



MEDIA PACK



OUR GOALS

PUSHING THE BOUNDARIES

Skipper Oliver Heer aims to be the leading non-foiling IMOCA 60 to complete the 2024 Vendée Globe, and longer-term his sights are firmly set on an overall win.

He will **push the boundaries of human performance**, as well as science and technology in the race to understand and **tackle climate change** and drive improved **sustainability**, whilst simultaneously maintaining carbon neutrality.

Oliver Heer Ocean Racing are the **first ever Swiss-German offshore racing team** to compete in the French-dominated Vendée Globe.



Competing in the Vendée Globe is the ultimate challenge and has always been my ambition since I was a child. Having worked and competed alongside the best in this sport, I am confident that we have built a worthy campaign.

OLIVER HEER



MEDIA CONTACTS



Sharon Hayward
Head of Communications

e: communications@oliverheer.com
t: +44 7787 410 123



Theresa Heer
Operations Director

e: marketing@oliverheer.com
t: +44 7779 596 275

SOCIAL CONTACTS



Facebook
Oliver Heer Ocean Racing



Instagram
Oliver Heer Ocean Racing



YouTube
Oliver Heer Ocean Racing



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WHY THE VENDÉE GLOBE

PUSHING THE BOUNDARIES

The Vendée Globe is considered one of the toughest quests of individual endurance and the ultimate test in Ocean Racing. At over 25,000 miles, it takes about 80 days to complete.

Over the 9 previous editions of the race, which takes place **every 4 years**, only just over half (56%) of the boats who start complete the race. Only **114 people have completed** the race in total, and it has only ever been won by a Frenchman.



12

people have walked on the moon



114

people have completed The Vendée Globe



199

have completed any non-stop solo circumnavigation event



622

people reached orbit in space



2,640

billionaires in the world (as at 2023)



5,460

people have won a Summer Olympic gold medal (all disciplines, all countries)

6,338

people have summited Everest



THE SKIPPER

OLIVER HEER "OLLIE"

Oliver Heer is a young and ambitious sailor who has worked his way up from youth dinghies to corporate sailing to professional offshore racing skipper through a combination of hard work and sailing talent.

Ollie grew up in Switzerland at the Lake of Zurich where he was taught to sail by his father, a keen amateur. At a young age he started to compete on a national level and gained valuable experience racing in international dinghy regattas across Europe.

Aged 23, Ollie completed his **Bachelors degree in International Business Studies** in Switzerland and Taiwan and was soon invited to crew with the TP52 and later that season won the King's Cup in Thailand.

Following the untimely death of his father in 2014, aged just 53, Ollie decided that a traditional corporate career wasn't for him, and moved to the South Coast of the UK to get a foothold in the sailing industry. After gaining his **Ocean Yachtmaster ticket**, he started to skipper regularly in local regattas and RORC races and **won several events** with amateur sailing crew on board.

Ollie is fluent in both English & German

In 2014, Ollie gained his **Ocean Yachtmaster** then became **boat captain on several 40-60ft yachts**, competing at events in the UK, Mediterranean and the Caribbean.

In 2018, he joined **Alex Thomson** onboard the **IMOCA 60 HUGO BOSS**, and was promoted to Boat Captain soon after. In 2021, Alex and Ollie co-skippered in the double-handed Rolex Fastnet Race which was also Ollie's debut in the IMOCA Globe Series.





OLLIE'S ACHIEVEMENTS

- 2023** **3RD FASTEST** non-foiling IMOCA in Rolex Fastnet race
- 2022** **1ST SWISS-GERMAN** to ever qualify for the Vendée Globe
- 2022** Route Du Rhum solo **FINISHER**
- 2022** **FASTEST** non-foiling IMOCA in Le Défi Azimut Speed runs
- 2021** **CO-SKIPPER** of Hugo Boss in the Rolex Fastnet Race with Alex Thomson
- 2018** **OVERALL WINNER** of the Sevenstar Round Britain & Ireland race



20 YEARS

INTERNATIONAL SAILING



120,000

MILES SAILED



12

TRANSATLANTIC CROSSINGS



2

WORLD RECORDS

EMERGING TALENT

TESTIMONIAL

W

I've worked and sailed with Ollie for over 4 years, and he is not only a very talented offshore sailor he also displays the main qualities a Vendée Globe skipper needs: resilience, tenacity and determination, and an ability to communicate. I have no doubt he's got what it takes.

ALEX THOMSON
HUGO BOSS SAILING



OUR CO-SKIPPER

NILS PALMIERI

Nils Palmieri was born in Montreux, Switzerland. At the age of 7, he was already passionate about outdoor sports. He enrolled in a sailing school, and that's when the feeling of freedom came. Sailing his Optimist, he quickly turned to competition, joining the Swiss junior team and taking part in three Junior World championships.

Once his Optimist years were over, Nils tried his hand at the 420 (double-handed dinghy) for two years, before moving on to the 470 (double-handed dinghy), then turned to another outdoor sport, triathlon.

At the age of 22, he returned to sailing by joining the **Centre d'Entraînement à la Régate in Geneva**. He then took part in **4 Tour de France à la Voile** races, while also sailing on the D35 Real-Team. These were his first years as a professional sailor.

In 2012, the call of the open sea was felt. Nils applied to take the helm of the Mini 6.50 TeamWork, but without success. Two years later, Philippe Rey-Gorrez, the CEO of TeamWork called him back and offered him the helm of the **M2 TeamWork**, a 28-foot catamaran (approximately 8.5 metres) catamaran, sailed by a crew of 4. The M2 class is the second division of the competition on Lake Geneva. He held this helming position for 6 years.

In the meantime, he steered **Bertrand Delesne's Class 40 back from the Route du Rhum 2014**, and finished 5th in the **2015 Transat Jacques Vabre** in the Class 40 category, again with Bertrand.

In 2019, Nils was chosen to take over the helm of the **Figaro Bénéteau 3 TeamWork** from Justine Mettraux.

He scored the greatest victory of his career in 2021, **winning the Transat double-handed race with Julien Villion**. In 2022, he established himself as one of the contenders for in the legendary Solitaire du Figaro, finishing 6th and the first foreigner to do so.





NILS'S ACHIEVEMENTS

2023 **WINNER** SUI Sailing Awards

2022 **WINNER** Male Sailor of the Year Awards

2022 **WINNER** Super Combativity Award, Solitaire du Figaro

2022 **6TH** Solo La Solitaire du Figaro

2021 **7TH** Solo Maître Coq

2021 **1ST** Transat Concarneau with Julien Villion, Saint Barthélémy

2019 **12TH** World Championship Class A

2017 **1ST** M2 Speed Tour

2015 **1ST** M2 Speed Tour

2015 **5TH** Transat Jacques Vabre, Class 40 with Bertrand Delesne

2012 **5TH** Tour de France à la Voile - M34 (1st Amateur)

2012 **1ST** Bol d'Or Real-Team

2012 **1ST** D35 Trophy - D35 Real-Team

THE BOAT

THE IMOCA 60

The Vendée Globe is open to all boats who meet the criteria of the Open 60 class. This means that the boats are not identical, but selected parameters such as overall length, draught, stability and certain safety features must meet very specific criteria.

As a result, the IMOCA 60s have often been at the forefront of experimental yacht design. The latest generations feature foils, which enable yachts to lift up higher out of the water, reducing displacement and enabling much higher boat speeds to be achieved.

However, foils are not advantageous in all wind and sea conditions, which has resulted in a fascinating competition between these two design approaches.

Ollie's boat, the Farr Designed 2007 IMOCA 60 'Gitana 80', is a non-foiling, dagger-board construction. It has seen a host of skippers at the helm, including Jean Le Cam, Fabrice Amedeo and Romain Attanasio.

It's non-foiling and solid, so is the perfect boat for Ollie's first Vendée Globe.

NAME

Gitana 80

LENGTH

18.28m / 59.97ft

BEAM

5.80m / 19.02ft

DRAUGHT

4.50m / 14.76ft

MAST HEIGHT

29m / 95.14ft

FULL SAIL

620m / 2034.12ft

RUDDER

Twin rudder

DESIGN

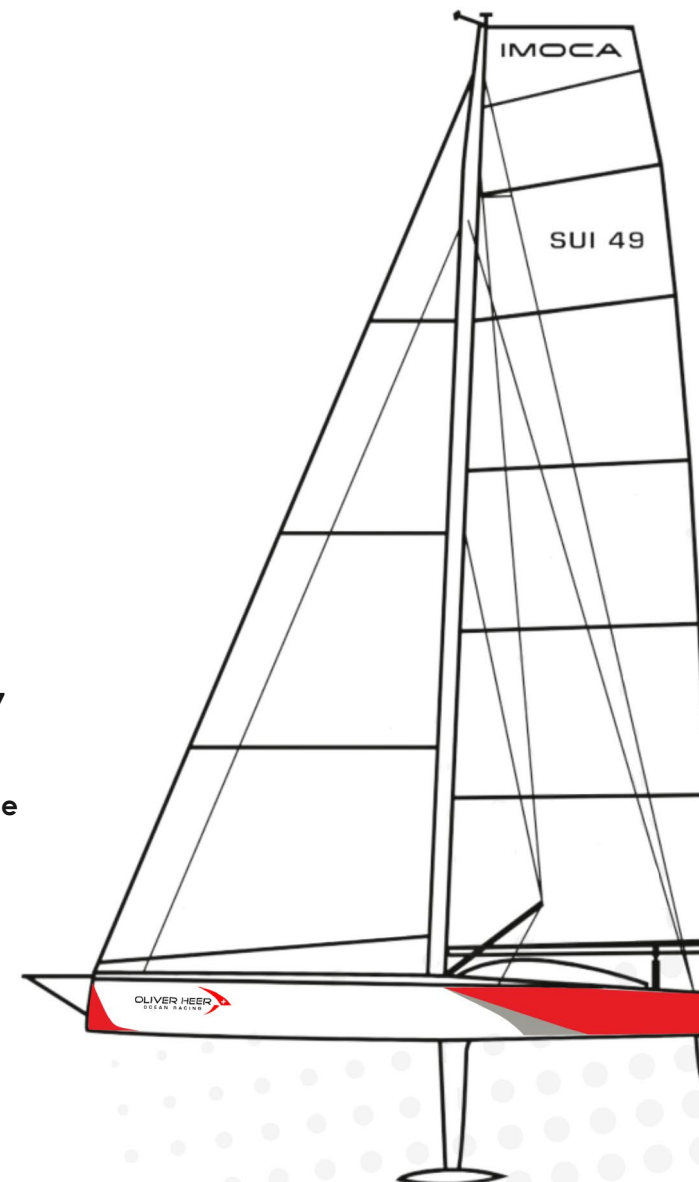
Farr Yacht Design

BUILT

New Zealand, 2007

BERTHED

Port La Forêt, France






THE CAMPAIGN

TIMELINE

The Oliver Heer Ocean Racing Campaign spans several years. Whilst training and preparing for the ultimate human endurance challenge, the Vendée Globe Race, the team also aim to push the boundaries of technology and science to help promote positive climate action and sustainability.



THE RACES

RACE	START - DESTINATION	DISTANCE	CREW	DURATION	START DATE
LE DÉFI AZIMUT	+ LORIENT, FRANCE - LORIENT, FRANCE	> 500NM	 x5	 5 DAYS	 19 SEPTEMBER 2023
TRANSAT JACQUES VABRE	+ LE HAVRE, FRANCE - MARTINIQUE	> 5,400NM	 x2	 14-17 DAYS	 29 OCTOBER 2023
RETOUR À LA BASE	+ MARTINIQUE – LORIENT, FRANCE	> 3,500NM	 x1	 10-14 DAYS	 26 NOVEMBER 2023
TRANSACT CIC	+ LORIENT, FRANCE – NEW YORK, US	> 3,000NM	 x1	 9-12 DAYS	 28 APRIL 2024
NEW YORK VENDÉE	+ NEW YORK, US – LES SABLES D'OLONNE, FRANCE	> 3,600NM	 x1	 10-14 DAYS	 29 MAY 2024
THE VENDÉE GLOBE	+ LES SABLES D'OLONNE, FRANCE - CIRCUMNAVIGATION	> 24,000NM	 x1	 80-90 DAYS	 10 NOVEMBER 2024

LE DÉFI AZIMUT

📅 19 SEPTEMBER 2023

📍 LORIENT, FRANCE

👤 X5 CREW

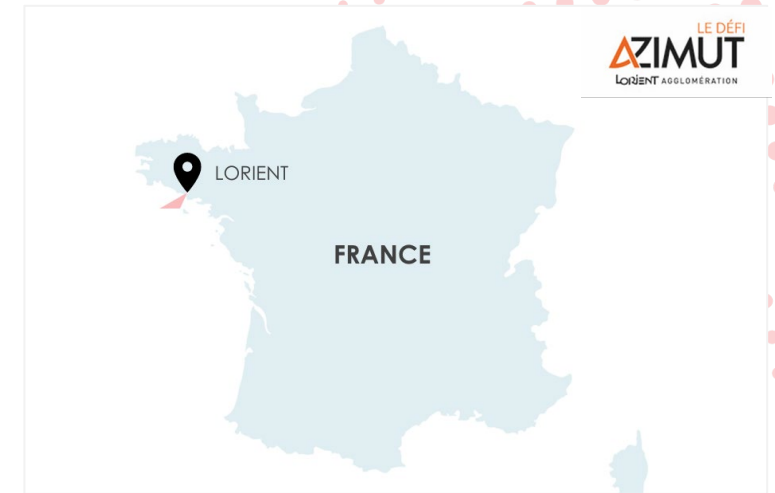
www.defi-azimut.net; @defiazimut

Le Défi Azimut is a showcase regatta designed to put teams through their paces with different events:

SPEED RUN: The first event is a speed run in which teams attempt to post the fastest time over a one-mile course.

48 HOUR OFFSHORE COURSE: The second event is the longest, a 48-hour, 500-mile offshore course aimed at replicating some of the varied conditions these boats might encounter when racing longer events.

FLEET RACE: A fleet race around the Île de Groix concludes the showcase. In last year's Tour de Groix Oliver Heer finished third, just 27 seconds behind the leader.



TRANSAT JACQUES VABRE

📅 29 OCTOBER 2023

📍 LE HAVRE, FRANCE - MARTINIQUE

👤 X2 CREW

www.transatjacquesvabre.org; @transatjacquesvabre

The Transat Jacques Vabre (TJV) is the longest double-handed transatlantic race, taking place every two years. It begins in Le Havre, France and finishes approximately two-weeks later, in Martinique.


The offshore race spans 5,400 miles across the Atlantic, following the historic coffee trading route between France and Brazil. It is named after (and sponsored by) a French brand of coffee.

The event is open to multihulls and monohulls from the following classes: Ultims (multihulls between 70 and 105 feet), IMOCA (60 feet monohulls), Multi 50 and Class 40.



RETOUR À LA BASE

 26 NOVEMBER 2023

 MARTINIQUE – LORIENT, FRANCE


 X1 CREW

www.retouralabase.com; [@retouralabase](https://twitter.com/retouralabase)

TRANSACT CIC

 28 APRIL 2024

 LORIENT, FRANCE –
NEW YORK, US

 X1 CREW

www.thetransat.com; [@the_transat_cic](https://twitter.com/the_transat_cic)

This 3500-mile race is a singlehanded event that forms part of the IMOCA Globe Series Championship, where it will serve as a qualifier for the Vendée Globe 2024.

A start line set to the north of the island will be open for a few days from 26 November so that each participant can set sail whenever they like which adds an interesting strategic element. The stopwatch will be activated as the boat crosses the start line and stop upon their passage of the finish line at the entrance to the port of Lorient.



NEW YORK VENDÉE

 29 MAY 2024

 NEW YORK, US – LES SABLES D'OLONNE, FRANCE

 X1 CREW

www.newyorkvendee.org

THE VENDÉE GLOBE

 10 NOVEMBER 2024

 LES SABLES D'OLONNE, FRANCE

 X1 CREW

www.vendeeglobe.org; [@vendeeglobe](https://twitter.com/vendeeglobe)

This single-handed yacht race crosses the Northern Atlantic between two iconic cities: New York and Les Sables d'Olonne. New York is a cosmopolitan crossroad of influences, as well as the cradle of the IMOCA Class, and the arrival in Les Sables d'Olonne means landing in the Old Continent after days or weeks of harsh conditions.

2024 is only the second edition of the race, and as the final event in the IMOCA Globe Series it provides an excellent opportunity for skippers to complete a solo transatlantic crossing in preparation for embarking on the Vendée Globe.



The Vendée Globe is a single-handed (solo) non-stop round the world yacht race. It is considered an extreme quest of individual endurance and the ultimate test in ocean racing.

The race starts and finishes in Les Sables-d'Olonne, in the Département of Vendée, in France. The course is essentially a circumnavigation along the clipper route: down the Atlantic Ocean to the Cape of Good Hope; then clockwise around Antarctica, keeping Cape Leeuwin and Cape Horn to port; then back to Les Sables d'Olonne. The race generally covers approximately 24,000 nautical miles (44,000 km) and runs from November to February, timed to place the competitors in the Southern Ocean during the austral summer.



PUSHING THE BOUNDARIES

HUMAN ENDURANCE

PHYSICAL PREPARATION

Ocean racing is incredibly physically demanding. Like all endurance sports, an overall level of fitness is required in addition to sport-specific strength. The added challenge of moving around a heeling yacht requires excellent mobility and balance too.

Ollie works with a personal trainer and follows a regime of strength and conditioning sessions combined with cardio training – all of which intensifies ahead of each major race.

MENTAL PREPARATION

In solo racing, mental preparation is equally as important. During the Vendée Globe itself, Ollie will be **alone** for almost 4 months, and he needs to be well prepared to deal with the prolonged isolation. In addition, he needs to be able to make sound decisions in **challenging and potentially dangerous situations**, remain calm and positive in the face of setbacks, and stay motivated and focused 24 hours a day.

Since the beginning of the campaign, Ollie has been working with one of the best and most renowned mental performance coaches, **Dr Wolfgang Jenewein** to develop psychological tools and techniques for use prior to, and during the Vendée Globe race.



NUTRITION & HEALTH

Sailing is extremely active and physical - every day of the race Ollie will be moving about the boat, **manoeuvring sails which weigh up to 100kg** – and more when wet - and using the grinder to hoist or drop sails. This burns a huge amount of energy, and Ollie will need to consume approximately **6,500 calories per day** to maintain energy levels.

On board, Ollie's yacht is equipped with just a **single jet-boil stove, one thermos cup and one spoon**. With such limited facilities, Ollie will rely almost entirely on pre-prepared, vacuum-packed meals which are specifically designed for sports nutrition. High in calories and essential nutrients, they can either be consumed cold or quickly heated and are eaten straight from the packet.

In addition, many studies have shown significant performance decline with just a 2% decrease in hydration level, so Ollie will need **hydration strategies** to maintain optimum performance over prolonged periods of racing. It is impossible to carry enough fresh water on longer races, so Ollie's boat is also equipped with a water maker.



Burgerstein Vitamine

Burgerstein Vitamine, one of Ollie's key partners has created a **bespoke fully-natural vitamin supplement for Ollie to take whilst racing**. It's designed to provide all the essential minerals based on Ollie's unique biology and microbiome. **Please note – this is a natural vitamin supplement, not a performance enhancing chemical supplement.**

SLEEP

One of the biggest challenges of solo sailing is **managing sleep**. Whilst sleeping, sailors miss the opportunity to respond to changes in wind and weather, which can result in underperformance. However, staying awake too long results in fatigue and **impairs decision making ability** which can also impact performance.

Ollie will usually stay awake for the first 48 hours or so, and then grab 20-40 minutes of sleep every 2 to 4 hours, enabling him to maintain awareness of the weather, boat conditions and competitors.

One of the key challenges that Ollie faces is managing himself, and forcing himself to sleep even when he doesn't want to.

DURING THE VENDÉE GLOBE...

1,000+

calories burned by Ollie in an hour when sailing

48 

hours without sleep at the beginning

10 

kilos in weight lost during the race

20 - 40

minutes of sleep every 2-4 hours

100 

kilograms of headsail to be manoeuvred

250

vacuum-packs consumed

1 

jet-boil stove, cup & spoon

SUSTAINABILITY

OUR THREE PILLARS

CARBON-NEUTRAL

The entire Vendée Globe campaign will be carried out in a **climate-neutral** manner. To achieve our goal to **deliver a carbon neutral campaign** in 2024, ClimatePartner, a leading solution provider for climate action, will help us calculate and reduce emissions generated by our campaign and compensate unabated emissions through internationally recognised carbon offset projects.

ENVIRONMENTAL DATA COLLECTION

Using a state-of-the-art sensor, Oliver will **collect valuable ocean data and make it available to science**. The Swiss Polar Institute have installed cutting-edge scientific equipment onboard our IMOCA to carry out a robust and innovative data collection campaign during both the training and racing phases of the Vendée Globe challenge between 2023 and 2025.

SUSTAINABLE TECHNOLOGIES

The ship will be used to test and promote renewable technologies. We aim to leverage our boat and campaign as a "Floating R&D Lab" to develop, test and promote sustainable technologies.



WHAT WE WILL MEASURE

A lot of CO₂ enters our oceans via the Southern Ocean, so our Vendée Globe campaign will help to increase scientific knowledge by providing crucial data that measures the following:

CO₂ CONCENTRATION

How much carbon the ocean is taking on



CHLOROPHYLL

How much biology is in the ocean, like algae, it's growth rates and CO₂ intake

TEMPERATURE

Long-term shifts in temperature and weather patterns



ATMOSPHERIC PRESSURE

How increases in CO₂ may affect pressure and gravity

SALINITY

Chemistry of natural waters and the biological processes within them



OUR PARTNERS

Oliver Heer Ocean Racing couldn't exist without the support of generous sponsors, partners and an impressive team of experts providing coaching and support. All of whom know that Ollie has what it takes and are committed to supporting him on this journey.

FINANCIAL PARTNERS



For over 50 years Burgerstein Vitamine has developed and offered a diverse, wide range of high-quality products with vitamins, minerals, trace elements, phytochemicals and probiotics.

www.burgerstein.ch



A family-owned luxury yacht yard in Meilen, Portier Yachts was founded in 1815 and is now run by the 7th generation. They have a reputation as probably the most versatile full-service yacht shipyard in Switzerland.

www.portier-yachts.com

PRODUCT PARTNERS

HENRI-LLOYD

Henri-Lloyd is committed to sailing and safeguarding our oceans. For over six decades they have been the clothing choice for many of the greatest pioneers, explorers and sailors.

www.henrilloyd.com



Herens Quality Asset Management is a Switzerland-based asset manager providing customised investment solutions for institutional and private investors.

www.hqam.ch



With offices in Switzerland, London and Madrid, MLL Legal advises in all areas of business law and private affairs, standing out for first-class industry expertise in technical-innovative areas, and regulated industries.

www.mll-legal.com

SUSTAINABILITY PARTNERS



ClimatePartner is a market-leading enabler of corporate climate action and will help to calculate and reduce the campaign's carbon emissions and offset any of the team's unavoidable emissions.

www.climatepartner.com

SWISS POLAR INSTITUTE

The Swiss Polar Institute (SPI) was created to provide services to and promote synergies within the polar community in Switzerland and developing or accessing national and international initiatives.

www.swisspolar.ch

OUR TEAM

EXPERIENCE & EXPERTISE



OLIVER HEER
CEO & SKIPPER



THERESA HEER
OPERATIONS DIRECTOR



SHARON HAYWARD
COMMUNICATIONS



MARCUS HUTCHINSON
TECHNICAL TEAM MANAGER



NILS PALMIERI
CO-SKIPPER



DAVID LE DROIT
BOAT CAPTAIN



JON SOUSIK
BOAT CREW



ARISTIDE ZIROS
BOAT CREW

TECHNICAL EXPERTISE



HIRSLANDEN
HEALTH MONITORING



DAVE DOLLÉ
PERSONAL FITNESS COACH



BURGERSTEIN VITAMINE
WELLBEING



CHRISTOF MANNHART
NUTRITIONIST



DR WOLFGANG JENEWEIN
MENTAL PERFORMANCE COACH



LIBBY GREENHALGH
WEATHER & NAVIGATION COACH

JOIN US ON OUR JOURNEY

#RACEFORCHANGE

For all media and PR queries, please contact communications@oliverheer.com

There are many exciting developments taking place across Oliver Heer Ocean Racing as we gear up for the Vendée Globe in 2024. To keep up-to-date with our latest news, please refer to our media page on our [website](#).

Our full logo library can be accessed [here](#).

Our full image library can be accessed [here](#).

Company Information:

Oliver Heer Ocean Racing is a professional offshore sailing campaign

Address: Oliver Heer Ocean Racing AG, Spluegenstrasse 9, 8002 Zurich

www.oliverheer.com | communications@oliverheer.com

