

TRI-max

MAGAZINE n°150

FOCUS

Presentation of
BMC-Etixx team

SPOTLIGHT

Presentation of
70.3 PAYS D'AIX

NUTRITION

VEGETAL MILKS

TRAINING

PREPARING YOUR SEASON

Act II

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Five months. Five months and the Games in Rio will begin. The countdown has begun and with it the questions. Who will write his name in the top box of the Games? Who are the favorites? And what if an underdog would win the Graal?

In this magazine of March, we will present you the BMC Team. How does it work? Why? What material do they use? The answers are in the new TrimaX. What are the goals of this team and its members?

And precisely, when we talk about goals, it's also important to know how to reach them and be able to plan the season. We will explain in our training heading the methods of planning.

We will also offer you to discover the 70.3 Pays d'Aix, the 2016 XTerra season and our material heading which will still be very expanded in this magazine.

The Games are coming and the triathlon season is ready to take its course. It's up to us to accompany you and keep surprising you.

The team

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Jeanne Collonge Professional Triathlete

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The triathlon became more popular. This growth has been shared by both sportswomen and supporters women.



IM 70.3 Pays d'Aix :



What's new this year



On May 1st will take place the first IM event in Europe with the 70.3 Pays d'Aix. A strategic position in the calendar, with nice landscapes and very good weather conditions in the South of France at this time of year, so many good conditions which explain that the race has already been full for several weeks.

On last February 1st, that is to say 3 months before the event, the IM 70.3 Pays d'Aix was already full. A craze which gets bigger every year, because last year, the event was sold out only one week before the race. Not only since the first edition

in 2011, this event has been able to find its place in the calendar (the first editions took place in September) but the landscapes beloved by Cézanne with the Sainte Victoire makes it more and more famous.

«An incredible craze that we can explain by its position in the calendar, the IM 70.3 Pays d'Aix is the first event IRONMAN in Europe, and perfectly launches the season for the triathletes in a wonderful city and generally with a nice weather to run in early May», says Guillaume Louis, member of the Ironman France staff.



And these passionates of triathlon will be 2500 at the start again this year. The race will start with several waves in order to guarantee security and comfort for everyone in the artificial lake of Peyrolles. Even if there will be a majority of French people, 57 nationalities will be represented with a nice delegation from the United-Kingdom.

Despite this craze, it's essential for the organization to keep improving and new things will be offered to spectators and families.

Then, a screen will be installed on La Rotonde with images of the race in live (half-marathon and finish), pictures taken by supporters and also pictures of the previous years.

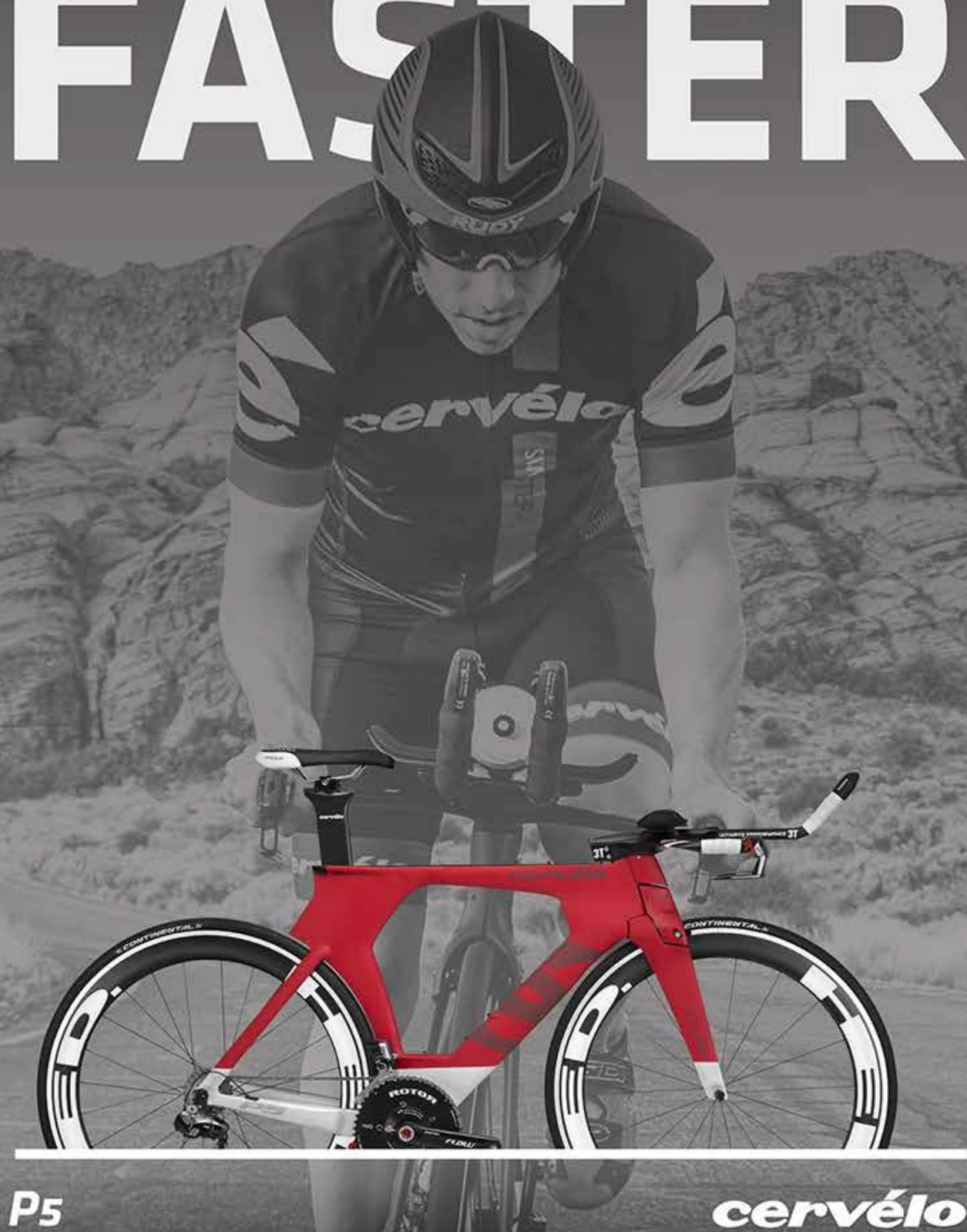


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SPOTLIGHT

The main new thing is also the Iron Girl Provence which will be supported by the association Le Point Rose. 350 places will be available with already many women registered on this race of 7 km (start on Sunday at 9am at La Rotonde).

New things, there will be many regarding the triathletes because the start will be in Rolling Start, the same as in



every IRONMAN this year, a system which was successful in Zurich, in Australia, Malaysia and the US. It concretely means that there won't be a mass start or waves. Each athlete will have to place himself in a start airlock with an estimated swimming time for the 1,9km. Once the Pros have started, age-groupers will start by airlock in a very small place which will allow

more than 2/3 of the triathletes to start together. The clock will only start when the triathlete goes through the start line.

Regarding the Pros, the athletes are discrete for now. Romain Guillaume and Jeanne Collonge will be present. Alexandra Tondeur has also confirmed her participation such as Ricarda Lisk.





fizik.com/makingofchampions

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

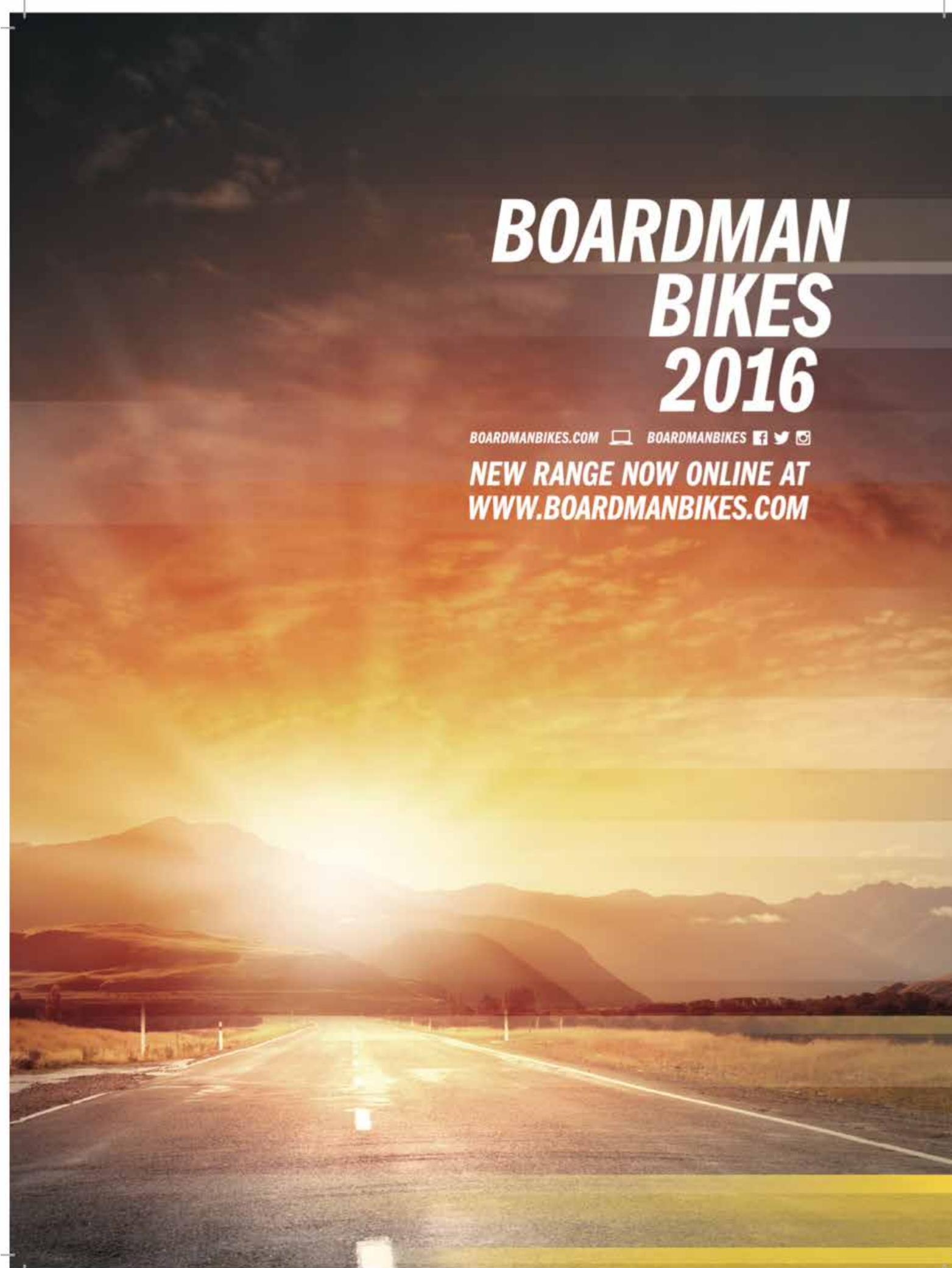
*MICHELLE VESTERBY, TRIATHLETE ET MÉDAILLE D'OR CHOISI FI'ZI:K R5B DONNA.

fi'zi:k Women

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Presentation of the *BMC-Etixx Team*



This month, TrimaX-magazine has met a very professional team, the BMC Etixx Pro Triathlon Team powered by Uplace... Presentation of a team, their objectives and ambitions...

The Belgian based BMC-Etixx Pro Triathlon Team powered by Uplace, is one of the leading and most professional triathlon projects in the world. This season 8 athletes, representing 6 different nationalities, will compete in the red and black team colors.

General manager Bob De Wolf indicates 2016 clearly feels like a new chapter for the team. "On the 26th of July 2015, it was announced that the Uplace-BMC Pro Triathlon Team will become the BMC-Etixx Pro Triathlon Team powered by Uplace from 2016 onwards. The new engagement for 2016 and 2017 of the key sponsors was a crucial step in the sustainable

development of the team. It has been a fantastic moment and a real milestone to be able to announce the continuation of our team as the BMC-Etixx Pro Triathlon Team powered by Uplace for 2016 and 2017. Bike manufacturer BMC Switzerland, Sports Nutrition brand Etixx and Real Estate Group Uplace serve as the team's main sponsors. The continuous commitment of



Bart Aernouts

BMC Switzerland, Etixx and Uplace, enables us to create real longevity, unprecedented in triathlon history.

Additional support is provided by our excellent partners: Shimano/Pro bike components, Pearl Izumi race and training clothing, Speedo wetsuits, swimwear and goggles, uvex helmet and sunglasses, BMW Le Couter, Tacx bike trainers and drink bottles, Polar sports watches and heart rate monitors, f'zi:k saddles, Continental tubular, Compressport compression products and race socks, Sands Beach Active for warm weather training, Lululemon casual clothing, Bakala



David McNamee

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Helle Frederiksen



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If we look back, it all started in 2008 with the first steps of Uplace into the triathlon sport. In the past 7 years we have been able to create a unique professional structure and an athlete support set up to really optimize the performance of our athletes. With the commitment from BMC, Etixx, Uplace and our other partners we are now ready to outline a new 4 year plan to build on this legacy. It is our ultimate ambitions to win the World Championship Ironman within this 4 year window. We strongly believe we have the operational set up, the professional support and the athletes to do so."

Since the launch of the international Uplace-BMC Pro Triathlon Team in 2014 the results have been exceptional with the team finishing on the podium in 60% of the races.

In the last two seasons the Uplace-BMC athletes won a total of 36 races and finished on the podium in 81 of them. This includes 6 continental championship titles (IM European Championship Frankfurt, IM70.3 European Championship Wiesbaden, IM Asian Pacific Championship Melbourne, 5150 US Pro Championship Hy-vee, IM70.3 Latin American Championship Brazil, IM70.3 Middle East Championship Bahrain), a podium finish at the most recent World Championship Ironman in Hawaii and victories in a number of the most prestigious races on the calendar (including wins in IM Lanzarote, IM Nice, IM Cozumel, IM Cairns, IM Zurich).

Liz Blatchford



De Wolf adds: "The results of the last 2 years were impressive. It was our clear ambition to be a leading team in long distance triathlon and I am incredibly pleased with what our athletes and staff have achieved. Their commitment, dedication and perseverance have been exceptional. So therefore our number one priority for 2016 is to continue winning big races this year and challenge for the podium spots in Kona. We want to keep our position as one of the leading teams in the world.»

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Key goals 2016:

• **Bart Aernouts (BEL)** : Ironman Austria & WC Ironman Hawaii

• **Liz Blatchford (AUS)** : Asian Pacific Championship Ironman Cairns & WC Ironman Hawaii

• **Will Clarke (UK)** : Latin American Championship Ironman Brazil & WC Ironman Hawaii

• **Helle Frederiksen (DEN)** : WC IM70.3 Mooloolaba & ITU World Championship long distance

• **Sofie Goos (BEL)** : Ironman Sweden & Ironman Barcelona

• **Romain Guillaume (FRA)** : Ironman Lanzarote & WC Ironman Hawaii

• **David McNamee (UK)** : Ironman Lanzarote & WC Ironman Hawaii

• **Ronnie Schildknecht (SUI)** : Ironman South Africa, Ironman Switzerland & WC Ironman Hawaii

Liz Blatchford : «It's hard to pin it down to one thing that I enjoy most about the team. But I would have to say the way the majority of sponsorship commitments are minimized and equipment requirements taken care of, allows us to focus purely on training and recovery.»



Romain Guillaume

Will Clarke : «We really have the best equipment available to us from our sponsors so it's comforting that that will never be an issue for us. But we also have top class support from the team, the sports director and everyone else involved with us behind the scenes.»

David McNamee : «Personally for me being new to the world of long course racing having access to the knowledge we have in the team is the best part. It has helped me learn a great deal in a very short space of time about how to improve certain areas of my performance. Having the right environment within the team means



Ronnie Schildknecht



Sofie Goos

gives me confidence that whenever I need to find an answer to something there is always someone to turn to whether that be a fellow team mate, the management team or one of the external experts we have access to.

Ronnie Schildknecht : «To be able to benefit from having teammates and the great team structure.»

Helle Frederiksen : «Whenever one from BMC-ETIXX triathlon team

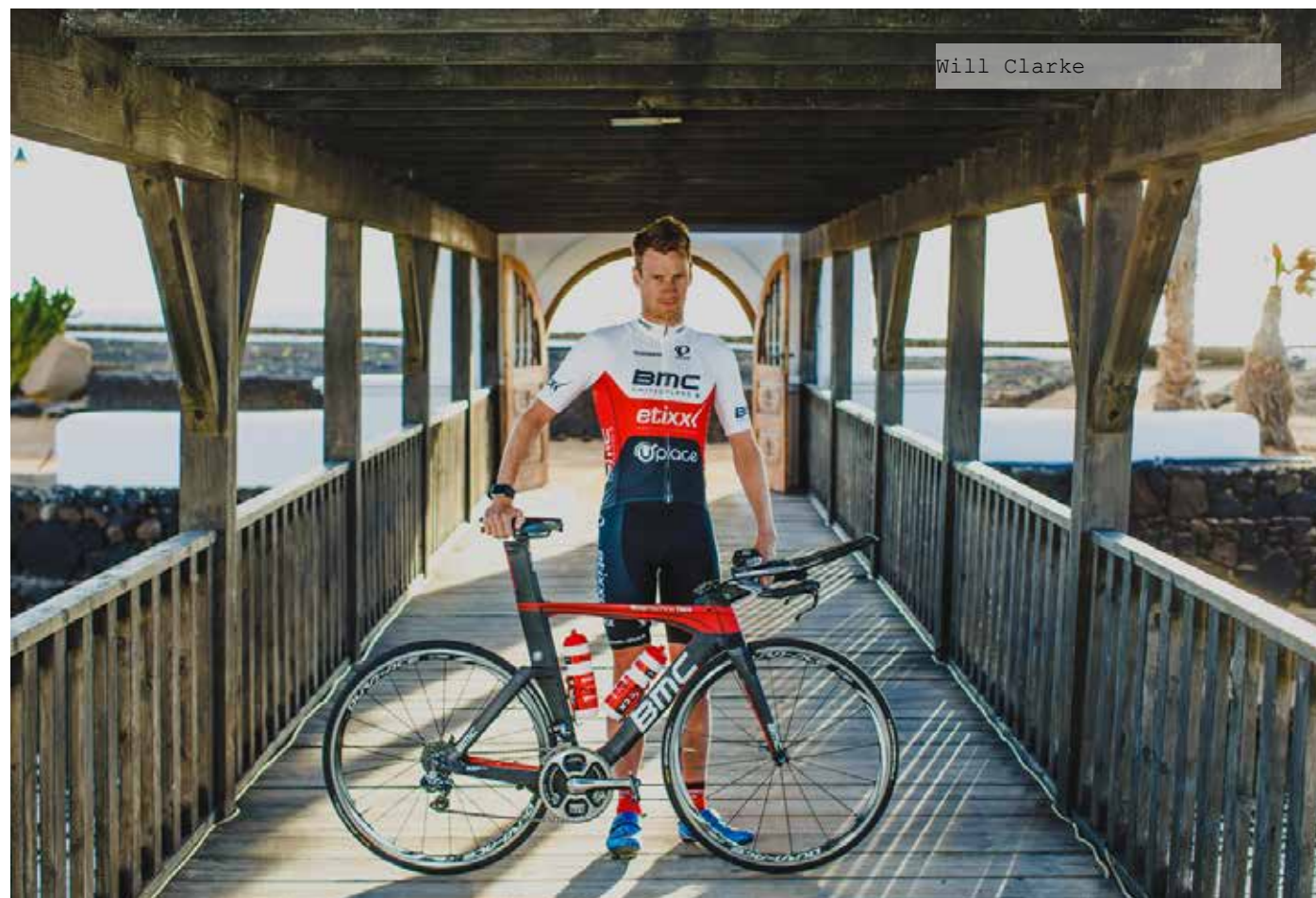
powered by Uplace is racing I feel like I'm racing. I am proud. It's a joint responsibility and excitement we all share and that will ultimately will give us world class results".

Romain Guillaume : «More than the friendly atmosphere present in the team, the best part of being a member of BMC-ETIXX Pro Triathlon Team powered by Uplace is the expertise and support from the staff we have. We can have the best support from specialists in each discipline & aspect of the performance: nutrition, psychological, physical. We have «only» to be focus on our training!»

Sofie Goos : «One of the biggest advantages of being part of a team, is that we are surrounded by the best quality equipment and professional staff!

You know you can always rely on the equipment and staff, and that's so relaxed for our mind. Every single problem will be solved in no time!»

Bart Aernouts : «For me the best part of being a member of the BMC Etixx Pro Triathlon team powered by Uplace is to share a lot of special moments and successes with my teammates and the crew. In an individual sport this is really unique!»



Will Clarke

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Preparing your season, ACT 2



As we explained last month, the planning can exist and be successful independently of the results of our graphics and tables. After analyzing the approach that the triathlete must have, you will discover in this edition the methods of planning!

You can choose between two types of models : classical or modern.

Classical or traditional models :

The traditional planning (Matveiev) :

It meets the scheme designed by Matveiev in the 50's. This method will quickly evolve for combat sports and strength sports (evolution of the charges and blocks), and later in most of the sports to stay in adequacy with the requirements of frequent races during the season.

It is made of 3 to 4 periods of preparation: general, specific, pre-competitive and competitive.

Its characteristics are :

- A slow and regular progression charge, more general than specific.
- In the same microcycle, many objectives are worked in the meantime.
- At the origin of the scheme, an annual cycle for a physical peak, later, it was modified for two annual cycles.

The scheme has the advantage of a big amount of general work, very interesting for young athletes and for sports whose competitions only take place in summer.

The inconvenient is that for each microcycle, the scheme responds to many goals at the same time, which explains the difficulty of refocusing the work with demanding charges, and to feel the real improvement for the athlete.

Variations of the traditional model :

The evolution of the classical model has allowed to create a double annual cycle as we said before to be fit also on a winter peak (for triathletes for example: cross countries then triathlons, for cyclists: cyclo-cross then road races...) which necessitates being more precise in the work and a more demanding increase of the work load.

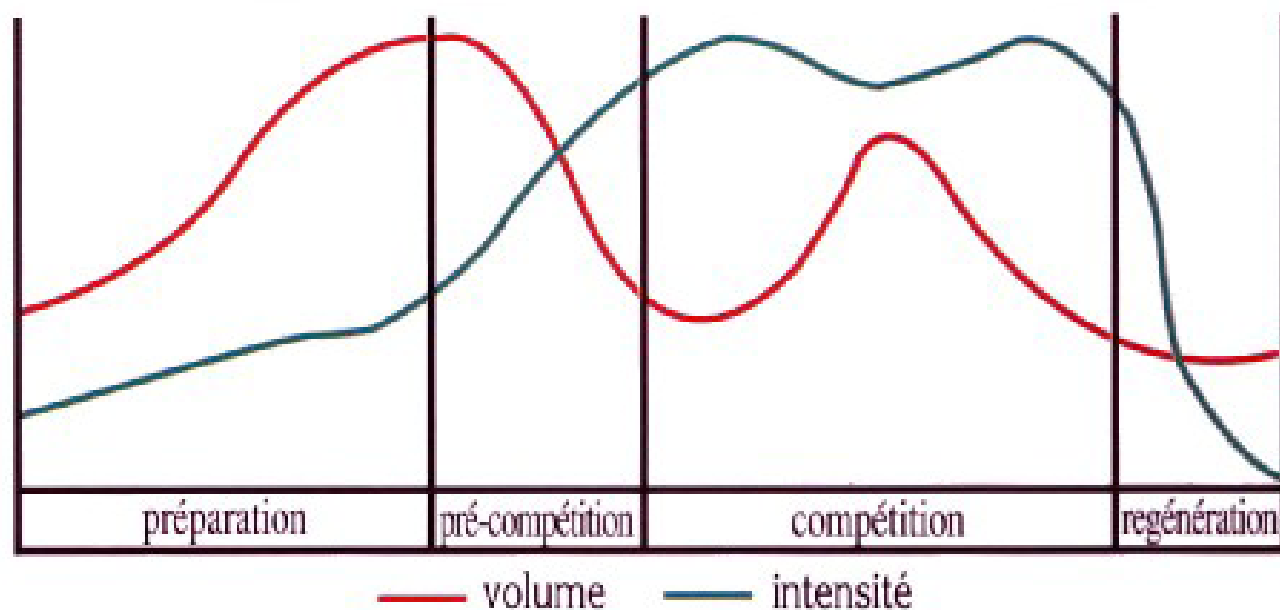
In general, the preparation periods remain the same:

The work is continuous, two periods of races and two periods of regenerations, the one in winter is shorter. The evolution of the loads is more demanding, it is made of less progressive-ness, the work is more focused on the volume in preparatory periods and on the intensity in pre-competitive and competitive periods.

There are less goals at the same time in the same microcycle and more specific work and orientations in the contents.

This model becomes more demanding and more specific for each period. It responds then to a work for a level of fit athletes.





Les 4 périodes d'entraînement. D'après la courbe de Matveiev.

The modern models :

By increase of the load or block method :

Initially, it's an adaptation of combat and strength sports, which require a precise specific work and a concrete work on each period.

We find 3 or 4 race cycles during the season. This method is based on a precise goal for each phase of the season, with demanding loads and with no interferences with other contents.

Each phase of the season is a «meso-cycle», which is an assembly of micro-cycles with the same orientation, which follow each other in order of increasing intensity.

The central goal of each of these meso-cycles overlaps on the following, by maintaining

a quantity of load not to lose the previous adaptations.

The interactions between the loads of each micro-cycle must be positive or neutral.

This type of model corresponds to athletes formed on an annual planning and mature in their practice.

This method requires a sufficient level of fitness to race all the season.

It admits different cycles (until 5 macro-cycles) each one divided in 3 meso-cycles with concrete goals.

In each macro-cycle, meso-cycles of accumulation, transformation and realization are following with demanding and specific contents, with a

residual load of the previous meso-cycle to fix the adaptations.

Accumulation 3 to 5 micro-cycles with a predominance of volume, aerobic and basic work, velocity max work (a-lactic), mobility work, technique.

Transformation 2 to 4 micro-cycles with an intensity predominance. Aerobic and specific resistance work, and very specific in the whole of the contents. Strength work with specific resistance, specific velocity in lactic.

Realization 2 to 3 micro-cycles of racing. Predominance of pre-competitive recovery and of activation. Integration of all the factors for the

performance. Succession of short micro-cycles of activation, of races and recovery.

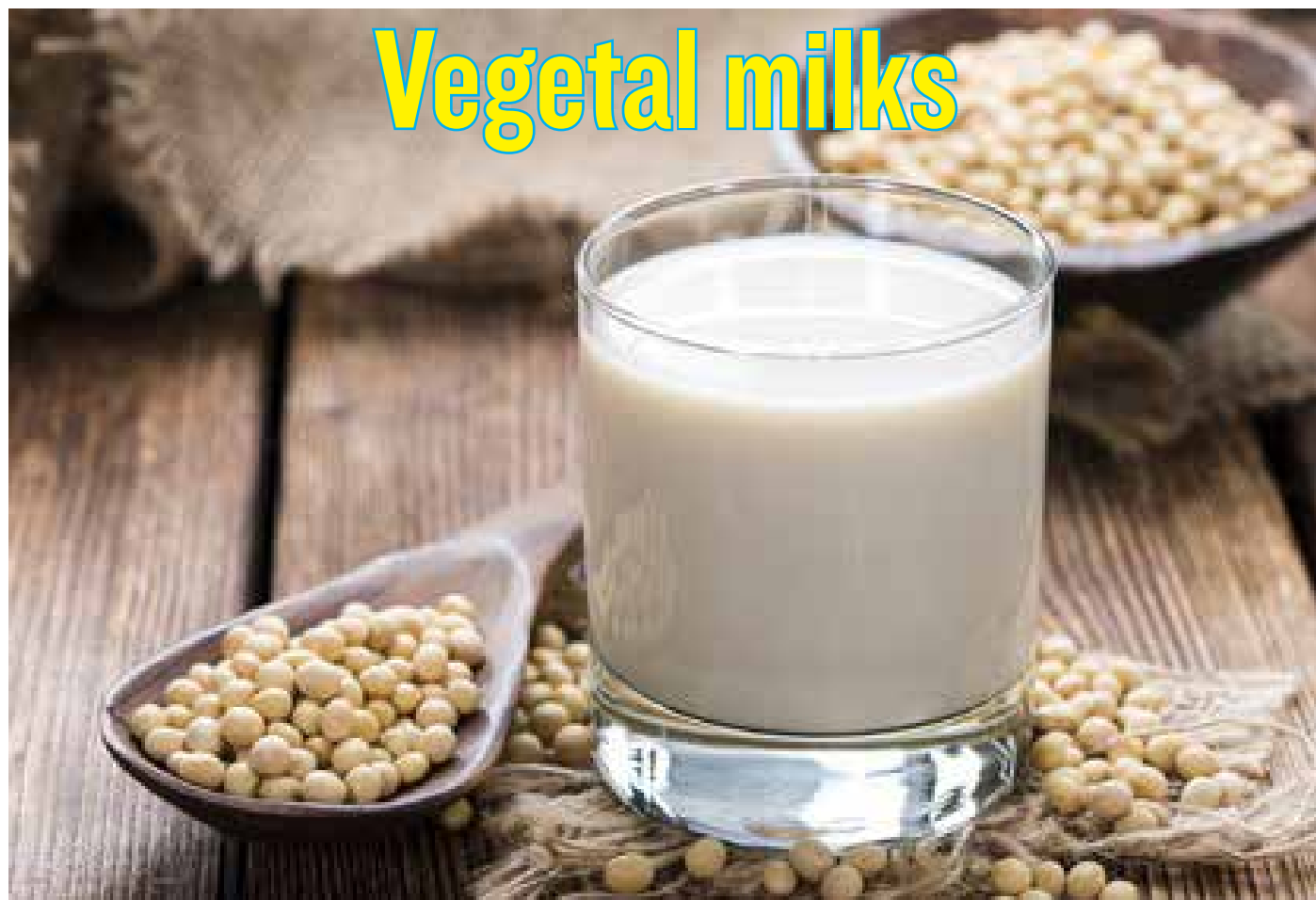
This method of planning is particularly adapted for short events (sprint triathlon type) for expert athletes who have already tried classical models.

You have understood that the aim of this article is not to choose one method of planning randomly, but to understand well the interest to be accompanied in your practice for a better efficiency.

We haven't presented here all the methods of planning, but the main ones, and the easiest to set up.



Vegetal milks



For a few years, new drinks improperly called vegetal «milks» has appeared on the market offering an interesting alternative to the anti-milk persons or intolerant people. They have a lot of success thanks to the diversity in taste and in texture that they offer. After analyzing, last month, the different advantages and disadvantages of animal milks, this month we will focus on the different characteristics of vegetal milks.

The benefits of vegetal milks are quite wide and varied :

- Lactose free
- Cholesterol free
- More digestible
- Less allergenic
- Gluten free for most of them
- Contains unsaturated lipids which protect against cardiovascular risks and contribute to the cellular construction.
- Source of very high-quality proteins (except for rice milk which doesn't have any) and rich in carbs (rice, oat and chestnut milks).
- Source of fibers, especially for oleaginous milks

(hazelnuts, almonds...). However, all these milks are not identical. They don't have the same texture, the same taste and the same properties.

Chestnut milk : Commercially, chestnut milk is generally sold in powder that you have to mix to water. It is alkalizing and is especially advised to people suffering from gastric acidity. It is very digestible, rich in carbs and in fibers, with a high calcium content while being low in fat. Some nice virtues!!! Rich in minerals : potassium, magnesium, phosphor, vitamins B and C. It is advised for athletes.

Rice milk : it is a vegetal drink entirely protein free, however it is rich in complex carbs and low in fat. It is a source of calcium, magnesium, copper, iron, phosphor, silica, vitamin B. It is the most digestible. It brings silicon, essential component of bones and cartilages, which allows a good fixing of calcium and magnesium.

Oat milk : ideal in winter thanks to its tonic properties, oat milk, rich in complex carbs, in calcium and in fibers offers a light, sweet and agreeable taste. Cholesterol and lactose free, oat milk replaces very well skimmed milk. Excellent for health, oat milk possesses very few saturated trans fat and constitutes a real fuel for the brain. Regarding the taste, it is probably one of the most neutral one which could be close to cow milk. Be careful, this milk contains gluten.

Coconut milk : Very rich in fibers, it also presents antioxidant properties. It contains cholesterol and some people have difficulty in digesting it. It is very strong in taste.

Hazelnut milk : It is generally one of the privileged drinks of athletes. It is made of essential trans fats (used for the construction of the body cells) and contains vitamins A, B and E. Hazelnut milk is also known for being an antioxidant, source of fibers (60% of insoluble fibers for 40% of soluble ones), it has a high L-Arginine, calcium, magnesium and potassium content. It also has a high protein content. However, the disadvantage is that it's one of the most expensive milks of the market.

Soy milk: From a nutritional point of view, it is the milk that has the most similarities with cow milk.



Lactose free, it contains as much proteins as cow milk.

Very rich in proteins, cholesterol-lowering action (reduces the cholesterol rate), antioxidant properties, it reduces the cardiovascular risks.

However, it's advised to young children and to men not to drink it too much. You should alternate this type of milk with cow milk and/or vegetal drinks. Regarding the price, it's among the best vegetal milks of the market.

Almond milk : Rich in proteins, calcium (twice the content of cow milk), magnesium, phosphor, potassium, iron, fibers, vitamins B2, A, B and E, and unsaturated trans fats, it's easy to digest. It naturally has less calories than cow milk or soy milk so it's very useful in period of weight loss. But be careful, many brands in the market has added sugar in their milks. You have to read

labels carefully. If this milk has many advantages, children and people suffering from thyroid problems should avoid it.

Conclusion

With this overview, you've understood that there is not one type of milk to privilege but it is highly advised to alternate the types of vegetal drinks in your food.

Do you have to banish cow milk, limit it or privilege it? That's a question of taste, tolerance or intolerance, experience, feeling... One thing is certain, as for any food, you have to be moderate in the consumption of good things!!!



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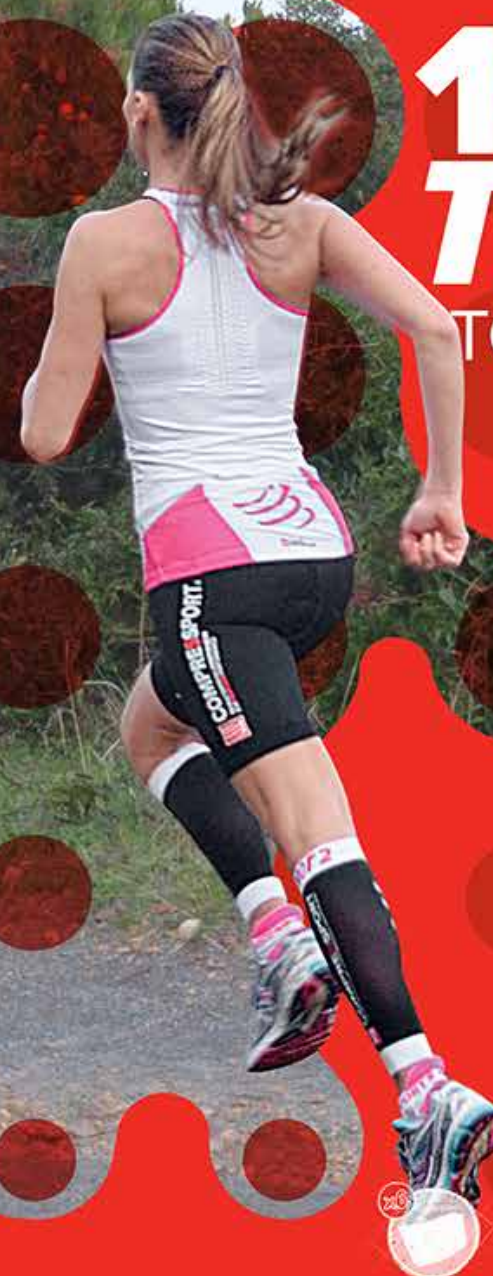
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Prologo Tgale PAS saddle



The range Tgale of the PROLOGO brand is only designed for a triathlon or time-trial use. Shorter than standard road saddles, it benefits from the technology PAS, it has a light foamed cushioning and an injected carbon basis.



Prologo has created new saddles (Tgale) for time-trial and triathlon designed to offer you the best level of performance and comfort when you ride. Thanks to the technology U-Cage, the athletes have the possibility to integrate a bottle-cage.

The saddle measures 240mmx128mm and has been tested in wind tunnel. The

nose measures 4cm less than on regular saddles, it is thus ideal to allow you to apply maximum power.

It also allows you not to feel any pressures in the perineum zone and to maintain an aerodynamic position for a longer time.

Rails in Tirox



These rails are manufactured in light alloy steel and highly resist to frictions and to movements. Also light, they offer a good

balance between weight and solidity to face the regular tensions that you can feel on the bike.

Technical characteristics

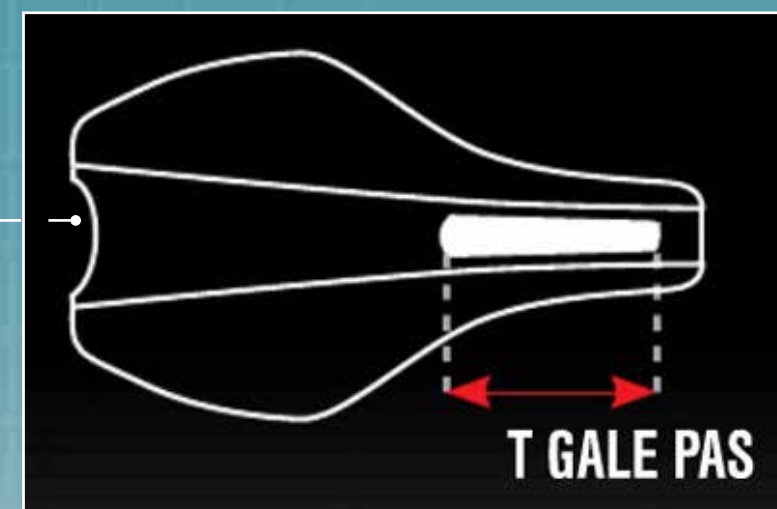


Characteristics:

These saddles offer a better protection against the pressures on the perineum zone. Excellent aerodynamic position of the cyclist on long distances. Rails in Tirox in light alloy steel, very resisting and solid. Light foamed cushioning (active density) for more comfort. Injected carbon fiber base for more solidity, rigidity and resistance to wear.

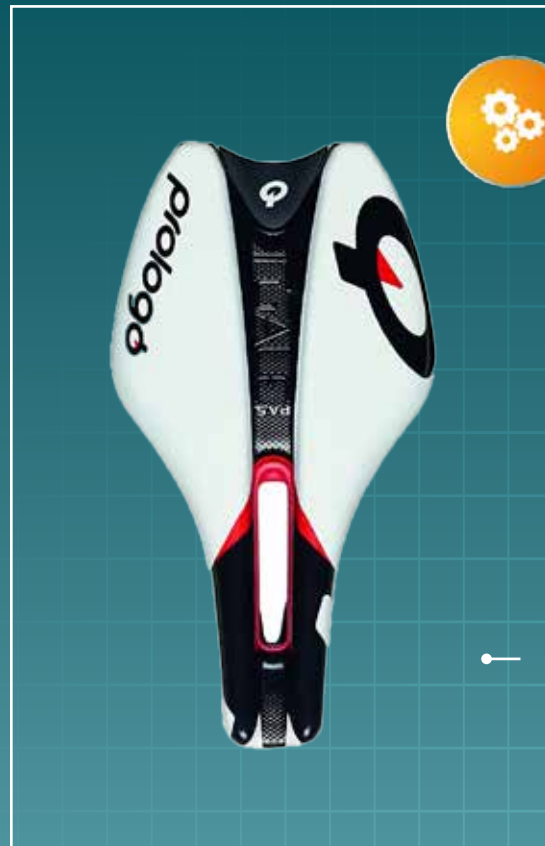
Specifications

Use: triathlon and/or time-trial.
Dimensions: 240mm x 128mm.
Weight: 253gr.
Shell: injected carbon fiber.
Rails: Tirox.
Cover: microfiber.
Cushioning: light foam.



This saddle is presented as being designed for more speed and for an excellent comfort of the cyclist. A great program! We were excited to test it!

The test :



Tested on a Cervelo P3 during 3 months (about 1700km) on rolling courses and hilly courses.

At first sight, the saddle Tgale PAS has a fine figure and very far from the first saddles of this kind quite big and sometimes not very esthetic.

This is the saddle you need for your TT bike on rolling courses, but it offers comfort in regular position.

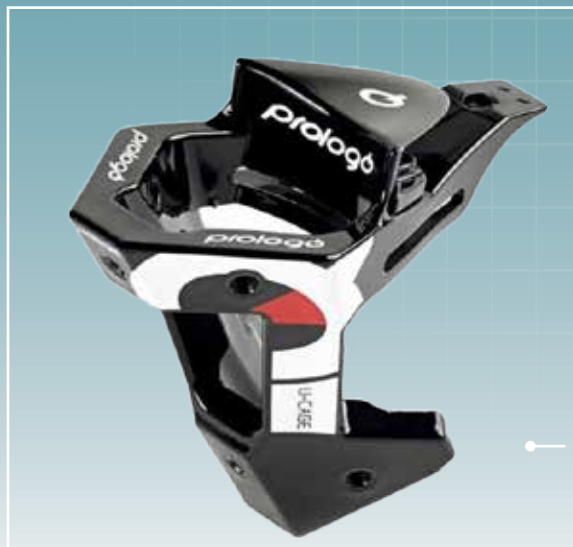
An optimum comfort in TT position, the middle trench avoids perineum pains, flexible and very comfortable even on 4 hours or longer rides. The inconvenient of this saddle is the frictions between the legs on top of the thighs.

This saddle has been adopted by the Ironman world champion 2013, Frederik Van Lierde, who is used to long trainings in solo and for whom comfort is an essential element for the performance.

Few defects in this saddle which is perfect for long rides.

Prologo offers a wide range of this model which allows everyone to access it, from 180 to 320€

The + :



Thanks to the technology U-Cage, the athletes have the possibility to integrate a bottle-cage, a support threaded on the back allows to fix a bottle-cage, and also a spare tubular.

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F-SI Carbon 4 by Cannondale



Brand



Born in 1971 but bike manufacturer since 1983, the brand Cannondale has the technical control of its 40 years of experience in design together with the strength and energy of its 30 years of innovation.

It became a mythical company for several reasons:

- The innovations especially the famous mountain bike fork with only one left arm (Lefty) or again the BB30 (oversized standard on the axis of the crank which brings rigidity and lightness) or more discrete the road bike with a damper under the socket used by Simon Lessing, which have marked its story and have shaped its image of precursor;

- Its long resistance to asiatic delocalization for the production of its models (only effective in 2010);

- Its control of aluminum with the frames CAAD allowing it to compete and often dominate in performance many brands which are using carbon as a flagship material;

- Then to realize the achievement not to be late by finally using carbon a long time after its competitors;

- Its investment in high performance and in professional sports which make it inseparable from the success of the Volvo-Cannondale Team in mountain bike, that of Mario Cipollini in cycling, and Simon



MATERIAL TESTING

Lessing in triathlon. It was then exposed at the highest level with Faris Al-Sultan on long distance (victory in Hawaii in 2005) and then Peter Sagan was also famous on bikes of the brand from this very small village in Connecticut named Cannondale.

with such a resume, the a priori experiment is necessarily biased, because we expect a very high level of performance. The model is responsible for living up to the hopes and reputation which surround it.

Range



The series F-SI is the heir to the former range F-29, the Cross Country mountain bike range in 29 inches (but the size Small is in 27,5) from Cannondale. This change of name underlines now what Cannondale wants to highlight regarding the added value, that is to say its Integrated System («SI»).

This code name refers to the design of a bike thought as a whole and not the addition of heteroclite components. Then, the bases, for example to welcome wheels with a symmetric umbrella and subsequently, the crank star Hollowgram has been modified to avoid the problems of shift... anyway, everything is thought globally to obtain the best behavior possible of the bike and maximize the contribution of each technology or innovation without being bridled or wiped out by a component.



MATERIAL TESTING

Model



The F-SI Carbon is the entry-level in the high-end. An «access» model, as we say, which uses all the technology and the innovations of the very high-end but with components and a frame which are a little less high-end.

This version is not present in the former range F-SI which started directly much higher in quality (first price at 4500€).

It is in 27,5 inches for the size Small and for the women versions.

Components



- Frame** F-Si Asymmetric - BallisTec Carbon - SPEED SAVE - PF30A - 1.5 Si Head Tube - 27.5" (S) - 29" (M-X)
- Suspension** Semi-rigid
- Fork** Lefty 2.0 - 100mm - PBR Isolated Damper Technology with XC+ tune and updated controls - Offset - 50mm (S) - 55mm (M-X)
- Clearance** 100 mm
- Front derailleur** Shimano M618 Deore
- Back derailleur** Shimano XT - Shadow Plus - 10-speed
- Levers** Shimano SLX w/ I-Spec
- Brakes** Shimano Deore - 180/160mm
- Wheels diameter** 29 inches
- Wheels** Hubs Lefty 60 front - Formula DC-22 rear (Ai offset lacing) Rays DT
- Swiss Competition** (Ai offset lacing) rims Stan's ZTR Rapid - 32 hole - tubeless ready (Ai offset lacing)
- Tires** Schwalbe Racing Ralph Performance 29/27.5x2.1" - tubeless ready
- Cassette** Shimano HG-50 - 11-36 - 10-speed
- Crank** Cannondale Si - Ai - BB30 - FSA 26/36 rings
- Stem** Cannondale C3 - 6061 Alloy - 1.5" - 31.8 - -5 deg.
- Handlebar** Cannondale C3 flat - 6061 double-buttressed alloy - 700mm
- Saddle** Prologo K3
- Seat post** Cannondale C3 - 6061 alloy - 27.2x350mm (S - M) 400mm (L - X)
- Sizes** S (27.5") M - L - XL (29")



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Frame



The frame is the same as the model F-SI Carbon 2, 3 and thus this 4 ; it weighs according to the manufacturer (we have only checked the global weight) 1300 gr vs 1000 gr announced for the highest models of the range which possess the same geometry but use a Hi-Mod carbon (high module).

Let's talk about this geometry because it is one of the strengths of this frame. Very short bases reduced by 15mm compared to the previous generation... Compensated by a front triangle longer by 1cm and an angle of socket reduced in order to balance everything. The goal is to keep all the assets of a 29» such as stability while looking for more handling and traction.

The test

I tested this frame on 5 rides of 1h30 and 3h for a total of 237km. On very technical courses (GR2) to very rolling ones and also on the road.

The element of reference used was my usual mountain bike, a Specialized Stumpjumper HT Carbon Comp (thus a direct competitor regarding the positioning on the market).

On the ground, the 3 main surprises were :

- The rigidity of the front triangle : If we incline the socket, the seat post follows, without absorbing half of the movement. It was very precious in fast singles between the trees.
- The feeling of lightness compared to what the weight indicates. Before weighing it, I would have bet on 10kg, 10,2 maximum.

- The comfort, despite the basic aluminum seat post (without the technology SAVE2 which appears from the F-SI Carbon 2) and the shorten bases. For the front, despite nice compressions, a few jumps and a winter weight of the pilot :-), I couldn't go to the end of the clearances (100mm) and this, without feeling any fits and starts or any blocking (probably the inversion thus the lowering of the damping zone) contrary to my traditional fork whose work is felt until the socket.

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MATERIAL TESTING

We liked



- The principle of this «access» model which makes it, by definition, accessible and a technology which was not before with an entry-level 60% more expensive!
- All the back part designed for comfort and performance with a stunning traction (mainly due to the shortest bases of the market 429mm + equilibrated tension on the shelving with the 6mm offset towards the outside).
- The mix rigidity especially lateral/lightness.
- The reactivity of the fork widely sufficient for moderately technical downhills.
- The consistency of the whole: it was written but we had to feel it concretely on the ground, which was the case.
- The atypical because symmetric shelving of the back wheel which only has advantages : rigidity, longevity and comfort.

We liked less



Few things to tell the truth. We like to criticize when it's justified but it's difficult to find crippling defects to this frame. Just some triathlon regulars in aero position (riding a bike with a geometry triathlon/TT so angle of the seat post straightened) could wish to reverse the seat post or to use a straight saddle with no offset in order to find their «bearings» more easily.

More generally because not specific to this model but to the technology Lefty, the

fact that you have to do the maintenance at a Cannondale bike shop (which is not accessible to everyone) and to be limited in the choice of wheels because they have to be compatible with this integrated system and its specific technologies.

The thumbwheel of curing of the fork in the form of toothed washer (Pushloc) is also perfectible in its ergonomic to use it in full effort (above all with thick gloves).



For whom ?



With this choice of product (very competitive and high end frame + regular components), the preferred target of this model could be found in:

- The competitive triathlete who wants to try XTerra or mountain bike to change the pleasure without being penalized by a limited bike or by a money issue. Anyway, to be sure not to have any valid material excuse! ;-)
- The «not everything in delicacy» triathlete used to breaking components here and there, because of a fall, a strength restart with a crossed chain and two tree branches in the derailleur, who has a very performing bike with «sensible» devices chosen in the «solid & cheap» shelf.

To note



For the greatest pilots, who could find the behavior of the fork perfectible and/or who would wish to modify the parameters to personalize it according to their playground, template, or again style of driving, Cannondale has Service Centers in France which are specialized for this.

Conclusion



A real success for this F-SI Carbon which has everything to be among the best in the look but above all in the behavior. It can improve even more totally with the pertinent upgrades that its initial tight budget will allow to choose then. Probably you should go from the 2x10 speeds to 1x11 speeds which will liberate the congested zone of Norman clay around the crank zone, then you should use lighter wheels (but check before the compatibility).



Price and weight



2799 euros.

Weight checked by ourselves : 10,8kg in size M (without pedals and bottle-cage) equipped such as on the pictures.

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