

Introducing myself - cv



Cycling: more than a
passion, a life choice !

- **Isabel Fernandes**

- Born in Lisbon, 17/05/1970
- Portuguese
- Live in Lisbon, Portugal

- Regulations, Technical & Safety expert
- UCI Safety Manager Certificate
- Technical translator
- Eurosport cycling commentator
- Events organiser expert
- Professional Training instructor

- **38 years of experience in Cycling (all disciplines)**

- Commissaire during 32 years, 23 of which UCI Road Commissaire & 8 UCI MTB Commissaire
- Events Organiser including Olympic and Paralympic Games & several World and Continental Championships
- 3 years working on road races's scenarios (incidents) and their solutions (Olympics)
- Wide experience in Europe, Latin America and Africa
- Cycling TV commentator
- Cycling Instructor (Commissaires, Organisers, Race convoy elements, Police....)
- Cycling Technical Translator
- Co-Author of several Cycling Guides

STUDIES

Languages & Translation

Languages & Translation		
Course	Entity	Place/Date
Superior Translation Course (English & French) – Graduation	ISLA – Instituto Superior de Línguas e Administração	Lisboa – 1994
Spanish Language Course – Complementary to the Graduation	ISLA – Instituto Superior de Línguas e Administração	Lisboa – 1994
High Level Diploma of Spanish as a foreign language DELE	Ministry of Education, Culture and Sports of Spain / Cervantes Institute	Lisboa – 2002
Spanish Translation Course	Cervantes Institute	Lisboa – 2003
Italian Language Course	Italian Institute of Culture	Lisboa – (not completed)

STUDIES

Pedagogical & Mental Training

Pedagogical & Mental Trainings		
Course	Entity	Place/Date
Certificate of Pedagogical Trainer (CAP) nº EDF 31735/2003 DL	Institute of Employment and Professional Training of Portugal	Since 2003
Course of Pedagogical Trainer	CECOA	Lisboa – 2002
Pedagogical games in training	CECOA	Lisboa – 2007
Course: Learning evaluation in training	CECOA	Lisboa – 2009
Course : Pedagogical leadership	CECOA	Lisboa – 2009
Course: Conflicts management in training	CECOA	Lisboa – 2010
Conference: Creativity & Emotional Intelligence – a pedagogical experience with <i>Fado in training</i>	CECOA	Lisboa – 2010
Conference: Successful presentations – a pedagogical experience with <i>Flamenco in training</i>	CECOA	Lisboa – 2010
Course: Sport Coaching & Mental Training – Basic level	Coaching Desportivo	Porto – 2018
Course: Sport Coaching & Mental Training – Advanced level	Coaching Desportivo	Lisboa – 2018
Course: NLP (Neurolinguistic programming) Starter level	InPNL	Coimbra – 2018
Training: Advanced Training of Emotional Intelligence – Advanced level	Treino Inteligência Emocional	Lisboa 2018
Training: “Resilience with Emotional Intelligence”	Treino Inteligência Emocional	Lisboa 2019
Course: NLP in Sport context – Masterclass	Coaching Desportivo & Ownrising	Porto 2019
Workshop: Conflicts Management Course: Emotions Management Course: Conflicts Management	Treino Inteligência Emocional Academia QE Academia QE	Lisboa 2020 E-Learning 2022 E-Learning 2022

CYCLING

Commissaire Trainings International Level

Commissaire Trainings (International Level)		
International Commissaire Courses		
UCI International Road Commissaire	UCI	Algarve (POR) – 1998
UCI International MTB Commissaire	UCI	Aigle (SUI) – 2006
UCI Trainers Courses		
UCI Trainer of National Commissaires	UCI	Aigle (SUI) – 2008
UCI Instructors Seminar	UCI	Aigle (SUI) – 2013
UCI Facilitator Training Course	UCI	Budapest (HUN) – 2017
Psychological Training Course		
Behavioral & Psychological Training for UCI International Commissaires	UCI	Aigle (SUI) – 2011
Seminars		
UCI International Road Commissaires Seminar	UCI	Aigle (SUI) – 2002
UCI International MTB Commissaires Seminar	UCI	Aigle (SUI) – 2011
Commissaires Training Seminar	RFEC (ESP)	Bilbao (ESP) – 2016

CYCLING

Commissaire Trainings National Level

(1)

Commissaire Trainings (National level)		
Commissaire Courses		
Regional Commissaire	Lisbon Cycling Association (ACL)	Lisboa – 1988
National Commissaire	Portuguese Cycling Federation (FPC)	Algarve – 1993
Specialization Commissaires' Courses		
MTB Commissaire	FPC	Lisboa – 1995
Specialization course for Finish Line Judge	FPC	Lisboa – 2005
Specialization course for Motorbike Commissaire	FPC	Rio Maior – 2007
Mini-Training for Track Commissaires	FPC	Anadia – 2009
Specialization course for Track Commissaires	FPC	Rio Mouro + Anadia – 2009
Course of Introduction to Indoor Cycling	FPC	Tavira – 2009
Commissaires Updating Seminar: Trial (practicing)	FPC	Lisboa – 2010
Commissaires Updating Seminar: Ciclocross	FPC	Lisboa – 2011
Specialization course for Trial Commissaires	FPC	Guimarães – 2011
Commissaires Updating Seminar: Paracycling	FPC	Lisboa – 2012
Bike & equipment check Workshop	FPC	Sangalhos – 2012
FPC Trainers Commissaires' Courses		
Commissaires Instructors Course	FPC	Vimeiro – 1998

CYCLING

Commissaire Trainings National Level (2)

Commissaires' Psychological Training		
Commissaires Psychological Training (part 1)	FPC / Dr. João Nuno Pacheco	Lisboa – 2005
Commissaires Psychological Training (part 2)	FPC / Dr. Jorge Silvério	Lisboa – 2006
Introduction to the Psychological Preparation (Commissaires' National Course)	FPC / Dr. Ricardo Porém	Rio Maior – 2010
Commissaires Psychological Training (Part 1)	FPC / Dr. Ricardo Porém	Lisboa – 2012
Commissaires Psychological Training (Part 2)	FPC / Dr. Ricardo Porém	Lisboa – 2013
Introduction to the Psychological Preparation (Commissaires' National Course)	FPC / Dr. Rolando Andrade	Vimeiro – 2019
Updating Commissaires' Seminars		
Commissaires Updating Course	FPC	1995, 2002, 2003, 2004, 2005, 2006, 2008, 2009, 2010, 2011, 2012, 2013, 2017, 2018, 2019, 2020
Commissaires Seminar: - Lidership & Race management - Motorbike commissaire: Race management	FPC	Lisboa – 2017
Others		
National Meeting of Cycling Referees	FPC & National Association of Cycling Referees (ANAC)	Rio Maior – 2007
Cycling Referees in Portugal Congress	FPC	Anadia – 2017

CYCLING & SPORT

Other Trainings

Cycling Coach Trainings		
Coach level 1	Spanish Cycling Federation	Vigo (ESP) – 1992
Coach level 2	Spanish Cycling Federation	Avila (ESP) – 1993
Coach level 3	Spanish Cycling Federation	Santander (ESP) – 1994

Other Cycling Trainings		
Cycling National Congress	Portuguese Cycling Federation	Aveiro – 1996
Cycling Campus in Vigo	CC Vigués	Vigo (ESP) – 2002
Cycling Congress	Grupo « Ciclismo do século XXI »	Vigo (ESP) – 2004
Antidoping Seminar: “Onda Azul Antidoping”	Portuguese Cycling Federation	Viseu – 2010
Seminar Medicine & Sport	Portuguese Cycling Federation	Lisboa – 2011
UCI Safety Manager (Road Races)	Union Cycliste Internationale	Online – 2024

Other Sport Trainings		
Sporting Massage	Orthos	Lisboa – 1994
1 st Excellence Clinic for International Referees	CREAR / Sports Institute of Portugal	Lamego – 2004
1 st Referees International Seminar	CREAR / Sports Institute of Portugal	Lisboa – 2004
Women coaches seminar: “Treinadoras: Dirigir Outros Desafios”	Portuguese Association Women & Sport	Lisboa – 2010
Sport Agents Training – Paralympic	Paralympic Committee of Portugal	Maia – 2024

AWARDS

Merit/Recognition Awards – Cycling/Sport		
Award	Entity	Place/Date
Participation Certificate + Medal	International Olympic Committee / Rio 2016	Olympic Games Rio 2016
Participation Certificate + Medal	International Paralympic Committee / Rio 2016	Paralympic Games Rio 2016
Personality of the Year 2016 (Diploma + Trophy)	Portuguese Cycling Federation / Sports Institute of Portugal	Portugal Sports Gala 2016
Gold award	Lisbon Cycling Federation	Tour of Algarve 2017
Medal of the 75 th anniversary of the Lisbon Cycling Federation	Lisbon Cycling Federation	2020
Member of Honor	Portuguese Cycling Federation	General Assembly 2020

PROFESSIONAL EXPERIENCE

Off Cycling

European Parliament (Belgium)

Assistant of European Parliament Members

September 2005 - July 2009

Marconi Company (Portugal)

Intercontinental Call Center Operator

From 21.06.93 to 20.12.93 & from 11.11.96 to 10.04.97

PROFESSIONAL EXPERIENCE

Cycling

Shikorina by IF, Unipessoal Lda.

Owner

From January 2023

Rio 2016 Olympic & Paralympic Games Organizing Committee (Brazil)

Sports Manager – Road Cycling (Olympic & Paralympic)

August 2013 - September 2016

Commissaire (Cycling Referee)

Category	Years
Stagiaire	1989
Regional	1990-1993
National (all disciplines)	1994-2020
Internacional (Road) - UCI	1998-2020
Internacional (MTB) - UCI	2006-2013
High Performance Referee	2011-2020

PROFESSIONAL EXPERIENCE

Cycling

Cycling Training Instructor	
Entity	Start on
Portuguese Cycling Federation	1998
Union Cycliste Internationale	2011
Several Foreign National Federations	2012

Commissaires Training Courses
Preparation for International Commissaire Course (UCI) : Portugal (1)
Elite National Commissaires' Courses (UCI) : Portugal (3), Africa (1), Brazil (2+2)
Preparation for National Elite Commissaire Course (National Federation): Eritrea (1)
Regional and National Commissaires' Courses (National Federations): Portugal (22), Eritrea (2), Brazil (3), Guatemala (2)
Specialisation Commissaires' Courses (National Federation): Portugal (7)
Updating Commissaires' Courses (National Federation): Portugal (26)
Pilot project of training of the first group of Trial Bike Commissaires (National Federation) : Portugal, 2011/2012
National Meeting of Cycling Referees (National Federation/National Referees Association: Portugal, 2007
"Cycling Referees in Portugal" Congress (National Federation): Portugal, 2017

Cycling Coaches Training Courses
Coach level 1 / Regulations (National Federation) : Portugal (7)
Coach level 2 / Regulations (National Federation) : Portugal (4)
Coach level 3 / Regulations + Languages (National Federation) : Portugal (3)
Coaches Seminars / Regulations (National Federation): Guatemala (2)

Other Cycling Training Courses
UCI Drivers Course for WorldTour Events (UCI/NF): Portugal (1)
Workshops with Police Cycling Group (Police Authorities): Portugal (8), Brazil (3), Guatemala (1)
Seminar for Media / Road Race (National Federation): Portugal, Guatemala, Brazil
Race Organisers Course (National Federation): Guatemala (1), Brazil (1), Eritrea (2)
Guidelines for circulation in a race convoy (National Federations): Portugal (safety briefings all races), Brazil (1), Guatemala (1), Eritrea (1)
Seminar for Medical Services (National Federation): Brazil (2)
Workshop on Cycling Schools Regulations + Practice (National Federation): Eritrea
Seminars for Coordinators and Volunteers for Road Races (Rio 2016): Brazil (2)

PROFESSIONAL EXPERIENCE

Cycling

Organisation of Major Cycling Events	
Olympic and Paralympic Games	
Rio 2016 Olympic Games – Road Cycling Sport Manager (Race Director)	2016
Rio 2016 Paralympic Games – Road Cycling Sport Manager	2016
Rio 2016 Olympic Games – MTB & BMX Sport Manager Assistant	2016
Rio 2016 Test Event – Road Cycling Race Director	2015
Rio 2016 Test Events – MTB & BMX & Track Sport Manager Assistant	2015
European Youth Olympic Games Technical staff	1997
World Championships	
UCI Paracycling Road World Champs Race Director	2021
UCI Track World Championships (Masters) Official Speaker/Member of the Organising Committee	2010
UCI Indoor World Championships Chaperon/Member of the Organising Committee	2009
UCI Road World Championships – Lisboa Radio-Tour speaker/Member of the Organising Committee	2001
Continental Championships	
UEC Track European Championship (U23&Juniors) Official Speaker/Member of the Organising Committee	2022 2017 2013 2012 2011
UEC Road European Championships – Lisboa Radio-Tour speaker/Member of the Organising Committee	1999

PROFESSIONAL EXPERIENCE

Cycling

Other Events	
Giro d'Italia Observer	2015
UCI Road World Championships – Ponferrada (ESP) Observer	2014
UCI Paracycling World Cup (ITA) Observer	2014
UCI Road World Championships – Florence (ITA) Observer	2013
Opening Event in the National Velodrome Official Speaker/Member of the Organising Committee	2009
Vuelta a Madrid (ESP) Radio Tour Speaker	2007
Tour de Picardie (FRA) – Amaury Sport Organisation Observer	2005

PROFESSIONAL EXPERIENCE

Cycling

Organisation of Cycling Events in Portugal	
Federação Portuguesa de Ciclismo Volta a Portugal Feminina Member of the Organising Committee	2023
Federação Portuguesa de Ciclismo Race Director Paracycling World Champs Member of the Organising Committee of several races	2021
Federação Portuguesa de Ciclismo Task Force UVP-FPC COVID-19	2020/2021
PAD, SA – Professional Cycling Races Organiser Technical Responsible / Radio Tour Speaker	1999/2002 2003/2005
International Road Races Radio Tour Speaker Chaperons Coordinator	1998, 2007, 2010 2012
Women Races calendar Organising Committee	1990/1993

PROFESSIONAL EXPERIENCE

Cycling

Referees Commission of the National Olympic Committee of Portugal (CAAD)

Tasks	Date
Member	2017-2021
Organisation of the Conference “Violência no Desporto”	2020
Organisation of the Seminar “Fiscalidade na Arbitragem”	2019

Portuguese Cycling Federation (UVP-FPC)

Tasks	Date
UVP-FPC website Regulations organization & update	2022/2023/2024
Race Director of the Paracycling World Champs	2021
Member of the Commission TASKFORCE UVP-FPC COVID 19	2020/2021
Consultant for Regulations and training courses	Since 2019
Cycling technical documents translator	Since 1995
Member of the Training Courses Commission	2011/2012
Member of the Organising Permanent Commission of the International Cycling Congress “Clues for the Future”	2012
Member of the Commissaires Training Commission	1999/2000
Public Relations of the UVP-FPC	1998

Confederation of the Referees National Associations (CAJAP)

Secretary of the Management Board	2010/2014
Member of the Management Board	2008/2009
Member of the Founding Commission	2006/2008
Representative of ANAC (Referees Cycling Association)	2006/2014

PROFESSIONAL EXPERIENCE

Cycling

Cycling Referees National Association (ANAC)	
President	2009/2013
General Secretary	2005/2008
Organisation committee of the National Meeting of Cycling Referees	2007
Responsible for Training & Regulations	2005/2013

Coureurs Professionnels Associés (CPA) Professional Riders International Association (AICPro) Portuguese Professional Riders Association (APCP)	
Technical consultant (APCP & CPA)	2020/2022
Member of the Management Board of the AICPro	1995/1998
Representative of the APCP in AICPro	1995/1998
General Secretary of the APCP	1995/1998
Member of the Organising Committee of the APCP Ranking Gala	1995/1998
Member of the Organising Committee of the Tribute ceremonies to the riders: Da Silva; Abreu & Santiago	1995/1997/1998

TV Cycling Commentator/Press	
WWT calendar, European & World Champs events – Resident commentator	Eurosport – 2022/2023/2024
Giro & Tour (3 stages) – Resident commentator	Eurosport – 2022
Online Opinion Articles	TopCycling – 2023/2024
Tokyo 2020 Olympic Games – Track Cycling	RTP – 2021
Tokyo 2020 Olympic Games - Women Road Race	Eurosport – 2021
La Course by Le Tour de France WWT; Madrid Challenge by La Vuelta WWT; UCI Road World Championships – Women Road Race	Eurosport – 2019
UEC European Championships – Women Road Race & Track races	RTP – 2018
Online opinion articles	Jornal Ciclismo
Sport newspaper – Cycling articles	O Jogo - 1995

PROFESSIONAL EXPERIENCE

Cycling

Cycling Teams	
Public Relations of the Italian Professional Team “SAECO” during the Tour of Portugal	1997
Manager of the Russian Professional Teams “Rotator” & “Sputnik”	1994/1995
Manager of the Women Teams “MRCortez-SLO”, “BIAC-Model Sports” & “Tetraprojecto”	1990/1991/1992
Translator of Foreign Teams on the Troféu Joaquim Agostinho	1987/1988

Technical Guides & Manuals Author & Co-Author	
Organizers’ Guide for Antidoping Control (FPC)	2023/2024
Manual of Adaptation Rules in COVID-19 Context (COVID-19 FPC Task Force)	2020/2021
Practical Guide for Team Managers & Riders – Frequent questions (Road, Track & MTB)	2009
Practical Guidelines for Media on a Road Race	2009
Safety Procedures for Road Races	2009
UCI Practical Guide of Radio Tour (UCI-AIOCC)	2005
Road Races Organiser Guide*	2002
Commissaires’ Guide* (with Paula Martins)	1999
Riders’ Guide* (with J. Blanco Villar)	1995
Professional Cycling Team Project* (with J. Blanco Villar)	1995