

TRI-max

MAGAZINE

N°149

Saint Valentin

HAPPY VALENTINE'S DAY

FOCUS

EXPLORE CORSICA

Get on board for a tour

MATERIAL

Shoes test

FIZIK R3B Uomo

NUTRITION

THE MILK

Our friend forever or public enemy n°1 ?

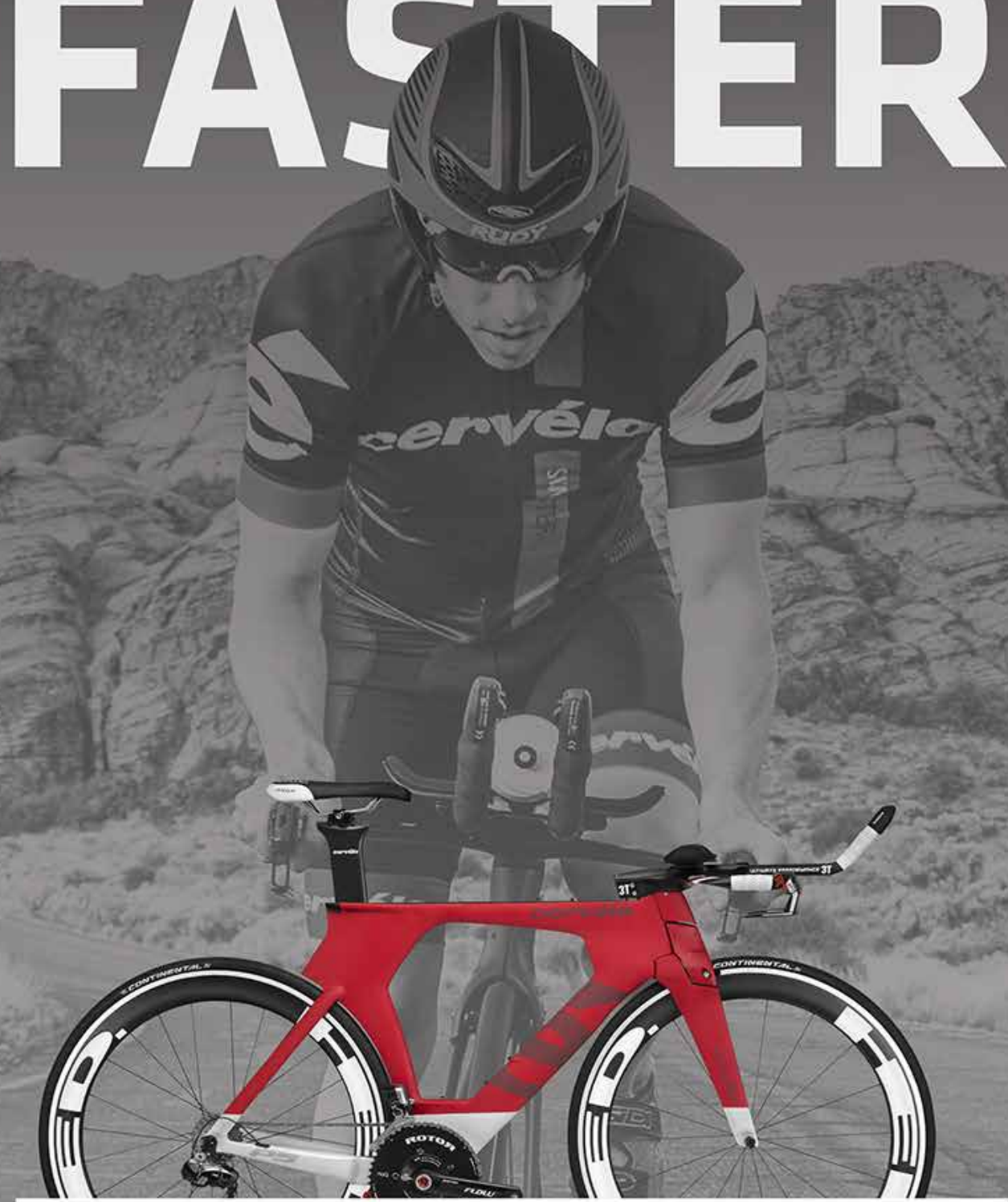
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On after an original idea by TC, directed
by Jacvan.

Contributors to this document number:
Jo Hauss, Nicolas Geay, Simon Billeau,
Guillaume Lehnert, Pierre Mouliérac,
Alexandra Bridier, Alexandre Gomez, Noé
Grandotto-Biettoli, Sandra Fantini, Yannick
Bourseaux, Carole Tanguy-Perluigi and you
www.trimax-mag.com

Contactez la rédaction :

redaction.trihebdo@gmail.com

Contactez la régie pub :

pubtrimax@gmail.com

Contactez nos testeurs :

trimax.tests@gmail.com

Doing triathlon together. As a couple. A love and a passion story. What a luck! What a privilege! Sharing this wonderful sports to understand each other better. Because we all know, as a man or as a woman, that it is very hard to convey to the other this so time-consuming sport, so egoist sometimes. So, if we can live it together, it's a pleasure. Thus, we will devote a complete file about well-known or not couples of triathletes.

We will also offer you our usual chronicles and we will keep rolling out the countdown until the Olympic Games of Rio. The Olympic chronicle is about the third man of the French team, David Hauss who will share with you his daily life in «Road to Rio». The paralympic chronicle will also be back.

Simon Billeau will present his new material from the other side of the globe. As Simon, another Frenchie has left to Australia. Cyril Viennot exiled Down Under for the winter, it's my chronicle of the month.

And do not miss our presentation of the Explore Corsica 2017, the event of next year. TrimaX-Magazine tell you everything about these 4 days of dream offered by the organizer of the Tour. The new TrimaX-Magazine is here, so read it, alone or in couple!

The team

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Jeanne Collonge Professional Triathlete

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SOLD OUT

In few weeks FRANCE 70.3 Pays d'Aix which will take place on May 1, the organization has announced that the race was SOLD OUT : 2500 bibs were awarded ...

Explore Corsica

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EXPLORE

Explore Corsica, a tour on the most beautiful routes of Corsica: the Cap Corse, the crystal-clear beaches of Porto Vecchio, Bavella Needles, a complete journey across Southern Corsica, the region of La Balagne and its perched villages, and finally a passage through the heart of the Agriates Desert.

SHARING EXPERIENCE

Explore Corsica, a unique concept combining a cruise and a cyclo sportive in stages. A 5-day astounding sport and human adventure without any logistical constraints to share with family or friends (specific rates and programme for the accompanists and children).

PERFORMANCE

Explore Corsica, 4 dream stages, 420 kms accumulated, 7500 metres of height difference, accompanied by our road cycle leaders. Retired or active professional cyclists, they will share with you their experience and guide you regardless of your level.

EXPERIENCE

Explore Corsica by le Tour de France, ride your tour and cycle in the same conditions as professional athletes: the race direction's car, secured roads, technical assistance along the route, food supplies, security and medical services, timing, daily rankings, first aid, technical and tactical advice, pre-race briefings, conferences about cycling ...



THE PROGRAMME

STAGE I

Thursday May 25th 2017
Departure - Arrival : Bastia
distance : 100 km
height difference : 1650
difficulty : 3/5

The first stage starts on leaving Bastia by the 10km climb of the Teghime pass. After the first difficult kilometres, the steepness decreases and you will be able to recuperate gradually from this effort.

You will continue with a fast and technical descent opposite the amazing Gulf of Saint Laurent. Then, the recently resurfaced but bumpy and uneven road will be a treat for 'rouleurs'!

New challenge at 60 kms; the Sainte-Lucie pass and its 381 m. height difference. The return takes you via the Island's eastern road route to Bastia.



STEP 2

Friday May 26th 2017
Departure - Arrival : Porto-Vecchio
distance : 132 km
height difference : 2450 m
difficulty : 4/5

Stage 2 will be the longest and most difficult one on of Explore Corsica 2017. By way of warm-up, you will quickly cycle the first 30 kilometres along the coast. Things will get serious in Solenzara with a 30km ascent up the Bavella pass, through parts in the last kilometres of more than 30%.

The race is not yet over! The slopes down to Zonza and then at the village of Levie will allow you to rest before having to attack the last difficulty of this stage, the Bacinu Pass at 809m. On this challenging stage, you will discover the stunning Corsican mountain !



STEP 3

Saturday May 27th 2017
Departure : Porto-Vecchio
Arrival : Propriano
distance : 97 km
height difference : 1850 m
difficulty : 3/5

For this third stage, we propose a crossing of the entire island, from "mare" to "mare".

Once out of Porto-Vecchio, you'll be challenged with the main difficulty of the day, the famous Ospedal pass crossed every year by professional racers of the Criterium International. After a few slight uphill stretches, you will arrive at Zonza quite easily. The next step will be to follow a small climb up to Quenza, which will bring you to the village of Aullene. From here, you just have to launch yourself on a very pretty descent to Propriano.

STEP 4

Sunday May 28th 2017 : The crossing of the Agriates desert

Departure : Ile-Rousse

Arrival : Bastia

distance : 88 km

height difference : 1526 m

difficulty : 2/5

From the north coast of Ile Rousse, you will quickly reach the magnificent Agriates desert road. Once through Saint Florent, get ready to face one last difficulty to conclude your Tour of Corsica: the Teghime pass that you will access by its longest and steepest side.

An ascent of 12,5km with hills of 10% followed by the arrival of the first edition of Explore Corsica by Le Tour de France.



THE SHIP

The Corsica Regina has 5 decks and a large number of diverse public areas including a cinema, shops, à la carte restaurants, cafeteria, auditorium, meeting room, swimming pool. Also, especially for the race, a bike park, a mechanical workshop, a massage room and a medical service will be installed on the decks.

INSCRIPTIONS

When ?

The number of cabins on the boat is limited. We advise you to inscribe early in order to benefit from advantageous conditions.

For registration before April, 30th 2016 : 10% discount and only 10% deposit on booking, balance due 1 month before the departure.

For registration between May, 1st 2016 and June, 30th 2016 : 5% discount with only 20% deposit on booking, balance due 1 month before the departure.

Inscriptions from July, 1st 2016 : Brochure price with 30% deposit on booking, balance due 1 month before the departure.

How ?

Choose your option:

Classic option: 1 to 4 people per cabin

Team option: Group from on 8 people. Ask us!

Sharing option: Share a cabin and enjoy the best deal



More informations :

<http://www.exploreCorsica.fr>

By phone :

+33 4.91.16.76.76

+33 4.91.16.76.77

By mail :

contact@exploreCorsica.fr

Prices :

voir ci-contre

Price per person

CABIN TYPE	Economy	Standard	Comfort
QUADRUPLE	890 €	990 €	1 190 €
TRIPLE	1 190 €	1 390 €	1 490 €
DOUBLE	1 490 €	1 590 €	1 690 €
INDIVIDUAL	2 390 €	2 590 €	2 890 €

EXTRAS	Price	DISCOUNT	Amount
CARPARKING* (on the boat)	95 €	EARLY BOOKING 1** (Before April, 30th 2016)	-10%
FULL BOARD (4 dinners)	100 €	EARLY BOOKING 2** (From May, 1st until June, 30th 2016)	-5%
		TEAM RATE** (8 riders)	-10%
		ACCOMPANIST*** (adult and child of more than 2 years of age)	-300 €

*Car immobilized during the trip

Non-cumulative discount * Cabin price - 300 €

• The Explore Corsica price includes:
- Return transport Nice / Corsica by boat,
transport between each stage by boat
- Access to your selected cabin
- Breakfasts, lunches and the gala dinner on board
- Participation in the 4 stages of Explore Corsica
by Le Tour de France
- The numerous competition services (see page 3)

• Price does not include:
- Any of the insurances offered by the organisation
- Transport to and from Nice
- Dinners (except the gala dinner),
drinks (except flat and sparkling water)
served during the meals on board
- Handling fees

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CYRIL VIENNOT

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Preparing your season, 1st ACT



Alexandre Gomez

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Planning your season... It is something which looks simple but it is not as much as how it looks. Even if it is not possible to provide some hazards, it is always possible to plan as best as possible your season even your seasons because the multiannuality can also be beneficial. A control and evaluation system will allow you to adapt at best this plan all along the season. This month we explain you the goal of planning, next month we will explain you the methods.

Planning can exist and be sometimes successful and sometimes less, independently from the results of our graphics and tables. There must be an interaction between our informations the most actualized as possible (with a constant control and regulation) and the planned objectives in each cycle (to get off on the right foot, first read the article published last month about stress tests).

Thinking that planning at the beginning of the season is enough would be seeing only one part of the race without seeing the finish line.

Planning the different hazards which would disturb our nice planning, our shape and the real effect of some of our trainings is an obvious impossibility. You and only you must be at the center of this planning, be 100% implicated in it. Without your total participation, conscious and active, it is not possible to build a coherent plan.

The annual plan must considerate :

- The triathlete : age, experience, back to some types of planning or methods, level of training, capacity of assimilation to training loads (group effects or not, climate, real possibility of training assimilation).
- Race objectives : establish strong zones in the season and recovery phase to allow overcompensation. Balance between the personal preferences and the adequacy to each type of courses, atmosphere, climate on the chosen races. Value each objective of each race to avoid a collapse and a loss of motivation.
- The multiannual plan : the annual plan is important and each cycle represents the causes and consequences of the following cycle, the annual plan responds the same way to the plan of the following season.

Coherent plan

In general, all the triathletes are registered in a type of plan, realization, correction of training, even if improvised and made with their own experiences.

Nevertheless, even a triathlete with 20 years of experience or a former professional triathlete doesn't have the theoretical knowledge to prepare you to your goals at best... Anyway!

Theoretical vision

Training planning:

Definition : structured coordination of all the measures in the short and medium term of planning, realization, correction of training for the optimization of the performance. It implies that all the measures must be in relation with a logical structure which moves towards the preparation at the best level possible in a concrete way.

Stay connected... Next month, we will explain the methods of planning!

At the beginning of the season, you need :

- To program : your available hours per week, without putting aside your family life (very important for the balance of your professional and sports objectives), your laid down holidays, your trainings in group or alone.
- To provide ways of training by mode of locomotions : according to your club trainings, to your availability.
- Your control, evaluation, prevention ways : technical assistance, coach, physio, sports lab, stress tests, technology, family...

Milk, our friend forever

While for many years we kept repeating that milk was good for growth, good for your bones, while ad campaigns kept explaining that dairy products were «our friends forever», milk has become responsible for many problems during the last decade, a food banished by many people including some researchers. The slogan has finally become : «Cow milk is only made for veals.» Finally, a food had never been so polemical in the scientific community, as much among the nutritionists, the dietitians as among the researchers. If some people are intolerant, even allergic to cow milk, they are not the only ones to belong to the «anti-cow-milk» community ; while others are defending cow milk no matter what, extolling its virtues, especially for athletes.

This month, we will talk about milks of animal origins and in the next magazine we will talk about vegetal drinks.



or public enemy number one ?

This article doesn't aim to give you the truth but to give you different arguments from the lovers and anti-milk, together with your own experiences and feelings, in order to make you decide what would be the best for you, for your performance, your health and your well-being.

The milk lovers arguments

Right after a physical effort, the athlete needs water to rehydrate, proteins to repair muscle fibers, and carbs to recreate the energy reserves. Thanks to its different proteins, fibers and carbs contents, milk responds to these three requirements. Recent studies have shown that

drinking milk in the 30 minutes following an exercise is as efficient as drinking a recovery drink. A cheap solution which can be natural and efficient.

Moreover, drinking milk after a resistance training fosters an increase of muscular proteins, which is important to repair skeletal muscles damaged during an exercise.

Very popular drink among weightlifters, some conventional wisdoms made it the body-builders favorite drink. A study made among weightlifters has shown that milk procures a more important gain of the lean body mass and a more important decrease of the fat mass compared to classic recovery drinks. Despite its lactose and casein content, milk could participate to the period of «cutting» especially practiced by triathletes.



Yes but be careful, from one part these studies are limited and from the other part, they take into account milk as a full-fledged nutritional food and not as a drink.

If milk rehydrates, it doesn't quench the thirst. If milk can present virtues regarding lean mass, it also has fat (do not forget that it has animal fat) and sugar (lactose). Thus, these studies advocate drinking milk as a recovery drink but certainly not

as a drink in a meal or in big quantities everyday. Moreover, we will avoid drinking milk before an effort (not less that 2 hours) because proteins will be longer to digest especially during the effort (where the body is mobilized to produce energy).

And what about lactose? The problem of milk comes from lactose for some people. It is one of the types of carb which composes milk. It is



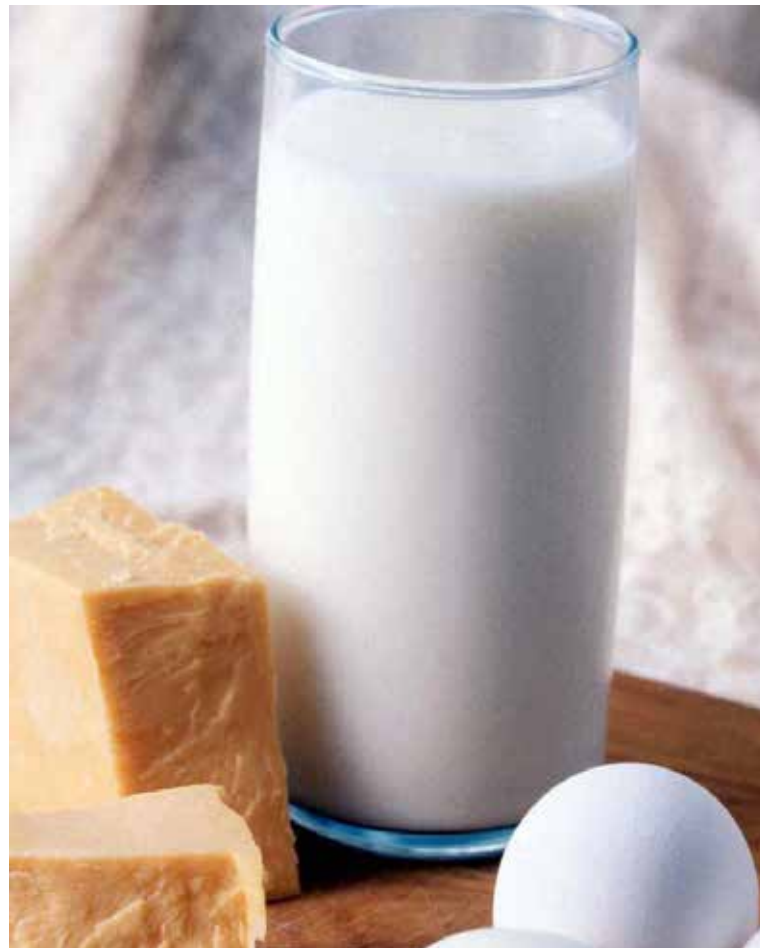
NUTRITION

degraded in the stomach by an enzyme called lactase. But for some people, there can be a bad degradation of this molecule which, in contact with germs of the stomach, generates bloating and stomach pains. These people are intolerant to lactose. One of the solution (for less intolerant people) is to start «lactose-removing» milk called low in lactose or easy to digest.

Goat milk or sheep milk

Goat milk is also a milk of animal origin. However, it is recognized as a more digestible milk. Goat milk has smaller fats than cow milk, which fosters the absorption by the human body. Rich in vitamin A and B3, it has a stronger taste than cow milk. This taste is more discrete when the milk begins to boil.

Note that this milk is more expensive than cow milk because the production is less important.



Even if it is more caloric than cow milk, **sheep milk** is more digestible. Rich in proteins, we also like it for its minerals content: calcium, zinc, vitamin B, phosphor.

Thus it is absolutely advised to alternate different milks for nutritional intakes they can bring. For intolerant people, they will have to drink vegetable drinks which are more and more popular and numerous... Next month, you will discover them.

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Meeting with Bree Wee, pro triathlete in the Mecca of triathlon !

Sandra FANTINI, triathlète

tous-droits-réservés



Interview of Bree Wee, Hawaiian Pro Triathlete is living in Kona.

TrimaX-magazine : How did you start Triathlon ? and why ?

I was a surfer girl and 3rd grade teacher. My room mate told me I was getting chubby and should train for a marathon, so I did. Soon after she convinced

me to join the swim team and get a bike. Everyone on the island is part of some sport, we have Ironman in our backyard so it's easy to get inspired. I was and after my first race I never looked back !

TrimaX-magazine : How would you describe one of your typical day and week?

A typical day is 6:15 am swim practice with Kona Aquatics. Then take my son Kainoa to school. Ride bike or run almost everyday then get Kainoa from school. Once I have my son it's motherhood, we go to the beach for sunset, tackle his homework, and try to enjoy our island. I also teach part time, so if I'm not training I'll be in the classroom. I'd like to think of myself as a full them triathlete, but work and motherhood account for many hours and I'm a mom first.

TrimaX-magazine : What do you like most in Triathlon ?

The people I meet, places I travel, experiencing new cultures, the thrill of a finish line, being active, inspiring others, setting goals and living a life of working hard...so many things !

T r i m a X - magazine : How would you consider Triathlon made you a better person, personally or professionally ?

Triathlon has changed my life. It's given me a lot of confidence, opened doors to meet people and see the world. Taught me to work hard and never give up, and it's something I can share with my son and friends.

TrimaX-magazine : Do you see any limitation in practicing Triathlon as a woman ?

It's growing so that's great, I just want to see more youth get involved.

TrimaX-magazine : Any advice you would give to a woman wanting to start Triathlon ?

Don't make an excuse. Sign up and see how much better you become as a person just because you challenged yourself to something out of your comfort zone. It's amazing how much you grow when you try something new.

TrimaX-magazine : Best place you ever raced ?

I love to race in Japan, Philippines, and home in Hawaii. All my best memories are of those races.



But truly, I love all start lines all over the world !

TrimaX-magazine : Any dreams left ?

Yes!! Always another... I want to be the first person from Hawaii to place in the top 10 in Kona. It would be so special to leave that mark for our town as it has given me so much, and to share with my son.

TrimaX-magazine : What could Kainoa say about his Ironmum ?

Kainoa would say, «if all the moms in the world were lined up, I'd pick you». He always says that to me...



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Carbon Dry. This name must be unknown to you. This Japanese brand, specialist in carbon pieces and accessories for sports motorbikes and sports cars, has given its skills in the service of cyclists. In addition to the possibility of repairing carbon frames after a crash, Carbon Dry also offers to make compatible your frames for electric groups Shimano Di2 and Campagnolo EPS. But... because there is a «but», this part of the activity won't be available in Europe because of the geographic distance. However, and this is a good news, the derailleur copings Big Pulley are available in Europe.

Declined in two versions, for Campagnolo and Shimano, these copings with oversized rollers have several advantages in addition to the inimitable design including the decrease of chain frictions and also a bigger latitude in case of chain crossing.

The superior roller of 11 teeth allows to keep a big flexibility during the change of speeds whereas the inferior roller of 15 teeth allows to reduce the loss of power due to the chain frictions. The possibility of also using rollers with «full ceramic» bearings in option also contributes to the decrease of this loss of power.

The two parts of the carbon coping of 2mm thickness, despite their solidity, remain extremely light. The aluminum pieces 7075 are also manufactured in Japan.



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The mounting of the coping on the derailleur is quite quick but it is advised to have it executed by a professional mechanic so that your derailleur is not damaged and above all in order to keep you safe. A derailleur which ends up in the spokes can do a lot of damage.

Do not try to feel a gain during your ride, if studies such as the one led by Friction Facts (<https://www.friction-facts.com>) demonstrates some gains, they remain very low. The optional ceramic bearings will also add value. Whatever, this coping and its rollers constitute a wonderful piece.



Characteristics :

Compatibility :

- Shimano 7970/7900, 6770/6700
- Shimano 9070/9000, 6870/6800
- Campagnolo 10 speeds
- Campagnolo 11 speeds

Cage color :

- Matte carbon
- Clear
- Smoked red
- Smoked blue

Models :

- Regular coping
- Average coping (allows to use «bigger» cassette).
- Evolution (even lighter with gains on the coping and the clip).



Information on :

http://www.carbondryjapan.com/bpk/index_en.html



Options :

- Full ceramic rollers.
- Golden or black rollers



Prices :

- Copings for Shimano 339€
- Full ceramic rollers : 71€



We like :

The awesome design, the gain (even marginal)



We like less :

The price



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Fizik R3B Uomo *shoes*

Philippe Gilbert, Geraint Thomas but also the French Jeremy Roy or Steve Chainel have one thing in common : all of them ride with Fizik R3B Uomo. Hand-made in Italy, these shoes are part of a range of 4 models in 2016, above the R5B and R4B and below the premium model RIB.



With its B, the designation R3B means that Fizik appealed to Boa and its system of revolutionary closure IP1 to manage the closure and adjustment of the shoe. This choice allows to have a precise and efficient tightening while lowering the final weight of the shoe, given at 235gr by the manufacturer.

The bootie is made in Microtex, well-known by the regulars of Fizik because we find this material on saddles and handlebar tapes of the brand. Laser perforations go through the inner and outer sides of the shoe, which implies a good ventilation of the foot. Only the front of the shoe and the heel zone don't have that and are a little bit thicker.



The sole which will be responsible for transmitting each of your watts in your pedals is in unidirectional carbon fiber ensuring a minimum loss power. The rubber heel, which protects your shoe when you walk, is replaceable and the three-holes drilling will allow you to use the R3B with most of the standards of holds. Some light markings will

help you to adjust these holds and to ensure the symmetry from one shoe to another.

This is what we can say about this very nice shoe offered by the Italian brand, let's know talk about the donning... And we are looking forwards to it!

The test

First and foremost, let's see the installation of the holds. In our case, we have Speedplay which needs an adaptation plate to go from the 3 hole-drilling of the sole to the 4 holes standard of the American brand. Thus nothing fatal. You won't have any problem with Look, Times,... pedals.

The markings on the sole, supposed to help for the adjustment, show their limits offering few information in the end. A precise measure of the positioning is advised for a perfect positioning. Once you've finished that, finally, you can put your feet in their new cocoon.



fizik.com/makingofchampions

**MICHELLE VESTERBY, TRIATHLETE AND GOLD MEDALIST.
CHOOSES R5B DONNA.***

fi'zi:kWomen

*MICHELLE VESTERBY, TRIATHLETE ET MÉDAILLE D'OR CHOISI FI'ZI:K R5B DONNA.



The donning and the adjustment



Once the foot in the shoe, we press the wheel (now hexagonal for a better grip) of the Boa to trigger it and we turn! To tighten, on the two shoes, you have to push forwards with the thumb. It means that on the left shoe, the system is reversed compared to the conventional side so that it's easier to adjust it when we ride. Good thing!

The tightening progressively continues and we don't feel any pressure point which could disturb the comfort. Even if we tight too much, the foot is compressed but without any pain.

If unfortunately you have tightened your shoe too much, the time when you had to loosen before tightening again is over. Now, the system Boa

allows to also loosen in a micro-metric way simply turning the wheel on the other side. Then the adjustment is simplified.

However, to remove your foot, it is very quick, you draw on the wheel to disengage it, it is then enough to take your shoe off.

The second tightening is made in the front of the foot with a reinforced strip of velcro that you rarely manipulate, almost never, once you have adjusted it the first time.

In the end, the system Boa is lighter and much easier to use than a pawl system and more precise and securing than a strip of velcro closure.



The R3B are immediately comfortable, they fit perfectly the foot and the tightening allows to block it perfectly without any pressure point.

The sculpted sole and the support of the heel allows to keep the foot firmly attached without any heating or crushing.

The firmness of the heel allows to keep everything in place when we begin to force the pedals but the rest remains very comfortable thanks to a good

padding and the small additional thickness below the sole in the holds also allows to avoid too much discomfort.

The perforations don't let as much air go through than a mesh, but they almost cover all the foot except the toes and the heel. The breathing tab also helps to keep a fresh and dry foot even in warmer conditions.



What else in the range?

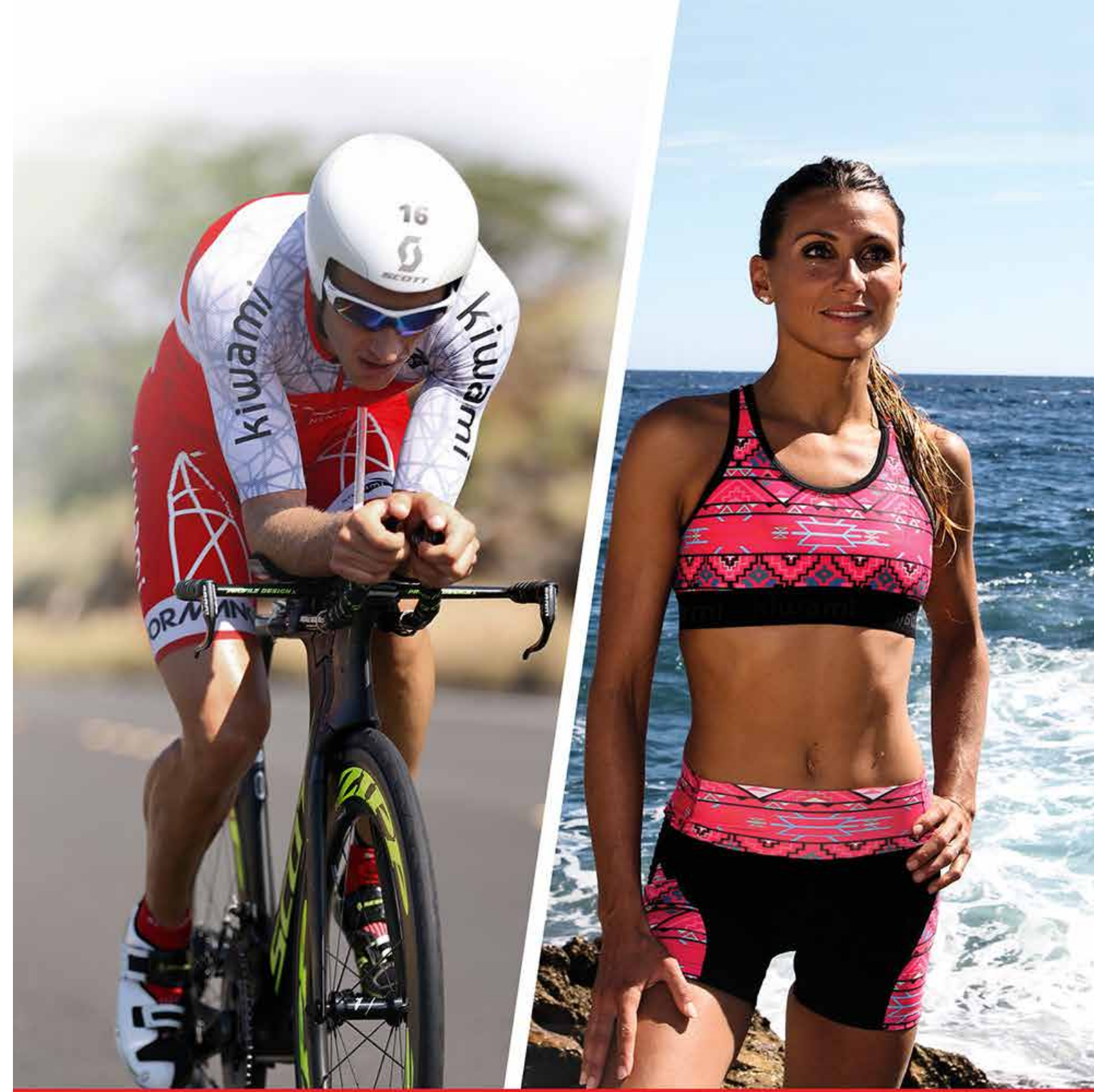
As explained, the system Boa has been extended for 2016 to the whole 4 models of the road men range :

- The R1B at 350€
- The R3B at 250€
- The R4B at 200€
- The R5B at 149€

The models R3B, R4B and R5B also exist for the female, «Donna», with the same technologies.

The R3B are available in 3 colors :

- White / Black
- Black / Red
- Anthracite / Glowing green



Verdict

The Fizik R3B Uomo adopts the best solutions of the moment, which makes them excellent shoes, sober and with a perfect finishing. The use of the last Boa system IP1 has allowed Fizik to offer lighter, more comfortable and thus faster shoes.

The unidirectional carbon sole of the R3B directly contributes to the rigidity of the latter, which helps the transmission of the power of pedaling, but also of the weight.

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MATERIAL TESTING

The only question which could subsist is about the difference of price of 100€ compared to the model R5B for a gain of performance maybe not as high.

But from a certain level of range, the improvements are expensive, this one on the sole is in nylon reinforced with carbon on the R5B and it can be more flexible.

For the practice of triathlon, they could have limits on short distances where the precious time of transition doesn't always allow you to correctly dry your feet or calmly put on your shoes, very often fixed to the pedals. However, if you are more oriented long distance or with an approach less «fast and furious», the Fizik R3B Uomo will perfectly suits you!



Price	250€
Weight :	235gr
For whom :	Le triathlète longue distance ou ceux qui ne courent pas après quelques secondes sur la transition
We like :	le confort, le niveau de finition, l'élégance
We like less :	le marquage de réglage des cales

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To know more on the Boa closure systems, let's go to :
<http://www.boatechnology.com>

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