



SAILING INTO THE FUTURE. TOGETHER

SKIPPER ALBERTO BONA GETS SET FOR THE ROUTE DU RHUM, THE FIRST STAGE OF THE IBSA GROUP'S PROJECT

- *Pharmaceutical company IBSA (Institut Biochimique SA) supports Alberto Bona and his team in the athletic preparation phase for the transatlantic solo race of next November 6, departing from Saint-Malo with destination the island of Guadeloupe.*
- *Pending the launch of the new Mach 5 – the Class40 specially designed for the Route du Rhum – Alberto Bona sets sail with IBSA, starting with the first regatta of the renowned solo championship “Championnat Figaro de France Elite de Course au large”, Figaro Beneteau class.*

Lugano (Switzerland), April 27, 2022 – With its skipper Alberto Bona, the [international project *Sailing into the Future. Together*](#) – which sees IBSA as the protagonist of a three-year enterprise launched last March, on the occasion of the 2022 edition of the *Sport for Nature Award* – has literally set sail.

“With the project Sailing into the Future. Together, we not only support Alberto Bona’s preparation and participation in the Route du Rhum ocean crossing but, as a company, we also metaphorically live sailing as an experience of life and courage, of travel in complete contact with nature and its power. We are committed to this project, which gives substance to IBSA’s Values and Pillars – Person, Innovation, Quality, Responsibility – in order to actively raise awareness of environmental and social sustainability, while promoting not only the respect for nature, but also inclusion and integration, paying greater attention to those who find themselves in difficult situations and social hardship, or live with a disability”, said **Giorgio Pisani, IBSA Vice President Southern Europe and Project Leader.**

Even [Alberto Bona’s story](#) is not only that of a navigator, but of a sportsman who becomes the spokesperson for a new awareness of environmental and social responsibility. His passion for sailing – born and cultivated from an early age, after a degree in philosophy – turned into a promising career, based on highly successful achievements. The last of these is the challenge that Alberto is preparing to face through an intense physical and mental training path, which will lead him to sail solo on the waters of the [Route du Rhum](#), one of the most prestigious and followed transatlantic regattas, departing next **November 6** from Saint-Malo with destination the island of Guadeloupe.

To face this challenge, a team with consolidated experience escorts Bona in his athletic training, on land even before at sea. Alberto’s athletic trainer is [Andrea Madaffari](#), a veteran of the sector who, among his numerous successes, boasts two victories at the world championships, in 1989 and 1991, and four participations in the America’s Cup, three as an athletic trainer and two as a grinder. He has also been athletic trainer of the national sailing Olympic team, which he coached throughout the 4-year campaign, up to the 1996 Atlanta Games, and today he has devoted himself full time to the preparation of athletes.

“Many people cannot imagine what’s behind the preparation of a sailor: from bulb-less dinghies – that have a good chance of capsizing (in which cases athletes need specific preparation) – through bigger boats with larger crews”, explained **Madaffari**, *“to vessels with the latest generation foils to, finally, crafts like those used by Alberto, born and designed for high performance over time and with a*



*technically structured manoeuvrability, to allow a single sailor to operate even in extreme conditions. Generally, sailors are pullers (“haulers”), so **much of their activity is aimed at pulling, hauling in and sheeting with more strength, more ability, more stamina and more health.** As for offshore sailing (Alberto’s category), this is an activity that alternates periods of high manoeuvring intensity with periods of relatively less intensity, with the need, at certain times, to have a lot of power, both aerobic and muscular, for example during a change of sails. Alberto must try to have the best possible level of fitness and health before setting off. Preparation, in this case, will be aimed not only at pursuing performance during the race, but also at raising his general fitness level and making sure that, when he leaves for competitions lasting many days, his level of health is excellent”, concluded Madaffari.*

Alberto’s training is a **combination of alternating aerobic and muscular activities**. The choice is to use **small strengthening tools to improve his strength**. By mutual agreement with his trainer, who also values mental and psychological pleasure, the skipper trains freely, at home, or wherever he is, thus not having to resort to a gym. Much of his activity is dedicated to **alternating strength with aerobic running activity**, seeking capacity and power.

Each week, Alberto Bona addresses every aspect of his preparation also with [Sidney Gavignet](#), a guide who will help him to make the most of his potential. For 35 years Sidney – who boasts a participation in the America’s Cup, 4 world tours and 35 transats – has lived off sea races. Today he is using his experience of ocean racing to contribute to a better use of athletes’ individual potential, and he will be Alberto’s Technical Manager, mental trainer and coach.

*“A regatta is related to the sporting factor, but it is also a marathon... the whole project is. The boat is not in the water yet, but we have already been working for two months, and many are the goals to be achieved. The first was to form a team of which **Sidney Gavignet** was the first member. I met him last year during a summer regatta – a European Championship in the Mediterranean – and I chose him to accompany me in the preparation of this project, because he is a great navigator, with a vast experience. I am talking about a “project” – and not just a “regatta” – because being at the centre of this pathway does not mean being just a skipper and racing at sea; there is much more. We have chosen an all-round approach, imagining that many small objectives to be achieved will lead us to get to the race while being aware of having reached many small goals, having obtained many small victories”, explained **Alberto Bona**.*

IBSA and the entire team supported Alberto on the occasion of the **first solo regatta of the “Championnat Figaro de France Elite de Course au large”**, Figaro Beneteau class. The skipper participated in the race on April 19, setting the sails of a Figaro 3 while waiting for the launch of [Mach 5](#), the innovative Class40 boat specially designed by Sam Manuard, and produced by the JPS Production shipyard, on board of which he will start the *Route du Rhum*.

All the stages of the project *Sailing into the Future. Together* are being narrated on the **new website www.ibsasailing.com**, also available in Italian and French, with pictures, videos and news on IBSA’s social responsibility initiatives and on skipper Alberto Bona’s journey, his preparation for the *Route du Rhum*, the team and the new boat.



IBSA

IBSA (Institut Biochimique SA) is a multinational pharmaceutical Swiss Company, founded in 1945 in Lugano. Today, its products are present in over 90 Countries on 5 continents, through the Company's 16 subsidiaries located in Europe, China and the United States. The company has a consolidated turnover of over 700 million Swiss francs, and employs 2,000 people between headquarters, subsidiaries and production sites. IBSA holds 90 families of approved patents and others in development, as well as a vast portfolio of products, covering 10 therapeutic areas: reproductive medicine, endocrinology, pain and inflammation, osteoarticular, aesthetic medicine, dermatology, uro-gynaecology, cardio-metabolic, respiratory, consumer health. It is also one of the four largest operators worldwide in the area of Reproductive Medicine, and one of the world's leaders in hyaluronic acid-based products. IBSA has based its philosophy on 4 pillars: Person, Innovation, Quality and Responsibility.

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