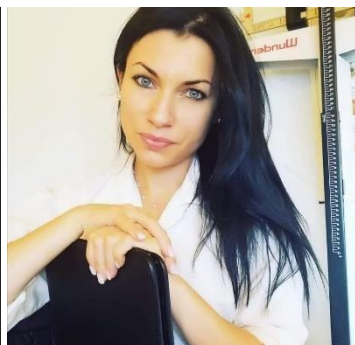


EUROPEAN  
CURRICULUM VITAE  
FORMAT



**PERSONAL INFORMATION**

Name

**LOMBARDI ERICA**

Address

Telephone

E-mail

Nationality

Date of birth

**WORK EXPERIENCE**

**2022 - Present**

Dietician at UAE TEAM ADQ,UCI Women's World Tour Team.

Participation to all Grand Tours: La Vuelta Feminina, Giro d'Italia Donne and member of the staff for Tour de France Femmes Avec Zwift. Participation as Dietician in many other races in the UCI World Tour calendar. Nutritional and Anthropometrical assessments. Personalized nutrition protocols for training and racing. Carbohydrate and other macronutrients calculations for training, team training camps, and each race. Menù elaboration, nutritional vademecum and nutrition and hydration strategy for each one-day race and stage race for athletes and staff (soigneurs). Organization and management of all meals of the day and food room. Sending of the menu to the chef of each hotel or team chef. Check and direct choice of quality of food. Choices of sport food protocol in collaboration with the team doctors. Constant collaboration with the team's coaches. Nutrition education for training and race UAE Development TEAM.

**2019-2022**

Dietician at ASTANA QAZAQSTAN TEAM, UCI World Tour Team and Development Team.

Participation to all Grand Tours: Giro d'Italia, Tour de France, Vuelta Espana and many other races in the UCI World Tour calendar. Nutritional and Anthropometrical assessments. Personalized nutrition protocols for training and racing. Carbohydrate and other macronutrients calculations for training, team training camps, and each race. Menù elaboration, nutritional vademecum and nutrition and hydration strategy for each one-day race and stage race for athletes and staff (soigneurs). Organization and management of all meals of the day and food room. Sending of the menu to the chef of each hotel or team chef. Check and direct choice of quality of food. Choices of sport food protocol in collaboration with the team doctors. Constant collaboration with the team's coaches.

**2018 - Present**

Lecturer at Sanis, School of Nutrition and Integration in Sport, Nutrition and Supplementation in Endurance Sports (Rome)

2019	Nutritional collaboration at NIPPO FANTINI FAIZANE', UCI Professional Team. Participation at 2019 Giro d'Italia in quality of dietician for the logistical organization of the meals and the nutrition and hydration strategy during the race stages
2018- present	Part of the "Dieticians Register" TSRM PSTRP Siena.
2015-2018	Dietician at GAZPROM RUSVELO, UCI Professional Team Participation at Giro d'Italia and many World Tour and national races.
2014	Intern at LEGA CICLISMO PROFESSIONISTICO PALAZZO CONI (FCI), Milan (Italy)
2009-2012	Dietician activity, member of the medical scientific staff, logistical nutrition organization, data collection for Project "GiroBio", cycling Giro d'Italia under 27 (medical scientific project for health safeguard); logistical nutrition organization for Italian stages of COPPA DELLE NAZIONI (since 2011)
2008-2022	Dietician freelance. Nutritional and Anthropometrical assessments. Elaboration of diets in collaboration with doctor for professional, youth categories and amateur individual athletes and team of different cycling discipline such as road cycling, track cycling, mountain bike, cross and handbike, and ultra cycling and running. Nutritional collaboration with professional athletes, particularly in cycling and track cycling who won medals and who obtained national podiums (Italian championships) , international (World & European championships), and Olympic games. Stage victories at Giro d'Italia, Tour de France, and Vuelta Espana; silver medal in team relay at Paralympic games (2012), gold medal at World Road Cycling Championship women elite 2021
2008-Present	Dietician freelance. Nutritional and Anthropometrical assessments Elaboration of diets in collaboration with doctors for athletes of different categories of endurance sport.
2006	Intern at DIPARTIMENTO DI SCIENZE E MEDICINA DELLO SPORT CONI, Rome (Italy)
<b>EDUCATION</b>	
2016-2017	Expert in Sport Nutrition certification at "SCUOLA di INTEGRAZIONE E NUTRIZIONE nello SPORT SANIS", Florence (Italy)
2015	MBA in Law and Management in Sport, Level 7 QEQ at LINK CAMPUS UNIVERSITY, Rome (Italy). Area of Organization of National and International Sport Events. Dissertation "The Role of the dietician in the sport activity"  Specialization course in Sport Nutrition at NUTRIMEDIFOR S.r.L, Florence (Italy)
2004-2008	Degree in Dietetic Sciences LEVEL 6 QEQ at UNIVERSITA' DEGLI STUDI DI SIENA, Viabanchi di Sotto 55, 53100 Siena (Italy). <a href="http://www.unisi.it">www.unisi.it</a> Score 110/110 with laude, dissertazione "The Diet of an elite marathon runner" in collaboration with the olympic champion Stefano Baldini.
2008-present	Update courses in Sport Nutrition and in other nutritional topics. 2016- 3 <sup>rd</sup> World Congress of Cycling Science Caen, France
2003	"Classic" College degree at Liceo Classico A.Poliziano (Montepulciano, Siena, Italy) Score 90/100

## PUBLICATIONS

E. Lombardi, L'intervento Dietistico nel Ciclista d'Elite; Rivista Italiana di Nutrizione e Metabolismo, Volume II, n°3, pag. 44, Settembre 2018.

A. Giorgi, M. Vicini, L. Pollastri, E. Lombardi, E. Magni, A. Andreazzoli, M. Orsini, M. Bonifazi, H. Lukaski & H. Gatterer (2018): Bioimpedance patterns and bioelectrical impedance vector analysis (BIVA) of road cyclists, Journal of Sports Sciences, DOI: 10.1080/02640414.2018.1470597

A. Giorgi, M. Vicini, L. Pollastri, E. Lombardi, M. Orsini, M. Bonifazi, H. Gatterer, Qualitative body composition of cyclists: bioimpedance vector analysis discriminates different categories of cyclists, Book of Abstract, 3rd World Congress of Cycling Science, 29 and 30 July 2016, Caen, France

Book chapter:

“Una Guida per chi Guida”, autore Marco Guidarini, 2013, presidente A.M.I. (Associazione Motociclisti Incolumi), capito 1.12 “Alimentarsi meglio” ▪ manuale tecnico F.C.I. “Obiettivi, tipologie e mezzi di allenamento nel ciclismo moderno”, autore Prof. Fabrizio Tacchino, 2012, (Ed. Calzetti - Mariucci) capitolo 12 “Cenni di alimentazione” ; ed. 2013 cap 11

## ACTIVITY AS LECTURER

2022 Coaching School Italian Cycling Federation (FCI). Diet and Supplementation course TA3 Coach International Categories (24/02/2022)

2019-2022 Sanis School of Nutrition and Supplementation in Sport, Nutrition and Supplementation in Endurance Sports

2018-2022 Course of improvement Nutrimedifor in various sport disciplines, Nutrition in Modern Cycling

2021 Diet and Hydration, course of improvement for sport touristic guide, School of Sport, Italian Cycling Federation (FCI) (1/11/2021)

2020 Stati generali della Nutrizione Sportiva (03/2020)

2019 National congress Asand “My experience as a travelling Dietician: team work with professional sport persons.

2019 “Training to Food” on behalf of the Regional School of CONI Sardinia

2018 XXII National Congress ADI “The Dietetic intervention with the professional cyclist” Bari, Italy

2018 Intervention of nutritional education project “Monitor 440-Sport Camp” School of Civitella Paganico Grosseto

2009 Professional Formation course “Employee to basic Assistance” Amlata area, plan of intervention for professionals in the province of Siena.

## PERSONAL SKILLS

Great relational and communication skills, developed thanks to the various experiences in sport teams. Great managerial competences and leadership acquired during the different experiences managing logistics and nutrition.

Good organizational and management of sporting events.

English Language: good comprehension, good writing and intermediate level of speaking.

## DIGITAL AND PROFESSIONAL COMPETENCES

Great ability in the use anthropometrical softwares as bioimpedentiometry, skinfold callipers.

Good ability in the use of "The Office" softwares (Microsoft Word, Excel and Powerpoint)

## ADDITIONAL INFORMATION

Italian Champion of Juniores road run, member of the National Italian Team during the World and European cross-country run championship (2002-2003); 4<sup>th</sup> Place in the International half marathon in Prague (2005).