never engaged in
- > "systematic" doping? We are collecting them from anyone and
- > everyone who was involved in the team.
- >



> Also, it would be great if you could ask Salvodelli too.

>

> Thanks,

>

> L

>

```
<?xml version=.0" encoding=TF-8"?>
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<key>to</key>
<string>&lt;stefano [REDACTED] &gt;, &lt;sbreen [REDACTED] &gt;</string>
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</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** August 17, 2010 4:40 AM  
**Subject:** Re: Legal  
Ciao L,

ok, it's better to know what exactly Schumi should state and include... and Paolo too, before we contact him.  
I'll send an email to your attorney right now...

And hey, they'll go down.

A dopo,  
S.

On Aug 17, 2010, at 12:03 AM, Lance Armstrong wrote:

>  
> Stefano,  
>  
> I'm copying my attorney Sean Breen here and he can show you guys  
> what we're thinking about.  
>  
> Thanks!  
>  
> L  
>  
>  
>  
> ----- Original Message -----  
> From: Stefano Ferrari [REDACTED]  
> To: Lance Armstrong  
> Sent: Mon Aug 16 03:16:47 2010  
> Subject: Re: Legal  
>  
> Ciao Capo,  
>  
> all is good here, grazie!  
>  
> Just spoke with Schumi, of course he'd do that! But he need more  
> details - what exactly he's gotta state with regard to what, to whom  
> should he address to etc. Perhaps your legals can send a draft of  
> what they think it's better to say/not to say?  
>  
> We haven't spoke with Paolo in quite a long time (2 years?), but I'm  
> sure my dad could contact him and ask...  
>  
> Laters,  
> S.

>  
>  
> On Aug 16, 2010, at 7:03 AM, Lance Armstrong wrote:  
>  
>>  
>> S-  
>>  
>> Ciao grande  
>>  
>> How's europe?  
>>  
>> Hey, will your dad sign a statement that he and I never engaged in  
>> "systematic" doping? We are collecting them from anyone and  
>> everyone who was involved in the team.  
>>  
>> Also, it would be great if you could ask Salvodelli too.  
>>  
>> Thanks,  
>>  
>> L  
>>  
>

```
<?xml version="1.0" encoding="UTF-8"?>  
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"http://www.apple.com/DTDs/PropertyList-1.0.dtd">  
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<string>Stefano Ferrari &lt;[REDACTED]>></string>  
<key>subject</key>  
<string>Re: Legal</string>  
<key>to</key>  
<string>"Lance Armstrong" &lt;[REDACTED]>></string>  
</dict>  
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** <sbreen [REDACTED]>  
**Cc:** "Lance Armstrong" [REDACTED]  
**Sent:** August 17, 2010 4:44 AM  
**Subject:** Statement Dr Ferrari

Dear Sean,

this is Stefano Ferrari, son of Dr Michele Ferrari writing you with regard to a statement that my father should provide and sign in support of Lance.

Please feel free to discuss the details of such statement, so that we can deliver exactly what is necessary.

We can also provide contact with Lance's ex-teammate Paolo Savoldelli, but we should discuss what exactly he has to state in his case as well.

Looking forward to hearing from you,

All the best -

Stefano Ferrari

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
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<string>local:///Outbox</string>
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<key>subject</key>
<string>Statement Dr Ferrari</string>
<key>to</key>
<string>sbreen [REDACTED] </string>
</dict>
</plist>
```

---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** February 23, 2008 2:24 PM  
**Subject:** Re: Stupid question  
Hey Lance,

good to hear from you!

Schumi defines it as one of those events where you really scrape the bottom of the barrel, even just to finish it.

As for training, usually the average weekly volume would be about 30 hours, in peak volume period. Olivier Bernhard used to do about 25-30km of swimming, 600-700km of riding and 80-90km of running per week.

Have you been running? Did you follow Schumi's schedule that he sent you a while ago?

Stefano

On Feb 23, 2008, at 7:05 PM, Lance Armstrong wrote:

>  
> But since I'm in Kona right now and I get asked about it everyday.  
>  
> How hard would it be to win the ironman? How much training hourly  
> per day?  
>

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple Computer//DTD PLIST 1.0//EN"
"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
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<string>Re: Stupid question</string>
<key>to</key>
<string>"Lance Armstrong" &lt;[REDACTED]>></string>
</dict>
</plist>
```

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** "Stefano Ferrari" [REDACTED]  
**Sent:** July 25, 2010 4:59 AM  
**Subject:** Re: Ugliest Tour  
Man, so ugly...

So...triathlon?

Sent from my iPhone

On Jul 24, 2010, at 5:28 PM, "Stefano Ferrari" [REDACTED] wrote:

of the last 20 years! Pistolero very slow today... Bah!

Anyway, are you coming down here for a few days or leave Europe immediately?

Hope to see you once again some day, man... Miss you already!

S.

</html



---

**From:** "Stefano Ferrari" [REDACTED]  
**To:** "Lance Armstrong" [REDACTED]  
**Sent:** July 25, 2010 8:23 AM  
**Subject:** Re: Ugliest Tour

Yes, surely it's critical, but not as much as in shorter triathlons where drafting is legal on the bike leg. They do tend to form groups of riders, "drafting" 10m from each other, so it's important to get out of the water with minimal delay.

The first thing you'll have to do once the Tour is over is recover a bit, then start working on refining your swimming technique: do you know a good instructor? Also, Schumi advises doing short triathlons to get used to swimming among many people...

Anyway, what do you think went wrong with the Tour now? Surely the stage in Areberg was a blow to motivation and the crashes too - did you just not care anymore at that point or was there something wrong in terms of legs/form as well?

S.

<div>

On Jul 25, 2010, at 1:10 PM, Lance Armstrong wrote:

I've had lots of advice and apparently the swim is super critical. If you lose minutes in the swim then the "peloton" leaves without you...

Sent from my iPhone

On Jul 25, 2010, at 1:08 PM, "Stefano Ferrari" [REDACTED] wrote:

Hehe, we don't love it though, because if we have to sue it always costs \$\$\$.

We'll see...  
I'm sending you the response in my next mail.

Schumi says we have to discuss and plan for the Ironman events, as it's no easy joke, of course. The main issue would be the running, we'll have to restart carefully and purposefully. Also check your swimming efficiency in open sea water.

But yea, he says it's possible! I say it's reaking cool...

S.

On Jul 25, 2010, at 12:27 PM, Lance Armstrong wrote:

I love it!!

Re: tri's.... Maybe ironman France in June then Hawaii?

Sent from my iPhone

On Jul 25, 2010, at 12:17 PM, "Stefano Ferrari"

wrote:

Well, Daniel Benson replied he'd be happy to see a letter but cannot promise printing it before he read it. We'll see, otherwise Schumi is thinking about suing cyclingnews, not Lemond. Because they agreed to publish false defamatory statements..

Yes, Schumi's followed a few Ironman guys... I remember Olivier Bernhardt.  
But the question is: when do you wanna do it? This October?

S.

On Jul 25, 2010, at 12:03 PM, Lance Armstrong wrote:

Are they going to post it???

Yes, let's do an ironman. Schumi now what to do there?

Sent from my iPhone

On Jul 25, 2010, at 11:09 AM, "Stefano Ferrari"

wrote:

HEY!!! I'm so so happy to hear from you!

Yes, why not! What do you wanna do and when?

I'm translating a nice letter from Schumi in response to Lemond's cyclingnews blog... just to clarify some things. I'll send you a draft as soon as I'm done.

S.

O= Jul 25, 2010, at 10:59  
AM, Lance Armstrong wrote:

Man, =o ugly...

So...triathlon?

Sent from my  
=Phone

On Jul 24, 2010,  
at 5:28  
PM, "Stefano  
Ferrari"  
=It: [REDACTED]

> =rote:

of  
the  
last  
20  
=ears  
!  
Pistol  
ero  
very  
slow  
today  
...  
Bah!

Any  
way,  
are  
you  
comi  
ng  
=own  
here  
for a  
few  
days  
or  
leave  
Euro  
pe  
imme  
diatel  
y?  
Hope  
=o  
see  
you  
once  
again

some  
day,  
man..

.  
Miss  
you  
alrea  
dy!

S.  
=/fon  
t>

=/div  
>

=

---

**From:** "Lance Armstrong" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** September 19, 2010 9:55 AM  
**Subject:** Re: Buon Compleanno!

Remember, I grew up a swimmer. 10k meters a day. Sometimes more.

We'll do the run test soon.

Weight is prob about 76-77 kilos. Have not been checking!

-----Original Message-----

**From:** Stefano Ferrari  
**To:** Lance Armstrong  
**Subject:** Re: Buon Compleanno!  
**Sent:** Sep 18, 2010 3:33 PM

Boss,

heh, that's very good! Surely in a few weeks, when you're more solid on the running, we could try to do a 5k or even 10k running test to see how you're progressing.

That swimming time is quick indeed... I see this going very well!

Well, I had no doubts...!

What's body weight at the moment?

S.

On Sep 18, 2010, at 9:44 PM, Lance Armstrong wrote:

>  
> I am just running easy for the moment. I do 10 mile runs at about 7  
> min pace. I suppose I could run a 10k in just under 35 now if I  
> wanted. Maybe quicker. Just trying to get back into it and not get  
> injured.  
>  
> Swimming is going well too. Swimming w/ a team. We swim yards here  
> in the states. 25 yd pool. Swimming pace - could prob do 10 x 100  
> yd on the 1:15 and 5 x 100 on the 1:10. Pretty quick.

>  
>  
>  
> ----- Original Message -----

> **From:** Stefano Ferrari [REDACTED]  
> **To:** Lance Armstrong  
> **Sent:** Sat Sep 18 13:19:42 2010  
> **Subject:** Re: Buon Compleanno!

>  
 > Hey!  
 >  
 > Cool, what pace/km are you running at now, approx...?  
 > You're still up for the IronMan?  
 >  
 > S.  
 >  
 >  
 > On Sep 18, 2010, at 7:03 PM, Lance Armstrong wrote:  
 >  
 >>  
 >> Grazie!  
 >>  
 >> All good. Been running and riding. And swimming!  
 >>  
 >>  
 >> ----- Original Message -----  
 >> From: Stefano Ferrari [REDACTED]  
 >> To: Lance Armstrong  
 >> Sent: Sat Sep 18 03:47:44 2010  
 >> Subject: Buon Compleanno!  
 >>  
 >> Hey L,  
 >>  
 >> happy birthday from everyone here!  
 >>  
 >> How are you?  
 >> S & family  
 >

```
<?xml version="0" encoding="TF-8"?>
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"http://www.apple.com/DTDs/PropertyList-1.0.dtd">
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<key>to</key>
<string>&lt;[REDACTED]></string>
```



</dict>  
</plist>

---

**From:** "fermi chit" [REDACTED]  
**To:** <stefano [REDACTED]>  
**Sent:** October 12, 2010 3:02 AM  
**Subject:** FW: Ironman

> From: [REDACTED]@livestrong.org  
> To: fermichit [REDACTED] <=r>> Subject: Re: Ironman  
> Date: Tue, 12 Oct 2010 03:05:29 =0000

>  
>  
> I watched it live on the internet. In=eresting race. I can swim 51 but the question is do I ride 5 mins faster a=d suffer on the run or ride w/ the other guys then risk it on the run. I d=n't think I can run faster than 2:50.

>  
> Also... I'm doi=g tour down under in january and tour of california in may.

> >  
> Jan - tour down unde=  
>  
> May 1 - St Croix tri (70.3)

>  
> May=tour of cali  
>  
> Late June - Ironman France

> >  
>  
> -----Original Message-----

> From: Michele Ferrari  
> To: Lance Armstrong  
>=3B Subject: RE: Ironman  
> Sent: Oct 11, 2010 3:03 AM  
> <=r>>

> I did not watch the race , because they did not show=on tv.But I know the results and split times.As you can see:

> - y=u must be able to swim faster than 55' : the group of favorites performed =round 52', and staying together on the bike ride.

> - the group =f favorites was able to ride around 40 km/h, corresponding on 280-300w=3B it is very expensive to go significantly faster.

> - the marath=n has been crucial, as always; the final GC is very closed, with a g=od level

> hearing you soon

>  
>  
>=3B

> -----  
> > Fr=m: [REDACTED]@livestrong.org  
> > To: fermichit [REDACTED]  
> =gt; Subject: Ironman  
> > Date: Sun, 10 Oct 2010 21:06:49 =0000

> >  
> >  
> > Did you watch it y=sterday?

>  
>  
>  
=

---

**From:** "[REDACTED] Admin" [REDACTED] >  
**To:** "Victor Hugo Peña" [REDACTED]  
**Sent:** November 28, 2007 4:20 PM  
**Subject:** Re: Information.  
Hi Victor,

I spoke with Michele and we thought that a way to be able to work with you is to send you the training program starting now via email, like every week or whenever it's necessary according to your racing calendar and training location.

Are you based in Europe or all the time in the USA now? Michele can also test you when it's possible to meet, while I'll keep all the correspondence with you regularly under his supervision.

The cost for a full season of training guidance is 5000 EUR. A test with Michele is between 200 and 300EUR, depending if he has to travel =far or out of Italy.

Let me know if this is doable for you,

All the best -

Stefano & Michele

On Nov 24, 2007, at 4:04 AM, Victor Hugo Peña wrote:

> Hi Stefano.  
>  
> I 'll be in Rock racing team is an new team and they want to do big => things.  
>  
> Thanks for your answer and I hope to can find a way to work.  
>  
> Victor.  
>  
>  
>> From: "[REDACTED] Admin" [REDACTED]  
>> To: Victor Hugo Peña [REDACTED]  
>> Subject: Re: Information.  
>> Date: Fri, 23 Nov 2007 18:39:52 +0100  
>>  
>> Hi Victor,  
>>  
>> I am Stefano, son of Michele.  
>> In what team are you going to race in USA?  
>>  
>> I'll forward your email to Michele and will come back to you as  
>> soon as possible,  
>>  
>> Thanks,  
>>

>> Stefano Ferrari

>>

>>

>>

>> On Nov 23, 2007, at 3:31 AM, Victor Hugo Peña wrote:

>>

>>> Hi

>>>

>>> My name is Victor Hugo Peña

>>>

>>> I has been pro for 10 years . I had the possibilty to work with

>>> Dr ferrari for some months when I was in U S Postal. That was

>>> amazing time . but for some reason he had to choose some guys

>>> and I was out from the selection.

>>>

>>> The situation know in the european cycling make me take another

>>> options and I will be for the next two years racing in america

>>> but i would like after that try again for one or two more years

>>> in europe..

>>>

>>> can I have your help for try to win california or georgia?

>>>

>>> I will wait your answer..

>>>

>>> Victor Hugo

>>>

>>>

---

>>> Charla con tus amigos en línea mediante MSN Messenger: [http://](http://messenger.latam.msn.com/)

>>> [messenger.latam.msn.com/](http://messenger.latam.msn.com/)

>>>

>>

>

>

---

> MSN Amor: busca tu ½ naranja <http://latam.msn.com/amor/>

>

```
<?xml version=.0" encoding=TF-8"?>
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```

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```

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```
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```

```
<key>sender</key>
```

```
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```

```
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```

```
<string>Re: Information.</string>
```

```
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<string>Victor Hugo PeÅ±a &lt;[REDACTED]&gt;</string>  
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</plist>
```