



RACE REPORT

Challenge Roth
Alpe d'Huez triathlon
Marseille triathlon
XTerra Switzerland and France

PRO TIPS

Chronicle pains on the bike, 2nd act
Girls Corner : Water retention also affects triathletes

MATERIAL TEST

The Met Drone
Wide Body helmet

07:35:39

DATEV Challenge Roth



Photo Credit : Trimax Hebdo

LIFE IS BETTER
IN SUMMER



Découvrez la Collection été 2016.
www.kiwamitriathlon.com



Cover picture : Jan FRODENO
Copyright : jacvan@all rights reserved

*This magazine is offered by our
advertisers.*

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

Contributors to this document number
: Nicolas Geay, Guillaume Lehnert,
Alexandra Bridier, Jeanne Collonge ,
Romuald Vinace, Dave Nicholas, Fabien
Boukla, Yannick Bourseaux, and you
www.trimaxhebdo.com

Contact Editor :
redaction.trihebdo@gmail.com

Contact the pub manager :
pubtrimax@gmail.com

Contact our testers :
trimax.tests@gmail.com

This is it! Here we are! We have been expecting that for four years. The Games are here. In a few days. We hold our breath with two important dates in mind : August 18th and 20th. As for several months, several years, Trimax-Magazine has been behind triathletes with very impressive fights and very beautiful medals into perspective.

In the rest of the magazine, we will focus on many subjects of actuality with many races, the season is in full swing to our delight.

And how not to speak about this incredible record of Jan Frodeno, another myth who came to do an monstrous time in Roth. The German makes history of triathlon after being Olympic Champion and winner of Hawaii.

We won't forget the undeniable long distances with the Alpe d'Huez, Marseille for France but also Challenge races or the IM European Championships in Frankfurt.

The redaction

STAY CONNECTED



"As an elite triathlete, I need the right training and racing gear to reach my full potential."

J. Gómez Noya

CHOSEN BY CHAMPIONS

V800

JAVIER GÓMEZ NOYA SPECIAL EDITION
Includes Universal bike mount + Cadence sensor

Polar V800 is an advanced multisports GPS watch for serious sports enthusiasts and professional athletes who want to reach peak performance.



INTEGRATED GPS
AND BAROMETER



RUNNING CADENCE
FROM THE WRIST



SWIMMING
METRICS



RECOVERY
STATUS



TRAINING
LOAD

POLAR

PIONEER OF WEARABLE SPORTS TECHNOLOGY



TRI-max N°155
MAGAZINE

THE SUMMARY

ADVICES



P 82: Chronicle pains on the bike, 2nd act

P 86: Water retention also affects triathletes

FOCUS



P 08: Challenge Aruba

P 62: The end of a cycle for Javier Gomez

P 88: Jensen Button triathlon

MATERIAL



P 90: The Met Drone Wide Body helmet

RACES OF THE MONTH

P 14: Franckfort - Roth: the major battles!

P 30 à 39: Challenge Danemark et Iceland

P 40: Alpe d'Huez triathlon celebrates its 10th birthday

P 54: Marseille Triathlon

P 68 à 81: Xterra Switzerland et France



www.trimaxhebdo.com

The EDF Alpe d'Huez triathlon celebrates its 10th anniversary this year under the sun and the heat...



Yann Photo@
trimax-magazine

Challenge Aruba : an invitation to a dream



Challenge Aruba Half Triathlon will take place for the first time ever this fall in Aruba offering athletes a chance to end their triathlon season with a race – and vacation – in paradise.



A slice of heaven, Aruba is located 15 miles north of Venezuela in the warm waters of the southern Caribbean. Characterized by pristine white-sand beaches and 82-degree days, Aruba is situated just below the hurricane belt, resulting in a dry, warm climate, with the most sunny days of any island in the Caribbean. On the south and west coasts of Aruba extends miles of beaches that have been named

some of the best in the world. Between coasts lies Arikok National Park – a nature preserve – which offers striking vistas of rugged shoreline, wildlife, cacti and dramatic rock formations. On the northeast shore, fofoti trees abound. Constant trade winds have permanently sculpted them into graceful, southwesterly bending forms, creating iconic imagery synonymous with Aruba.

While the island and weather are perfect, Aruba's friendly multicultural inhabitants provide the flavor for an unforgettable trip. What began as a fishing outpost for Amerindians is now a diverse constituent country of the Netherlands. Dutch and the local language of Papiamentu are the official languages of Aruba, but most Arubans speak a minimum of four languages, including English and Spanish. Aruba's rich, multicultural



past is also reflected in the cuisine, with local dishes like gouda-glazed 'keshi yena' joining South American, European and Caribbean favorites on menus around the island. Brightly colored dwellings dot the landscape, as both locals and visitors alike enjoy museums, art galleries, vibrant nightlife, spas, and weekly Bon Bini and Caribbean festivals. And of course, adventure sports. Aruba is an active island, and was recognized as one of the top wreck diving destinations in the Caribbean by Scuba Diving Magazine. Thanks to constant trade winds, Aruba is a world-class destination for windsurfing and kitesurfing. But there's more - tee off on a championship golf course, saddle up on horseback, and hike across the island, discovering the island's fascinating natural wonders.

Aruba's beauty has inspired many pro-athletes to end their triathlon season with a race in paradise. Yvonne van Vlerken, world record setter for Ironman-distance triathlon races, and the only female

triathlete to have gone sub 9 hours 10x at the full iron distance will be joined by athletes Heather Jackson, Linsey Corbin, Joe Gambles, Davide Giardini, Per Bittner, Lionel Sanders, Chris McDonald, Miriam Ward, Lisa Norden and Julie Weiss. These triathletes, from all around the world, embody the perseverance and dedication it takes to be a triathlete. World Champions, record setter's, and record breaker's, racing alongside these athletes is a once-in-a-lifetime opportunity. Their involvement in Challenge Aruba speaks to both the beauty of Aruba and the challenge athletes will face at the inaugural half-triathlon. Challenge Aruba is also extremely proud to announce that two triathlon legends will serve as ambassadors. Belgian triathlete and motivational speaker Marc Herremans, as well as two-time Ironman Championship winner Tim DeBoom, will be giving seminars throughout the event and will be present on race-day to cheer you on.

FOCUS RACE

These pro athletes will be racing through a course that stands out for its speed, variation and control, as well as the remarkable beauty that will define Challenge Aruba for triathlons to come. Offering both a Half Triathlon distance and a Sprint Triathlon distance (perfect for first time triathletes), both events take place on the same course, modified



for the various distances. The swim portion is a single lap course in the crystal clear blue Caribbean Sea, starting and ending on the world famous Palm Beach, where athletes will then mount their bikes and complete either one or four 22,5 km laps along the coast. Continuing along Eagle Beach, one of the most stunning beaches of Aruba, competitors head north to the area of Malmok, Arashi Beach and

Aruba's famous lighthouse, before following the coast back to Palm Beach.

The running segment of Challenge Aruba is flat, fast and beautiful. The course is entirely along the white beaches of Aruba. One 7 km lap for the Sprint Event or three 7 km laps for the Half Event, the course alternates between the boulevard (The

Strip) and beach path in front of the exclusive hotels of Aruba that line the Palm Beach Area. The finish line will be located on the boulevard at The Hyatt Regency Resort.

Challenge Aruba is sure to be an amazing event. A spectacular location, an impressive list of pro athletes and the backing of the Challenge Family ensure an inaugural race for the ages.



To learn more, and to register, visit Challenge Aruba's website at www.challenge-aruba.com



CHALLENGE
ALMERE-AMSTERDAM
10.09.2016 *wearetriathlon!*

presented by
Rabobank



EUROPE'S OLDEST LONG DISTANCE RACE
AND THE BIGGEST TRIATHLON EVENT OF THE NETHERLANDS

EXPERIENCE IT
9, 10 & 11 SEPT

www.challenge-almere.com

FOLLOW US ON:



SATURDAY 10 SEPT 2016:

LONG DISTANCE (OPEN DUTCH CHAMPIONSHIPS)
HALF DISTANCE
TRI-TOGETHER (LD & HD RELAY)

SIX REASONS TO BE A PART:

- **FLAT & FAST RACE COURSE**
- **4,5 METERS BELOW SEA LEVEL**
- **20 MINUTES FROM AMSTERDAM**
- **OUTSTANDING AFTER-RACE CARE**
- **40.000 ENTHUSIASTIC SPECTATORS**
- **600 VOLUNTEERS**

The end of a cycle for Javier Gomez

Nicolas Geay

Jacvan© tous droits-réservés

The news broke. A news among others. On our time line. Twitter, Facebook or Internet. Javier Gomez won't participate in the Olympic Games of Rio. Injured in the arm after a harmless fall on the bike. The news broke but it's a blast. The one that I consider as one of the three main triathletes of all time, as a legend, won't go to the Games. The one who was silver medalist four years ago, between the Brownlee brothers. The one who was five times world champion on short distance, and 70.3 also.

We cannot be happy of such a news. Because the life of an athlete, even more a short distance triathlete, is turned towards the Games. Four years of preparation which go away. It's terrible for an athlete.

But this absence redistributes power. Because Gomez out means a huge leader out. And it can be beneficial to Vincent Luis and Pierre Le Corre. Why? Out of the water, if they are with the Brownlee, the two other big favorites, there will only be one top guy to leave behind: Mario Mola. If Mola is eliminated once the beginning of the bike, they will be four for three medals with two French: the brothers, Vincent and Pierre. This is the theory. This is what we hope. But with Gomez out, it's an additional chance of medal. The Blues know it even if they will tell you that they will do their own race, whoever is facing them.

And beyond the Games, what of Gomez, what of his future? Will he come back to WTS or does this injury mean the end of his huge career on short distance? I would say the second solution. The one who was said to do Hawaii after the Games will probably continue his career in the IM distance to try to imitate Jan Frodeno. Will he be as strong? He is according to me the only triathlete able to imitate the German. This is what we can wish to Javier Gomez after this hard time. He may be a winner in Hawaii but what is sure is that he will never be Olympic Champion.



Ironman Frankfurt



VS

Challenge Roth



the major battles!

This year, we didn't see the all-German battle between the all-category champion Jan Frodeno and the one who often became his runner-up Sebastian Kienle. While the IM world champion had decided to race in Roth to try to beat the world record of the distance of another German, Andreas Realert in 7:41:33, the

2015 IM world champion was true to the IM European Championships in Frankfurt. A dual which didn't take place physically but which made these two races interesting for this battle at a distance.

Ironman Frankfurt :

Kienle regains his title



press release



Getty Images

Sebastian Kienle and Andreas Boecherer nailed a phenomenal race at the 2016 Mainova IRONMAN European Championship Frankfurt, where Kienle ran to his second European title after winning in 2014.

One year after a thrilling course-record show with IRONMAN world champion Jan Frodeno, this time, Germans Sebastian Kienle and Andreas Boecherer highlighted a historical event with an unbelievable battle. This race was the best possible gift to celebrate the 15th anniversary of the event. *«I didn't believe that Andi would be able to run a sub 2:50 or even next to 2:50, he absolutely proved me wrong today,»* said Kienle later after a classic showdown on the run course.



to the 23.8 degrees Celsius water temperature and non wetsuit-legal swim (for pros).

Albert led the field into second lap together with Boecherer, before the German felt a bit cold and couldn't follow the Estonian's pace in the second lap. Albert hit T2 after 48:12, and the lead group had an unexpectedly long tail. Boecherer was the last athlete of this first group to exit the water (in 13th place).

Even before the race, Boecherer was one of the men expected to rule the race early in the water. Besides Estonian Marko Albert, Frenchman Denis Chevrot and American Tim O'Donnell, the fast German swimmer set the pace in the lead group from the get-go. Although there were good swimmers lined up at the front in the Lake Langener Waldsee, the pace was not exceptionally fast, due

2014 IRONMAN European champion Sebastian Kienle was not happy with his performance in the water due to the fact that he was four minutes down. *«My swim was not good today but I'm really happy with my bike and especially with the run,»* he said later. The reason why he was smiling at the press conference was because the rest of his performance was purely magic to watch.

Once on the bike, Kienle hit the gas and started making up time on the flat first part of the bike course. After only 30 kilometers he had already reduced the gap down to the half, and by 60 km, he was only about a minute behind the leader. Obviously, the 31-year-old went through the course with smart tactics. When he caught up with the lead group he didn't hammer to the front immediately, but stayed relaxed and controlled. Even when he saw his chain falling off a few kilometers later and had to stop setting the pace at the front of the first group, he didn't panic.

On the second bike lap, the German uberbiker took over the lead role in a tough trio with Boecherer

and 2013 IRONMAN European champion, Eneko Llanos. While the rest of the pro field lost contact to these three, they started into a hard marathon battle. Llanos, known as one of the most consistent marathoners in the sport, couldn't follow the pace of his two German contenders; Kienle and Boecherer's average pace was nothing short of crazy. Kienle never gave up the lead and eventually opened up a gap of 100 seconds with 9 kilometers to go. Boecherer performed the marathon of his life getting very close to Kienle over the final kilometers.

Kienle made the final turn to the Roemer in first place taking an exhausting, glorious win, with



Boecherer just 57 seconds behind him. *«I never had a better second place,»* said Boecherer, *«this doesn't feel like second.»* Llanos fought hard to come back from the run, eventually making a decisive pass for third place ahead of Marko Albert and the fastest runner of the day, Will Clarke. American Tim O'Donnell had a tough day at the office including a bike crash after leaving transition. He started into the run in 11th place and finally secured his Kona spot with a 9:12:58 finish time.

Women's race Hauschildt runs to the European crown

Australia's Melissa Hauschildt took a shining win at the 2016 Mainova IRONMAN European Championship. While top favorite Daniela Ryf had to drop out, the 33-year old ran to a great victory. In the women's race, no one was even thinking about anyone other than Daniela Ryf. And at the start, the day seemed to prove all of the predictions right. Only a few minutes into the 2016 Mainova IRONMAN European Championship,

the Swiss had already set her sails for another great title. *«The first few meters in the water were extremely good,»* said the reigning IRONMAN world champion.

When the pro women started into the European championship two minutes after the pro men, Ryf seemed to be heading into her own race, as she started catching the male pros on the first lap. But all of a sudden, Ryf slowed down on the second lap and started to swim some strokes on her back. *«I felt really really cold,»* she told the media at the post-race press conference.

«My goal was to get as fast out of the water as possible,» Ryf said. She still managed the best swim in 53:45, more than two minutes ahead of Germany's Natascha Schmitt. But the 29-year-old was moving slow when she came out of the water. She needed a long time in the transition zone, and when she started onto the bike course, her problems became bigger. «I haven't been able to stay in the aero-position,» Ryf said. «It was not my day—it was more about a survival than about a race.» After less than 30 kilometers, she dropped out of the race.

Ryf's decision not to continue left Schmitt in the main spot. The local hero from Frankfurt passed thousands of familiar faces during a great bike ride. «The bike leg was more or less relaxed,» she said later after having set the best split. «The crowd was on my side, absolutely fantastic.» Starting into the marathon, Schmitt had

Top 10 males :

1. Kienle Sebastian	GER	07:52:43
2. Boecherer, Andi	GER	07:53:40
3. Llanos Eneko	ESP	08:09:08
4. Albert Marko	EST	08:11:38
5. Clarke Will	GBR	08:14:56
6. Kramer Christian	GER	08:18:14
7. Chevrot Denis	FRA	08:19:59
8. Billard Bertrand	FRA	08:26:27
9. Duelsen Marc	GER	08:26:59
10. Ackermann Johann	GER	08:31:06



a 5-minute lead over Germany's Daniela Saemmler, with Australia's Melissa Hauschildt 6:30 down. Verena Walter held onto fourth almost 8 minutes back. It took Hauschildt less than three kilometers to claim the runner-up position, with Schmitt looking quite strong in first place.

It was the day of the not-so-well trained marathoners in women's competition. Due to injuries, most of the top five pros had to reduce their training to a minimum preparing for the 2016 Mainova IRONMAN European Championship. «I saw a big question mark coming up after 20 kilometers,» said Schmitt after not being able to run more than 20 kilometers over the past few weeks. Compatriot Saemmler later had a similar quote about her run. «I wasn't sure if I could run a marathon,» she



said. «I felt happy for the first time today at km 41.5.»

Hauschildt was gaining time on Schmitt with every single kilometer, and shortly before they hit the 20 kilometer mark, the 2015 IRONMAN Asia-Pacific champion made the pass. «I tried to pace myself, running not too hard. I was only running for four weeks before this race,» said the 33-year-old. «I really wanted to win because I really wanted to qualify for Kona.» The Australian eventually was allowed to make this dream come true thanks to

Top 10 females :

1. Hauschildt Melissa	AUS	09:01:17	6. Castro Nogueira Saleta	ESP	09:22:41
2. Korschak Katja	GER	09:09:58	7. Duke Dinity-Lee	AUS	09:30:48
3. Saemmler Daniela	GER	09:13:23	8. Grohmann Katharina	GER	09:31:54
4. Schmitt Natascha	GER	09:16:40	9. Steurer Bianca	AUT	09:37:59
5. Walter Verena	GER	09:18:58	10. Krejcova Petra	CZE	09:45:13

a great performance scratching the 9-hour barrier. «The black carpet on the way to the finish line was just amazing.»

While Hauschildt started to celebrate her great win right after she had crossed the finish line, it might take Katja Korschak a few more days to soak up this 2016 Mainova IRONMAN European championship

experience. When she started into the run, the German was more than 15 minutes behind the lead. Then she nailed the best run split with a 2:57 marathon and stormed into second place. «I'm not sure if I can believe it,» she said right after the race, «my run was really fast, it was such a good race.» Five kilometers away from the finish line she took over silver position from Saemmler, who had passed long-term leader Schmitt at the 32 kilometer mark.





new balance

DATEV

DATEV

DATEV



Roth : Land of records



Press release



TrimaX-magazine / Thierry Gromik@
trimax-magazine

Jan Frodeno presented DATEV Challenge Roth with the best 15th anniversary present possible – a sensational world record over the 226km distance. Frodeno's time of 7:35:39 undercut Andreas Raelert's former record of 7:41:33 by almost six minutes on the same course.

Frodeno announced half a year ago that he had Raelert's record in his sights at DATEV Challenge

Roth. And when a man of this calibre announces something then in his own words, "you do everything possible to make it happen".

On the day the 2008 Olympic Champion and current World Champion not only faced the largest field on the long distance triathlon circuit but also perfect conditions: high cloud, warm temperatures and practically no wind.



Frodeno led from the start in a race against the clock although it was not lonely. Hundreds of thousands cheered him on towards his new world record as he became the first male world champion to win at Roth. Frodeno was in a class of his own in the swim and also had no competition on the bike, despite a trip into a ditch on the second lap. "But that probably brought me more time thanks to the extra adrenaline surge I got from the crash," said Frodeno afterwards.



Cyril Vienneot

During the run he experienced "many highs and lows" in the final kilometres but in the end, it was the highs that prevailed. And in his first interview at the finish line he said, "Now I understand why this is the greatest of all races".

Frodeno's history-making win was further emphasised by his lead on his competition. The United Kingdom's Joe Skipper was more than 20 minutes behind the champion in 7:56:23 while last year's defending champion, Nils Frommhold earned third, also coming under the eight-hour mark in 7:57:59.

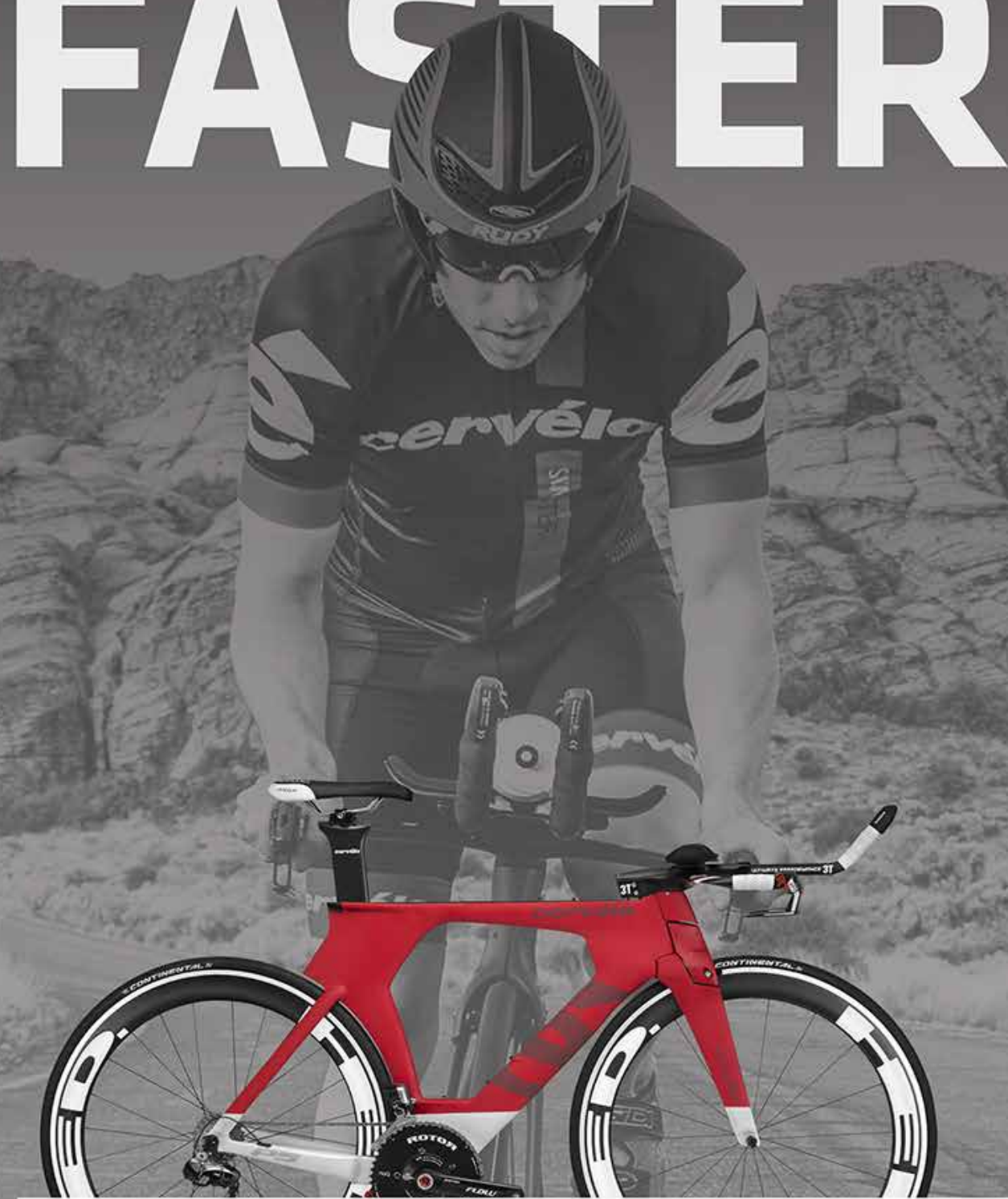
Women's race : Daniela Ryf takes win at DATEV Challenge Roth

Daniela Ryf (SUI) has taken out the top title at her first Challenge Roth with the third fastest women's time ever achieved over triathlon's long distance.

Michelle Vesterby



SIMPLY FASTER



P5

cervelo.com/p5

cervélo

STORY

The current world champion dominated from start to finish, taking the win in 8:22:04 and achieved the third best time ever on the long distance of 3.8 km swim, 180 km bike and a 42,195 km marathon.

She almost achieved the fairy-tale ending, but couldn't quite beat the incomparable Chrissie Wellington's world record time of 8:18:13, set in 2011. Wellington,



Daniela Ryf

who was spectating on the sidelines during the race, did however have some concern for her world record. Daniela Ryf was nearly ten minutes faster on the bike course than the British athlete but she failed to match Wellington's blistering marathon pace. "I hope to come back again" she said at the finish line and gave everyone the impression that she just finished

running a casual 10km with her energetic finish line dance!

Just how dominant Ryf was is illustrated by the time she had over her competitors. Carrie Lester (AUS) delivered a second-place finish with a personal best of 8:42:13 hours which was still 20

minutes after the winner. Lester claimed the same position as last year, although was 11 minutes faster, and demoted defending champion, Yvonne van Vlerken (8:49:35 hours) to third place. British athlete, Laura Siddall, rounded out the top four women coming in under nine hours with a time of **8:51:59 hours.**



Top 10 males :

1. Frodeno Jan	(GER)	07:35:39
2. Skipper Joe	(GBR)	07:56:23
3. Frommhold, Nils	(GER)	07:57:49
4. Viennot, Cyril	(FRA)	08:02:44
5. Kastelein Nick	(AUS)	08:05:03
6. Butterfield Tyler	(BER)	08:18:39
7. Rahn Fabian	(GER)	08:20:11
8. Bittner, Per	(GER)	08:21:28
9. Raphael, Jan	(GER)	08:24:55
10. Heining, Tobias	(GER)	08:26:43

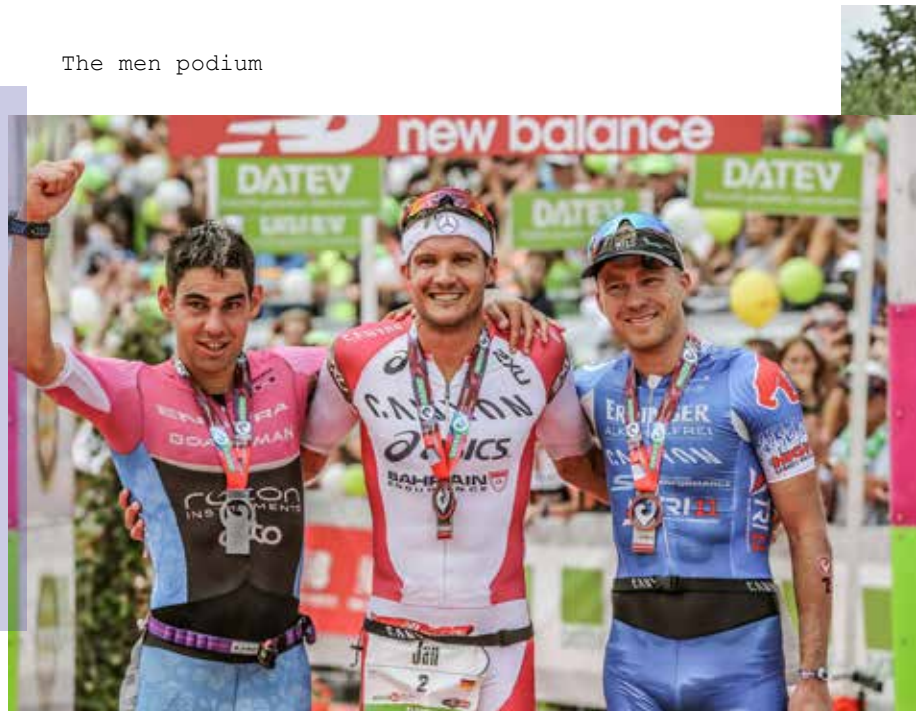
Jenny Fletcher



Tyler Butterfield



Nils Frommhold



The men podium



The famous Hill climb Solar Black World



Top 10 females :

1. Ryf Daniela	(SUI)	08:22:04
2. Lester Carrie	(AUS)	08:42:13
3. Van Vlerken Yvonne	(NED)	08:49:35
4. Siddall Laura	(GBR)	08:51:59
5. Beranek Anja	(GER)	09:00:20
6. Vesterby Michelle	(DEN)	09:04:32
7. Fleming Jessica	(AUS)	09:16:54
8. Csomor Erika	(HUN)	09:24:52
9. Hill Meredith	(AUS)	09:27:37
10. Duffield Michelle	(AUS)	09:33:4



STORY



Andi Dreitz sets new course record at Challenge Denmark



The 27-year-old German super-athlete Andreas Dreitz raced his heart out at Challenge Denmark. Despite a rough start he managed to overtake Danish Henrik Hyldelund on the run and secure a new course record for the Billund-Herning half distance.

- I feel amazing, he said to the presenter after crossing the finish line at 3 hours and 49 seconds.

STORY

Andreas, better known as Andi, was favored ahead of the start, and despite being a shocking number nine out of the water, he managed to up his game and leave T2 as second.

- Everything was really well organized this morning, and maybe I was a bit too relaxed, because I had some trouble getting started. But I had a phenomenal bike ride. Henrik made it really fast, so I tried to catch him, but he made it through to the run first. Thankfully my legs were good.



Andi ran like the wind and flew past 30-year-old Hyldelund, making a four-minute and 50 second gap for the win.

The top three female pro-athletes had a close race on the half distance. British Cathrine Emma

Jameson started out in the lead, but last year's winner Danish Michelle Vesterby caught up to her on the run. On the last lap the up-and-coming Danish pro Maya Stage Nielsen tricked everyone and won the title.



New Nordic Champion's secure in their win

On the full distance Mirjam Weerd from the Netherlands won the new Nordic title by a leap with the time 9:08. Danish Anne Jensen arrived as second 25 minutes and 48 seconds later followed by British Frankie Sanjana. Mirjam Weerd got emotional at the finish line and expressed her

surprise at the amount of support she felt along the route. - This was my all-time best swim, and I just loved racing in front of all these cheering people, she said.

Danish Chris Fischer secured his title from last year by winning the men's long distance race.

STORY

Despite juggling family, work, and a professional triathlon career he outdid himself and scored a new course record. Winning this year had the added bonus of being the Nordic Championship, hence the Viking-trophies they were awarded.

- I'm so grateful for the support of my family. Without them this would not be possible, Chris Fischer said.

He left the water as number 6, but as soon as

he jumped on the bike Chris Fischer flew past the competition and won by 4 minutes and 40 seconds to German Matthias Knossalla. Danish Anders Christensen finished third.



Half distance females :

1. Maja Stage Nielsen	DEN 4:30:07
2. Michelle Vesterby	DEN 4:30:48
3. Cathrine Emma Jameson	GBR 4:33:06

Half distance males :

1. Andreas Dreiz	GER 3:49:17
2. Henrik Hyldelund	DEN 3:54:06
3. Will Clarke	GBR 3:56:03



Full distance - males (championnats nordiques LD):

1. Chris Fischer	DEN 8:14:25
2. Matthias Knossalla	GER 8:19:04
3. Anders Christensen	DEN 8:29:25

Full distance - Females (championnats nordiques LD):

1. Mirjam Weerd	NED 9:08:56
2. Anne Jensen	DEN 9:34:44
3. Frankie Sanjana	GBR 10:16:12



CHALLENGE ICELAND



A magnificent landscape for a atypical race...



Jacvan



organisation@droits-réservés
CHALLENGE

Situated in the stunning "Bay of Whales" in Iceland, the world's northernmost half distance triathlon race, CHALLENGE ICELAND, took place on Saturday 23 July 2016.



The 1.9km swim course took place in the crystal clean Meðalfellsvatn fresh water lake (temperature was 15C), and the one loop 90km bike race with rolling hills and short climbs on the old main road of Hvalfjörður is one the most iconic bike routes in Iceland (total elevation 920m). Another beautiful country road with long hills of Kjós was the scene for the two lap 21.1 km run course.

Race organizers Race Makers Iceland together with over 75 volunteers have worked together in conjunction with Kjós

CHALLENGE ICELAND

municipality, the Ministry of Industry and Commerce and a number of partners including Gló Street Food, Hammer Nutrition, Norðurál, Höldur Bílaleiga Akureyrar, WOW air, Grand Hótel, Reykjavík Excursions and many others, to make CHALLENGE ICELAND a reality.

Women

Heather Wurtele of Canada came 1st in 4:24:00 with a 4:21 margin over 2nd Radka Vodickova of the Czech Republic and 8:14 over 3rd place finisher Haley Chura of the U.S.

Wurtele's victory was her 5th HALF distance win of the year which includes a win at the Ironman 70.3 North American Championship in St. George, Utah and comes after a 2nd place finish at the 2015 Ironman 70.3 Worlds and a win at St. George 70.3 last year.

Men

Kevin Collington of the U.S. came 1st only 17 seconds ahead of 2nd Giulio Molinari of Italy and 3:16 over 3rd place Justin Metzler of the U.S., who closed fast with a race-best 1:15:13 half marathon.

Collington's win was his second of the year after victory at Ironman 70.3 Busan. He also took 3rd at Ironman Brazil, 4th at St. George 70.3 and 3rd at Ironman 70.3 Uruguay.



SCI CON
SCICONBAGS.COM

#BRINGYOURBIKE

AEROCOMFORT TRIATHLON

MAKING
TRAVELLING
EASIER THAN EVER



NO TOOLS REQUIRED

The AeroComfort Triathlon™ is the world's first bike bag designed around the geometry of TT bikes. Lightweight and comfortable, yet providing your bike with the required protection.

This voucher can only be used once per person and cannot be redeemed for cash, credit or toward any previous purchases. Certain products may be excluded. SCICON® is a brand of ASG International SRL, Via F.lli Andolfatto 3/9, 36060 Romano d'Ezzelino, Italy

PROMO 25% Off

AeroComfort Triathlon with code

TRIMAX

Receive 25% discount on "all items in your order". This voucher code is valid on www.sciconbags.com only. Valid until December, 31 2016.

Top 6 males :

- | | |
|---------------------------|---------|
| 1. Kevin Collington (USA) | 4:00:15 |
| 2. Giulio Molinari (ITA) | 4:00:32 |
| 3. Justin Metzler (USA) | 4:03:31 |
| 4. Tim Don (GBR) | 4:08:03 |
| 5. Allan Olesen (DEN) | 4:08:47 |
| 6. Brad Williams (USA) | 4:11:01 |



Top 6 females :

- | | |
|----------------------------|---------|
| 1. Heather Wurtele (CAN) | 4:24:00 |
| 2. Radka Vodickova (CZE) | 4:28:21 |
| 3. Haley Chura (USA) | 4:32:14 |
| 4. Tine Deckers (BEL) | 4:36:02 |
| 5. Carina Brechters (GER) | 4:39:36 |
| 6. Jennifer Fletcher (USA) | 5:14:50 |



Alpe d'Huez triathlon *celebrates its 10th birthday*

Jacvan



Yann Photo - TrimaX-magazine

The 11th Edition of the EDF Alpe d'Huez Triathlon offered us an exceptional show with the duathlon, tri kids, the longue distance and short distance races, it was over 2500 athletes who participated at this festival of triathlon...

Duathlon :

Over 300 participants set off to conquer the 8th edition of the Bourg d'Oisans Alpe d'Huez Duathlon, the first of 4 events. Emmanuel Meyssat from France (Metz Triathlon) and Miriam Van Reijen from the Netherlands (Dutch Duathlon Team) were the strongest after a 6.6k run, a 15k bike ride, and a 2.5k run. Congratulations to them and all participants!

RACE REPORT

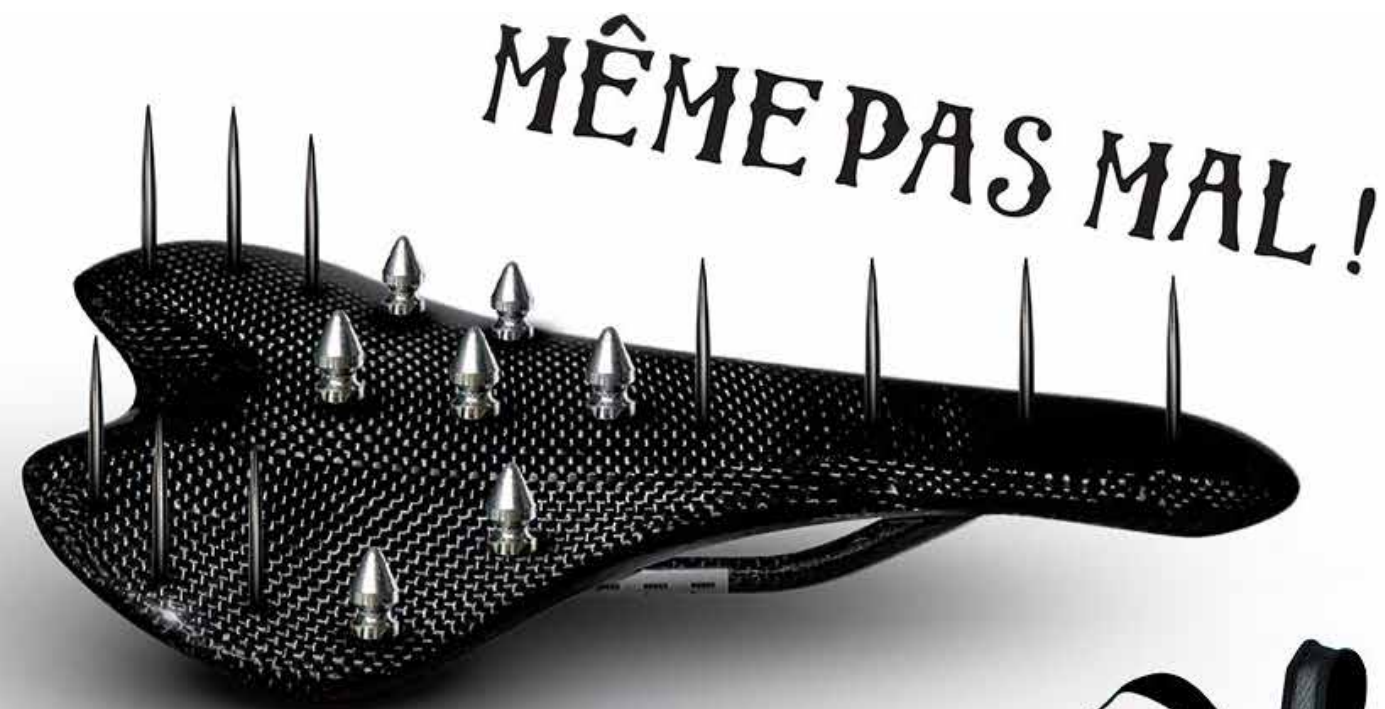
Emmanuel Meyssat: *"it's a real pleasure and a privilege to take part in this race. The Alpe d'Huez is a legendary course, winning here is obviously very special. I like to diversify my training by doing duathlon, is there a better place to do it in these conditions?"*

Miriam Van Reijen: *"I am very happy with this win. It was extremely hot in the Bourg d'Oisans valley. I decided to manage the first part of the race, and once I overtook Jessica on the bike, I tried to take the biggest lead possible before the second run. I felt better and better throughout the race, it could not have gone better!"*



Triathlon LD :

Over a 1000 athletes lined up on the starting line at 9:30 in the Lac du Verney, the water was 16° (take note participants of the Triathlon M!). The crowd was definitely loud under this beautiful sun, it created a joyful and cheerful atmosphere, it gown with the performance of the winners of the day Cunnama (South Africa) and Jeanne Collonge (France).



NOUVEAU **PROGEL**
EKOI MEMORY

CUISSARD TECHNIQUE
TOUJOURS + ERGONOMIQUE
À COMBINER AVEC

3 PEAUX GEL MEMORY

À MÉMOIRE DE FORME ADAPTÉE À VOTRE POIDS



<70 kg



70 -77 kg



>78 kg

MADE IN ITALY



Créez votre propre cuissard
selon votre poids sur **ekoi.com**

EKOI
COM
CYCLING DIFFERENT

Information consommateurs : **N° Vert 0800 30 30 99** du lundi au vendredi de 9h à 19h, sans interruption

LEAVING YOUR COMPETITORS BEHIND ? OURS TOO!



CYRIL VIENNOT

6^{ème} IRONMAN HAWAII 2015
WORLD CHAMPION LD ITU 2015
5^{ème} IRONMAN HAWAII 2014
3^{ème} CHPT MONDE LD ITU 2014

COMPRESSION
BV SPORT
2x
MORE EFFICIENT*

BOOSTER
Elite



BV SPORT®
BOOSTER VEINES SPORT



BVSPORT.COM



*Independant clinical study showing an increase of blood ejection fraction trough the heart +79% with BV SPORT's compression against 34% with classical contention. Complete information on www.bvsport.com

James Cunnama – 1st
(South Africa)

I am really happy. I come here every year, and every time I have been running in circle trying to find this victory. The experience of the race has really helped me manage my pace. It is an iconic triathlon, an exceptional race. I like it's authenticity: you always find your limits here, each discipline is very demanding. The crowd in the villages, the climb and the run really surprised me. The atmosphere was awesome. It is one of those race that you need to do once in your life.



Jeanne Collonge – 1st (France)

This victory is an achievement for me. It is my 3rd participation, and I was committed to win. Knowing that Lucy was here, I had to be strong. I didn't really have a strategy besides biking as hard as possible in the climb. At the top of the Alpe du Grand-Serre, when I overtook

Lucy, the only thing I thought about was creating the biggest gap. In August, I will take part in Embrun... Wining today was a massive confidence boost. About the race, I love the mountains, and the Alpe d'Huez is a myth!



RACE REPORT

Short distance triathlon :

The 1180 participants took the start with an amazing environment. Dan Wilson from Australia and Andrea Hewitt from New Zealand established themselves as the leaders. Here are the impression of the winners. We had 6 nationalities on the podium!

Dan Wilson (Australia) / 1st :

It is an incredible race. I have been able to attend for the last 4 years, It is not always easy to fit it into my schedule. If I could, I would come every year! This time, I took the opportunity. I had great legs today, one of my best run here. But it is also the combination of the push during the bike race. I am delighted.

Andrea Hewitt (New Zealand) / 1st

It was my first time at the Alpe d'Huez. I found it gorgeous. It is very different than the France Grand Prix. It is also my first race without drafting, and my first race with that many people! I love climbing, even at home, but there mainly about 20 minutes, I have to say today was a new experience!



Retrouvez le résumé de l'ensemble des courses sur
www.trimax-mag.com



BELGIUM
04 - 09 - 2016

FULL DAY PROGRAM

7:30 AM

FULL DISTANCE BELMAN


3,8 180 42

8 AM

HALF DISTANCE BELMAN


1,9 90 21

8 AM

HALF DISTANCE RELAY BELMAN


1,9 90 21

10 AM

OLYMPIC DISTANCE BELMAN


0,9 40 10

12 AM

BELMAN KIDS 8-12


0,2 6 2

16 PM

RUN & DRINK FOR BELMAN


5+

BELMAN.BE - INFO@BELMAN.BE





DUATHLON AND KIDS



- Top 5 males:
- 1. Emmanuel MEYSSAT
1:27:50
 - 2. Seppe ODEYN
1:28'25
 - 3. Eric LEBLACHER
1:29:25
 - 4. Frédéric FRECH
1:29:50
 - 5. Ryan CHRISTIAN
1:30:45



- Top 5 females :
- 1. VAN REIJEN Miriam
01:40:24
 - 2. GAY-PAGEON Marion
01:45:34
 - 3. OOSTERLO Jessica
01:46:42
 - 4. LAHEURTE Avril
01:50:55
 - 5. DAHAN CARLA
01:57:31





FULL DISTANCE



Top 10 males :

1. CUNNAMA James	05:58:02	6. PALMER Martin	06:15:30
2. VAN HOUTEM Timothy	06:00:07	7. DEFILLIPIS Scott	06:16:14
3. VAN LUYCK MAN Sven	06:05:00	8. PHILLIPS Mike	06:17:09
4. MERINO ALAMINOS Erik	06:14:18	9. BELGY Guillaume	06:20:01
5. AGIRRESAROBÉ Aïmar	06:15:16	10. ARROS Colin	06:20:27



Top 10 females :

1. COLLONGE Jeanne	06:33:32
2. GOSSAGE Lucy	06:37:31
3. EDWARDS Parys	06:53:11
4. ROBERTS Lisa	06:58:40
5. DERRON Nina	07:10:18
6. BOUSREZ Céline	07:12:13
7. ADAM Stéphanie	07:17:24
8. HERNANDEZ CASA HUGA Ester	07:20:17
9. BROWN Brooke	07:35:26
10. FROEHLICH Hélène	07:38:17





SHORT DISTANCE



Top 10 females :

1. HEWITT Andrea 02:01:10
2. MERLE Audrey 02:12:25
3. NOGUERA RAJA Anna 02:14:15
4. BENEDICTO Juliette 02:14:52
5. FORSTNER Renate 02:20:06
6. COUCKUYT Ine 02:20:13
7. ZIEMONS Kristina 02:22:33
8. LEGRAND Marion 02:23:38
9. LOPEZ Caroline 02:23:54
10. YNDESTAD Cathy 02:26:02



Top 10 males :

- | | |
|------------------------------|----------|
| 1. WILSON Dan | 01:51:28 |
| 2. VAN HEMEL Tim | 01:55:07 |
| 3. BOCHERER Andi | 01:55:40 |
| 4. GUERBEUR Nathan | 01:55:50 |
| 5. HUEBER MOOSBRUGGER Maxime | 01:56:34 |
| 6. ROBERTS Fergus | 01:56:50 |
| 7. MOULAI Tony | 01:57:50 |
| 8. FAURE Hervé | 01:57:50 |
| 9. VERAMME Koen | 01:57:57 |
| 10. MARGIRIER Mathis | 01:59:24 |



Marseille Triathlon :

*They were a thousand at the start,
still champions...*



Romuald Vinace



Jacvan et Yann Photo©trimax-
magazine



Some athletes may have seen their model in the painful climb of the Gineste, shared the suffering of the future winner, all of them raised eyebrows in front of the Marseille Triathlon setting. A treat under a stifling heat. Legs are heavy, muscles are paralyzed, sometimes gazing into space or staring at a contender, improbable ally in the search for a second wind. A family who is integral in adversity. The conviviality in surpassing oneself, this is what CarmaSport and its director Laurent Courbon support. Yes, the Marseille Triathlon is also that. On the finish line, it's useless to dwell on the ranking. *«What is the most exiting on this event is to be there. Simply. What an atmosphere! And the children are also here»*, says anonymous.

The family-bound triathlon of the heart



A little bit further, a bottle of water casually poured on his head, Romain Garcin enjoys his 11th place, after entering as a pro a few months before.

«Marseille has become unavoidable. The organization has succeeded the management of a nice event made of simplicity. Not too much», says this athlete. With or without the Ironman label, the thousand athletes is seduced. «Smooth sea, wind at the top of the Gineste, heat, a sprint on the finish line for fun, this is triathlon», says the triathlete from Vitrolles, Mathieu Pagini. Exquisite bonus: crossing the elite athletes... who are one lap ahead of you. «Talking to them is a chance. This is a special moment.» Unforgettable, probably.



A bomb passes : Anthony Pujades, launched as a metronome who also enjoyed his day on this 31st of July. «This is a real pleasure. A pleasure to live such a thing for the first time in la Gineste. Victory is here, at home. This is a good way to end a good week.» And Sylvain Sudrie saluted again the organization : «There are not many triathlons anymore now in big cities, so we take advantage of every minute. I like these old-fashioned triathlons, without calculation, without business but with the heart and a family spirit.» Solid on the bike, dominating in the water, confident on the run, everybody found his pleasure on this 4th edition. All of them earned respect, all have offered their most beautiful smiles on the photo finish. The crowd on the Prado Beaches didn't ask for more. Refreshing and so true. The Marseille Triathlon has captured the minds and the organization succeeds its crazy bet of highlighting a thousand of champions.

3 questions to...

Laurent Courbon :

« a wonderful showcase of Marseille and its values »

Co-organizer of the Triathlon and director of CarmaSport, he has big ambitions for this event in Marseille.

1/ TrimaX-magazine : What does this event represent for you?

I'm very proud to be able to enhance my sport in my city. Marseille has a big history, a very strong link with triathlon. Big champions have already raced here. Twenty years ago, it was a mandatory race for them. The 4th edition, registered in the perspective of Marseille-Provence, sports capital in 2017, will remain special because the organization that we shared with the Sardines Triathlon was made without the help of the Ironman label who didn't want to focus on short distances. More than 900 triathletes were present to make it a success.

2/ TrimaX-magazine : A success which could look very different as early as next year?

Indeed! Many innovations are being explored. We have to see the calendar and try to put this event in mid-June. Attracting 1500 to 2000 people in July is simply not possible. Our goal is also to be able to compete with the Paris Triathlon which welcomes 3000 participants.

This is also our job to offer a big sports event to everyone in Marseille. Making this event a multi-activity meeting, this is the goal before looking further towards the setting of a long distance triathlon. We are very ambitious. .

3/ TrimaX-magazine : Conviviality seems to be the keyword in Marseille. Is it where you thrive?

For CarmaSport, it is the center of the project. Full families must have access to the Marseille Triathlon. Children bring an additional soul, a rare moment of sharing around animations. Promoting the values of Marseille and this sport through the event remains a priority.



Top 10 females :

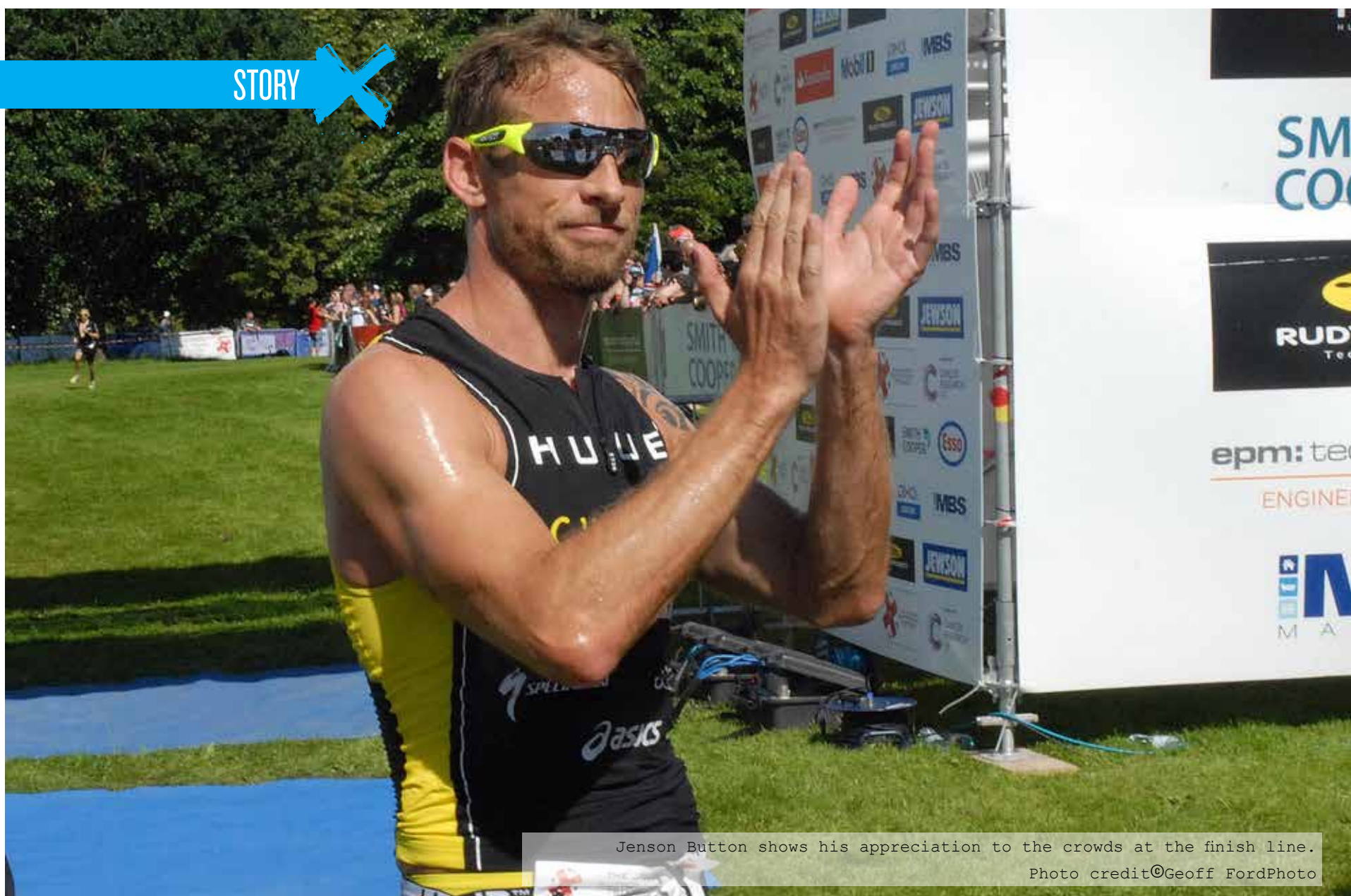
1. Charlotte MOREL	2:15:43	5. Sophie DARDOUILLET	2:32:55
2. Camille DONAT	2:26:51	6. Annick VIDAL	2:34:06
3. Juliette COUDREY	2:27:57	7. Pauline MORIER	2:36:07
4. Gabriela BRIEN	2:30:43	8. Noëlie MONTMAGNON	2:37:47
		9. Sophie RODOT	2:41:14
		10. Claire THIBULT	2:42:02



Top 10 males :

1. Anthony PUJADES	1:59:25
2. Sylvain SUDRIE	2:04:09
3. Steve MCKENNA	2:04:28
4. Kévin MAUREL	2:06:21
5. Nicolas FERNANDEZ	2:07:01
6. Romain POZZO DI BORGO	2:09:52
7. Erwan JACOBI	2:10:34
8. Valentin PASCAL	2:13:03
9. Lionel PITAVAL	2:14:34
10. Sébastien MULET	2:14:57





Jenson Button shows his appreciation to the crowds at the finish line.
Photo credit@Geoff FordPhoto



Jenson Button tackles the cycle stage.
Photo credit@Geoff FordPhoto

Young Stars Triumph At Award-Winning Jenson Button Trust Triathlon



Young triathletes Ben Dijkstra and Emma Pallant emerged victorious at the Jenson Button Trust Triathlon which was held for the second year running in Derby on Sunday July 17.



Mens final winner Ben Dijkstra.
Photo credit@Paul Warburton Photography

Ben (17) from Loughborough finished the race in 49 minutes, 47 seconds – closely followed by Derby triathlete Tom Bishop (25) - 50 minutes, 2 seconds - and Jack Willis (19) who finished in 50 minutes 12 seconds.



TEAM
TEAMWEAR BY BIORACER

LOW MINIMUM ORDERS // LARGE KNOW-HOW // INNOVATIVE // FAIR PRICING // HIGH QUALITY // SWIFT DELIVERY TIMES // PERSONAL APPROACH BY A REPRESENTATIVE IN YOUR REGION // A DESIGN MADE TO MEASURE FOR YOUR TEAM

BIO RACER
speedwear

WWW.BIORACER.COM // TWITTER.COM/BIORACER // INSTAGRAM.COM/BIORACERSPEEDWEAR // FACEBOOK.COM/BIORACERBELGIUM

In the ladies' final Emma Pallant (27) retained her title at the event with a time of 55 minutes 36 seconds with Katie-Jemima Synge (23) coming second with a time of 57 minutes 27 seconds.

Emma won last year's ladies' final in the Jenson Button Trust Triathlon and also won the 2016 Aviles ITU duathlon world champions in early June.



She was so impressed with a young family who cheered her on throughout the race that she presented her medal to Isla Granville (4) and her little brother Jamie (3) – who are from Bramcote, Nottingham, as she crossed the finish line.

Emma said: "We have had fantastic support from the crowd and Isla was really

cheering and clapping me so I wanted to show her how much I appreciated it."

The Team Challenge, sponsored by Midlands accountants and business advisers Smith Cooper was won by the MBS Construction elite team made

up of athletes supported by Derby-based HUUB Design: 11 times national time trial champion Kane Haggett (24), accomplished triathlete Kevin Dawson (49) on the bike and schoolboy running champion Alex Yee (17).

The event, which previously took place near Luton, was held at Markeaton Park for the second year with last year's event winning the 220 Triathlon Award for best triathlon with under 500 competitors.

More than 400 novice, experienced and elite triathletes, including F1 McLaren Honda racing driver Jenson Button himself who finished 12th took part in the event, organised by Derby-based HUUB Events. In addition there were 16 teams of three competing in the Smith Cooper Team Challenge.

Everyone had the chance to race twice in the Jenson Button Trust Triathlon with preliminary heats consisting of a 200m swim in Markeaton Lake; 10km cycle from the park and on closed roads into the city's Cathedral Quarter before returning to the park to complete a 2.5km run.

In the individual event, the top 50 male and female performers went through to the finals -completing a 400m swim, 20km cycle and 5km run, with the runners up entering the wooden spoon race.

The prize fund available to competitors is one of the largest for a UK based sprint triathlon. A grand total of £7000 was on offer, split between the male and female categories.

More than 50 youngsters, accompanied by an adult, took part in the first Be More Bailey family triathlon which was held in the lunchtime break of the main event – including nine-year-old Bailey and his dad Jono.



Jenson Button approaches the finish line.
Photo credit @Geoff Ford

The Be More Bailey family triathlon, which was free to enter involved children aged seven and above, accompanied by an adult, who started with a 50m swim in the lake then head out onto the closed roads for a 2.5km cycle before a 750m run – crossing the same finishing line as the JBTT triathletes.

Bailey shot to fame when he received awards for his courage and determination in the 'Pride of



Jenson Button cheered on by spectators in Markeaton Park
Photo credit @Geoff Ford

Britain' and 'BBC Sports Personality of the Year 2015' who will start and then compete in the race with his dad Jonathan.

The Doncaster schoolboy, who has Cerebral Palsy, first captured the hearts of the nation when a video of him casting aside his walking frame to cross a triathlon race finishing line went viral.

Derby advanced composites specialists epm:technology have designed and manufactured the bespoke frame for Bailey which he used at the family triathlon.

Road closures in the city centre continued during the lunchtime break to enable a Children's Criterium to be held between 11am and 12 noon.

Around 60 young members of cycling clubs throughout Derbyshire took part in the road race event organised by Cycle Derby and British Cycling – completing 500m circular laps.

Cycle Derby is part of Derby City Council – providing opportunities in cycling for people of all ages. Three races will be held for cyclists from local clubs at under ten, under 12 and under 16 age groups.

Jenson Button said: "Moving the triathlon to

Derby last year was a great decision and we immediately knew that we wanted to return again this July.

"It's an amazing location in the park and having a closed road cycle route is a particular bonus thanks to the support of Derby City Council.

"The event is therefore perfect for both amateurs and professionals and especially for spectators who have the great

opportunity to see all the action in the lake, on the cycle route and through the park and watch us all going through the pain!

"I want to thank Derby for their superb welcome and for coming out to support this event which has raised thousands for Cancer Research UK."

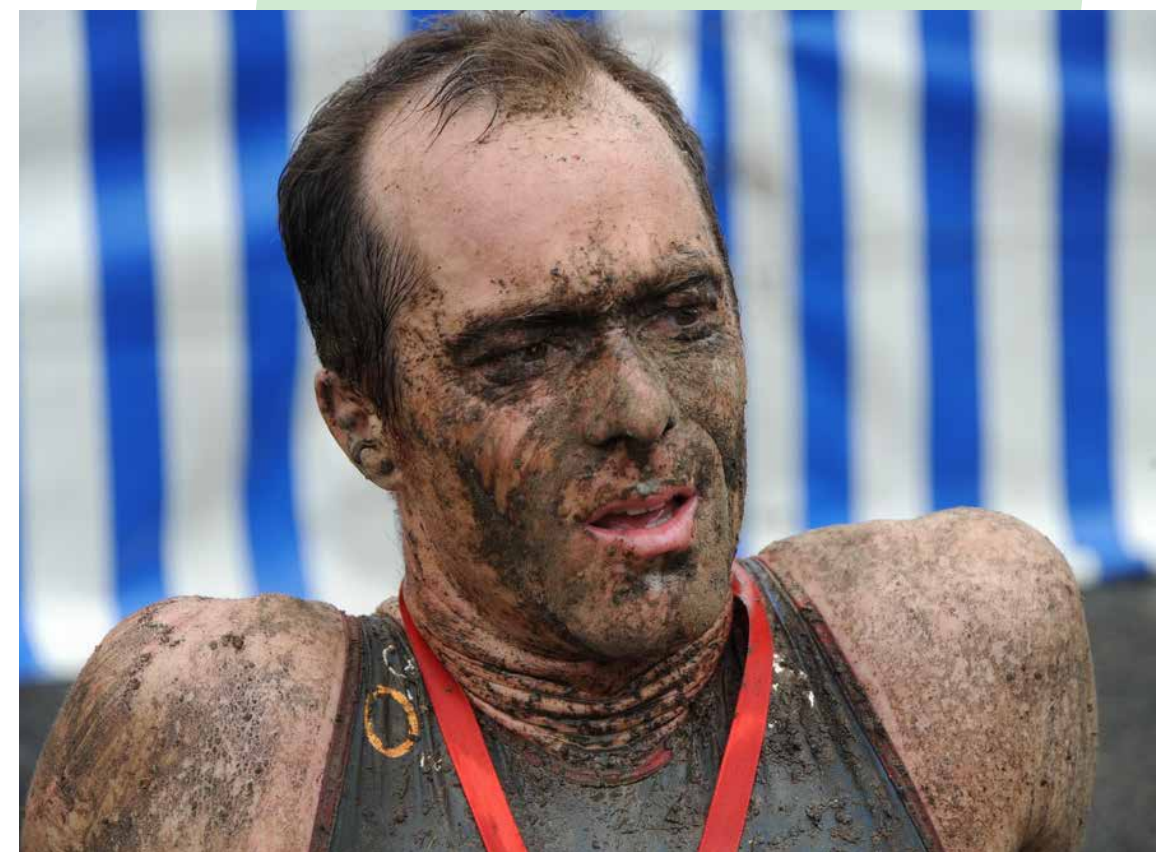
Bailey Matthews' dad Jono said: "Today has proved that a family triathlon has really got legs and I hope that we can bring it back to Derby and elsewhere in the UK next year to inspire young people to join the triathlon revolution."

Head of Huub Events Dean Jackson said: "The Jenson Button Trust Triathlon and Be More Bailey family challenge has been a fantastic celebration of sport – involving novice and elite athletes, teams of three and now family members – and making it the largest ever Jenson Button Trust Triathlon.

"We are delighted that the Trust has indicated that they will be back next year and Derby has once again done itself proud to stage such a prestigious event across the city."

Funds raised by the main Jenson Button Trust Triathlon will again support Cancer Research UK.

XTERRA



When Xterra means Mud-day!



Dave Nicholas



Pierre Moulierac

Ruben Ruzafa and Michelle Flipo captured the XTERRA Switzerland / ETU European Cross Triathlon Championship under extreme weather conditions in the Vallee de Joux on Saturday afternoon.

The win is Ruzafa's second straight on the European Tour this year and his 21st XTERRA major victory in 26 races since winning Worlds as a rookie in 2008. For Flipo, the win is her first on the XTERRA World Tour.

What a mess! The day started with some sun and a breeze after a monster storm Friday eve. *"I think we'll be good, maybe some little rain"* said Thomas Vasser, head of the Sports Center of the Vallee de Joux. Nine minutes into the swim it started to rain, by 15 minutes it was steady and by 25 minutes it was a downpour. Let The Mudfest Begin!

XTERRA

The swim was divided in three waves; pro men, pro women and then all age groupers.

"I never saw anything like it" marveled Spain's Roger Serrano. "It was a war. These guys went crazy."

German Jens Roth led big out of the water and took a nice lead early. By 1K Ben Allen, Sam Osborne and Brice Daubord were nose to tail chasing Jens. By 5K, 3-time World Champ Ruben Ruzafa was already up into 3rd having passed Roth in a full slide down a muddy slope and in another 2K had taken the lead.

"This condition today is good for me" he smiled. "I like technical and today with the mud and steep places – I was very fast on the downhills."

Fast? How about nearly four-minutes faster than the second best bike time.

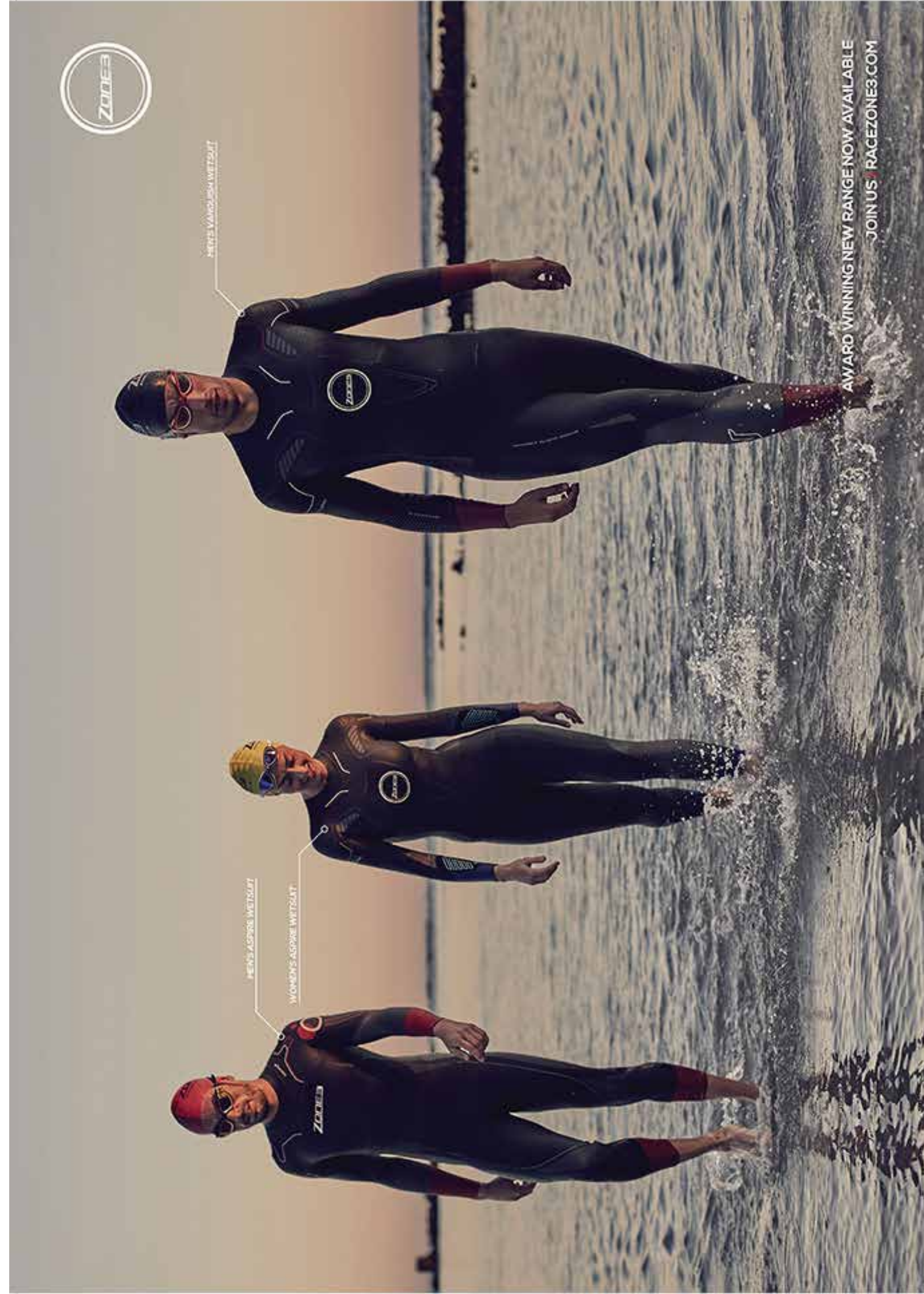
The women's swim was no surprise as ITU and former XTERRA racer from Mexico now living in France, Michelle Flipo took first out of the water. Brit Jacqui Slack caught her by the 4K mark and started to ride away.

"I really like XTERRA but my technical bike skills are not as good as I would like," Michelle said shortly after the finish. "I could keep up on the flats and uphill but lost time on the downhills and technical sections."



I had to smile while interviewing her as she is a lovely woman, tall with blonde hair, but was totally covered in mud and one could only see her eyes and smile. Jacqui Slack put in a great ride in the lead, but 33-time XTERRA winner Renata *"the Swiss Miss"* Bucher was the Mistress of the Mud today. She was almost three minutes faster than Jacqui and came into T2 with the lead. Another Swiss, Ladina Buss was 3rd and Flipo 4th. Our winner put in the fastest run of the day and picked off Buss, then Slack and finally Renata to take the lead and come home with a 2.5-minute lead.

The back story was Myriam Guillot-Boisett. Her run was



AWARD WINNING NEW RANGE NOW AVAILABLE
JOIN US / RACEZONE3.COM

only a handful of seconds slower than Flipo's and she passed Ladina and Renata to take a hard fought 3rd. Second-place to fourth-place was separated by less than four seconds, a fantastic finish.

Back with the men, poor Sam Osborne took a wicked fall on lap two about 100m from me and nearly took Brice Daubord with him. I'm not sure how Brice got around the Kiwi but this put him solidly in 2nd. Sam never really recovered. *"I hit really hard and it knocked me pretty good"* he said after the event.

Our fast swimmer Jens Roth was 4th, Ben Allen 5th and Veit Honle 6th. XTERRA Belgium winner Kris Coddens was coming fast but was still back around 9th. Allen did not look happy and yelled *"I HATE MUD"* every time he went past. The men were really fighting on the bike. A bunch were scrapping hard on the 2nd lap.

"I knew I could not run because I had a muscle tear" said Roger Serrano, the reigning XTERRA European Tour Champion. *"These guys were going so hard I ask how will they run? Maybe I should go."*

Passing up and down the hills, slipping and sliding on the ever-worsening mud they came into T2 as a bunch with Roger, Veit Holne, Sam Osborne, Brice Daubord, Italian Mattia De Paoli and Kris Coddens all mixed together and now four minutes behind Ruzafa.

Serrano stopped, Sam was still stunned by his fall and dropped back. Brice was a good second with Veit 3rd but Coddens was charging, caught them on the 1st lap and



started chasing after Ruben. At the end of the first lap officials stopped Kris in the penalty booth for a 15-second helmet infraction at T2. This dropped him back to 4th but about the 2K mark the speedy Belgian was past Daubord and settled in for a great 2nd place finish just over a minute behind Ruben.

Today the mud was worse than Belgium two weeks ago, but the finish line was full of smiles as racers

washed themselves off in the fresh water stream coming down from the mountains.

"Nobody was going to catch Ruben today," said Ben Allen as he chatted with Brad Weiss at the awards. *"All those years as a pro mountain biker just makes him unbelievable in conditions like this."*

Our women's winner was also all smiles and like a champ should say – she told me *"I'm going to Maui."*

THE RESULTATS

Elite males :

Ruben RUSABA (ESP)	2 :47 :58
Kris CODDENS (BEL)	2 :49 :18
Brice DAUBORD (FRA)	2 :49 :28

Elite Females :

Michelle FLIPO (FRA)	3 :18 :40
Jacky SLACK (GBR)	3 :21 :16
Myriam GUILLOT BOISSET (FRA)	3 :21 :20



U23 females:

Sina HINTEREGGER (AUT)	3 :55 :32
Clara BLOMH (DEN)	3 :56 :31

U23 males :

Arthur SERRIERES (FRA)	2 :53 :17
Loic DOUBEY (FRA)	2 :57 :26
Marcello UGAZIO (ITA)	2 :58 :02

Junior females :

Marta MENDITTO (ITA)	1 :24 :22
(parcours light)	

Junior males :

Filippo PRADELLA (ITA)	1 :10 :23
(parcours light)	



XTERRA

Ruben Rusafa



XTERRA France:

In the difficulty...



Bradley Weiss

Dave Nicholas



Dave Nicholas

The win is Ruzafa's third straight on the European Tour this year and his 22nd XTERRA major victory in 27 races since winning Worlds as a rookie in 2008. For Paterson, the win is her second major this season (she won XTERRA Tahiti back in May) and the 14th of her career.

“I like this course and I like this race,” said Ruzafa, who has won it three years in a row now. “It is very technical and this is where I am at my best. I rode very good today and was able to control everything. It was almost perfect for me.”

In the men's race Aussie Ben Allen had the fastest swim of the day followed by Veit Honle from Germany, and those two got the early lead on the bike but by the halfway point it was Ruzafa in the lead thanks to his race-best 1:02:37 bike split. By the



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

XTERRA

bike-to-run transition Ruzafa had more than five minutes on South Africa's Bradley Weiss, and cruised into the finish line with a winning time of three hours, seven-minutes flat.

Behind Ruzafa, Yeray Luxem from Belgium was powering his way to the fastest run of the day and overtook Weiss to finish as the runner-up.

"This course is good for me," said Weiss. "I came out of the water with Ruben but he was so strong on the



unbelievable organization and support," said Paterson, who owns two XTERRA World Championships, an ITU Cross Tri World Title, and was the European Championship race winner last season.

"I felt great all day and just so grateful to be able to compete against great gals and in one of the best XTERRAs I've ever experienced! Roll on the rest of the summer!"

Jacqui Slack took the early lead out of the swim, with Tour leader Brigitta Poor and Paterson close

bike I could not keep up with him. Then on the run Yeray surprised me. He was going so fast and when he passed me I knew I must settle for third."

Honle finished in 4th for the second week in a row and Damien Guillemet finished in 5th.

In the women's race it was all Lesley Paterson, who has proven time-and-time again that when the going gets tough, she gets going.

"XTERRA France lives up to its reputation...the beauty, the true toughness and the

behind, but once Paterson got in front 'that was that.'

"I knew this was a long race so I took it very easy on the first lap of the bike," said Paterson. *"I heard Renata was close to me so I pushed really hard on the second lap and got a good gap."*

Bucher did have a great bike, cut into Paterson's lead and worked her way into the second position where she stayed through the finish line.

Lesley Paterson



"I was so disappointed and sad after Switzerland," said Bucher, who finished 4th in her home country last weekend. *"I rode good today and the race was long, so I was able to make enough time to keep second place on the run."*

Erbenova, who finished in third, had a good run to make her way to the podium, but thinks she fell too far behind during the opening swim leg.

"My swim was just terrible today," said the reigning European Tour Champion, who came out of the water four-minutes behind Paterson and two-minutes behind Bucher. *"I worked hard to move up into third, and am very happy with it."*

Brigitta Poor held on for fourth and Myriam Guillot-Boisset finished in 5th.

XTERRA Managing Director Dave Nicholas was on site and brings us this report...

As is usual, it rained in the Vosge Mountains in Xonrupt. The good news is it rained on Friday and we were cool and dry for race day Saturday. The Charbonnier's once again did their Magic with a multi lingual race briefing and huge pasta party

on Saturday eve. Sunday morning showed a bit of blue and sunshine and racer spirits were high. The decouvert or discovery race had over 900 entrants and the usual, hi energy music, clapping, yelling and cheering start right at 8am. The day progressed with two youth races, the first for ages 11-13 and the second for 8-10 year olds. These kids and families are serious. I saw small bikes and race kits that cost more than half the adult field's gear. Clubs came from as far away as Calais and between the two kids events there were over 200 entries. No wonder the French have the biggest fields in Europe. They have a genuine feeder system and it works.

he start was equally chaotic for the Big Show. It was impossible to keep the masses back in a water start so the gun went off at 1:58. The dynamic duo of Ben Allen and Jacqui Slack led the men and women out of the water, respectively. But lurking just behind each was the amazing Ruben Ruzafa and the equally amazing Leslie Patterson. These two have 5 World Championships between them so it was no surprise that by the 3K mark on the

bike Nico Lebrun reported both had the lead. A lead neither would relinquish all day.

Renata Bucher had a fantastic day on the bike being only 20 seconds slower than Lesley for the bike leg. *"I knew this was a long race and made sure there were no mistakes on the first bike lap"* said the wee Scottish lass. Renata got within 25 seconds starting the second lap but Patterson put the speed back on and kept the gap at over a minute. Then Les did what she does best and that is run. She put in the 2d fastest womens run on a technical course to win by 3 minutes. Renata's bike was so strong she had no problem taking second by over 5 minutes over Czech Helena Erbenova. *"I was so disappointed and sad from Switzerland to lose 2d place by less than a minute"* said the Swiss Miss. *"Here the bike is longer and more technical and I am so happy to finish second"*. Erbenova was just as happy with 3rd. *"My swim was so bad. So many people in the water and then I had difficulty all day passing on the bike"*.

For Ruzafa it was another epic ride. *"I was with him coming out of the swim but he just took off and no matter how hard I rode, I could not stay with him"* said

3rd place Bradley Weiss. *"This is my kind of course with lots of climbing and technical parts but right now Ruben is just too good"*.

German Veit Honle (pronounce that white, like the color) was 4th last week in Switzerland and again here in France. His swim was second only to Ben Allen and he rode very well. So did Spain's Roger Serrano but Serrano suffered from two flats and retired – Belgian winner and Swiss 2d placer Kris Coddens also had a flat and walked his bike a long way. Kris kept going and put in the 2d fastest run only to finish 13th. The days mens story had to be Yeray Luxem. Yeray had a great 2d behind Ruben in Portugal but a bad home race in Belgium. He did not race in France to recover and did a great job here today passing Weiss on the run to finish second. French speedster Francois Carloni had a bad day back in 14th so with 3 of the top men scoring very little, Ruzafa now has a huge lead in the men's standings.

The big field of age groupers provided tons of entertainment. The Charbonnier's always have some great wooden structures near the finish and



Renata Bucher

XTERRA

this year was no exception. "Le Monster" super steep ramp plunked riders smack in the middle of a sand beach volleyball court and the slips and flips were many. The huge difference in skill sets was wonderful to observe and even some age group world champs were caught out. The pros skip onto the sand, rock the bike over and pedal away. The normal citizen rider has the front wheel squish out or the back wheel start to spin and down they go. The end of the feature was a neat jump ramp about 1m high. Hundreds had fun doing mini knock-

knacks and I saw one guy come to a complete stop at the end of the ramp, look it over, turn around and walk back about 20 feet and pedal hard and jump it. Now that is entertainment and the crowd went wild for him.

If you want the longest, toughest race anywhere with hours of entertainment for the spectators you simply cannot do better than France. And if you podium? You get a bottle of custom XTERRA France Champagne.

Resultats Elite males :

Ruben RUSAFI	3 :07 :00
Yeray LUXEIM	3 :12 :49
Bradley WEISS	3 :13 :56
Viet HÖNLE	3 :18 :19
Damien GUILLEMET	3 :18 :38

Resultats Elite Females:

Lesley PATERSON	3 :38 :29
Renata BUCHER	3 :42 :47
Helena ERBENOVA	3 :48 :03
Brigitta POOR	3 :51 :56
Myriam GUILLOT	3 :53 :02



Organicoach Training Camp
XTERRA & CrossTri
SEPTEMBER 19TH TO 24TH 2016
Digne-les-Bains - FR

with **NICOLAS LEBRUN**
 « A World Champion knowledge, for an all natural performance »

CONTACT AND INFO
www.organicoach.fr

- 6 days, 3 disciplines
- open swim and pool
- scenic MTB in the famous "Terre Noires"

Powered by  **Organicoach**

- Technical Trail running
- Drills and speed work
- Diets and natural health approach

*Think green
 stay fit*

**RATE :
 250€**

FASTEST ...PERIOD!

It takes an industry veteran, a professor of human movement through water and the knowledge of Swimsmooth to create our suits, tested and proven to deliver gains in your swim.

If you don't believe us...

Ask the Brownlee Brothers, Richard Varga, Henri Schoeman or Raoul Shaw who between them dominated the ITU Mens World Series swims.

#FIRSTOUTHEWATER



HUUB
WWW.HUUBFRANCE.COM

WWW.SWIMSMOOTH.COM



Chronicle pains on the bike, 2nd act



Alexandre Gomez

NECK and trapeze-shoulders zone

When we talk about pain in the neck, we need to specify the precise zone of the painful point, because it is easy to confound with a pain in the trapeze, that is to say just below the neck. When the pain is really in the neck, the problem must be the handlebar which is too low or too far compared to the saddle, which makes us stretch too much to ride the bike.

However, when the bike is situated in the trapezes, it's the other way around regarding the handlebar which is too high or too close compared to the saddle. When it's the case, the neck is contracted between the shoulders instead of being relaxed, which can be very disagreeable after 2 hours on the bike. Many triathletes think about raising lightly the handlebar compared to a pure aerodynamic position, because the common mistake is to say that we must straighten for the run after... MISTAKE, your position is good, depending on your flexibility, on the bike geometry, don't try to make your bike a Chopper Harley Davidson...

Last month we talked about chronicle pains on the bike. After talking about many pains in the knees and lumbar in our July number, we will finish the enumeration by body zones...

HANDS

The hands tingling is often due to a poor repartition of the weight, which causes a displacement of the gravity center frontward, so the hands support more weight than they should. In order to find a solution to this problem, it is advised to change the saddle setback in order to modify the gravity center. You have to take into account that we lower the saddle by 3mm for each setback centimeters to maintain the same leg extension. Approaching or raising the handlebar contributes to a better liberation of the weight than the hands and arms must support.

Moreover, a saddle which is too inclined frontwards contributes to your hands tingling

FEET

Pains and tingling in the feet are also chronicle for many triathletes and cyclists. There are various origins and causes to these problems. It can be your shoes which may not be adapted. Usually, it's a problem of excessive pressure, that is to say a too tight or too short shoe. If the shoe is suitable, the relation with the cleat is also very important. If the cleat is too much frontwards compared to the articulation metatarso-phalangean, the same problems can happen, tingling, pain, or excessive foot overheating.





INPOWER
Power meter technology

GLUTEAL

The bike saddle is, very often, a source of problem. However, in most cases, the real cause of pains or discomforts is not directly the saddle but the position on it. The comfort on the saddle is linked to a good weight repartition, that the main part of the weight is on the ischions.

When it's not the case, the main part of the pressure is directed in the perineum zone, and in this case, pains, tingling of the genital zone...

These pains are often linked to a too narrow saddle, or too incurved, which doesn't allow a necessary support of the ischions. Once you've found the suitable saddle, you have to find the good inclination, very often (theoretically) parallel to the ground for straight saddles, with a light inclination frontwards for incurved saddles. For an aerodynamic position, it is generally advised to incline the saddle frontwards to reduce the perineum pressure.

If your pains are still here after all of that... We just have to think about the saddle height, which will cause again problems of pressure if it's too high, and on the lower back... biomechanics in the knees if it's too low.

In some cases, if the problems are continuing, you will have to see if you don't have a misbalance which causes some pains...



To conclude, the choice of the material is not only the choice of the shopping of the month on the magazine, «I buy this bike or this saddle because Vincent Luis will have an olympic medal with this material...» (Don't see anything chauvinist!) But you will have to see if the material you've chosen is relevant to my level of practice, my level of flexibility, and it's also true for the shoes, the running shoes... Our sport is difficult enough, so you should prefer comfort at first!

I already said that on previous articles, but we are all able to buy the last carbon wheels, the last fashion extensions, the last watch which tells us what to do before we even think about it... Think first of all to be well surrounded, to do a bike position study, to have a coach to guide you, to motivate you, to coach you... NO it's not because you've been practicing triathlon for 15 years that you know how to train, it's not because you read the magazine every month that you are a coach yourself, it's not because you play the part of a bike supervisor that you are the future Marc Madiot.

Water retention also affects triathletes



When we are subject to water retention (be careful, this subject is often feminine but retention also affects men), the first advice is to have a physical activity which especially seeks your legs in order to stimulate them and fight against the feeling of heavy legs. Yes but when we are a triathlete, between the swim, the bike and the run, it is not really possible to do better regarding stimulation and yet, many of us suffer from heavy legs or swelling, sometimes very painful. There are many causes as well as methods to fight against water retention.



Water retention explained in a few words...

Our body is made of 65% of water. Occasionally some parts of our body is excessively loaded in water, that is to say that our body stores more water than it is able to eliminate. This is what we call «water retention» or edema for the medical term more appropriated. Kidneys will be the prime candidates as well as the liver because their laziness could be responsible for this retention. But this is not as simple and a person subject to water retention can really have a liver and kidneys which perfectly work (hopefully it is very often the case). But then why does our body stock this water so painful (heavy legs, swelling) and so disgraceful (orange peel skin appearance, cellulite)?

When we talk about water retention we also talk about poor circulation. But it is not the blood flow which is involved but the lymphatic circulation. The lymphatic circulation is not a circulation of

blood but of lymph, which goes through the body, from the ends to the heart in the, in the vessels and lymph nodes. The lymph is a colorless to yellowish liquid which browses all the body.

The lymphatic network drains the excess of liquids which are in the tissues and participates to the detoxification of the organs and the body.

It contributes to the nutriment circulation (to a lesser extent than the blood).

It allows the flow in all the body and out of the blood vessels of the white blood cells, in the process of activation of the immune response. It is an essential element of the immune system and healing processes.

It contributes to the hormones flow.

It ensures the evacuation of cellular wastes (fats, toxins, proteins).

Contrary to the blood which flows thanks to heart beats which are used as a pump, the lymph circulation doesn't have any «pomp» to facilitate

its flow. It results from the combination of the body movements (especially breathing), from the contraction of muscles, and the contractions of the smooth fibers of the lymphatic vessels walls. If the body movements or physical activity get intensified, the lymph will circulate faster. On the contrary, a long immobility brakes the lymph draining.

This is why, to activate the lymphatic circulation, it is advised to move to fight against water retention. If this circulation can be indeed responsible for swellings, the fact to practice a regular physical activity should allow not to suffer from water retention. And yet...

After this explanation which allows to better understand the elimination of water and body wastes, it is good to analyze the other causes which can lead to water retention. And to make it more difficult, these causes can be multiple and even cumulate. You have to pay attention to eliminate these causes one after one to get rid of this water excess.

What can be the causes of water retention?

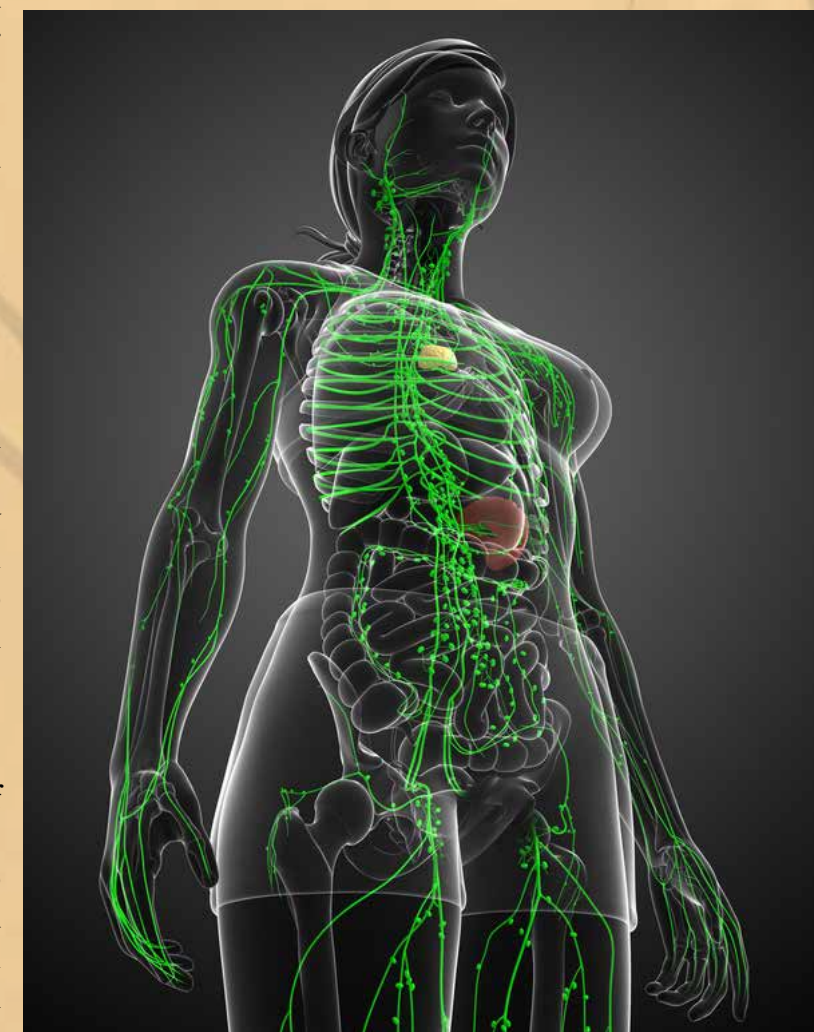
* A food imbalance can be one of the main causes. Generally, triathletes are quite sensitive to food balance to accompany performance. So you will have to be careful not to eat too much salt and above all to check that you don't have a deficiency in some vitamins. These deficiencies can be responsible for edemas and food troubles.

* Lactose or gluten intolerances. It can be quite easy to check if you don't eat any of these for a few days and see if the troubles decrease or disappear. Be careful not to suppress on the same period lactose and gluten because you may not know which food makes the intolerance... If you can

test for a few days, it's better to follow a medical advice if you want to continue this «free» food.

* A hormonal imbalance. Be careful to the contraceptive method you use. An overdosed pill or a pill than your body don't tolerate can be the cause of water retention. You should see a specialist to know what solutions you can consider. The premenstrual syndromes can also be responsible for water retention. During this period, you should drain your body but the advantage is that it only lasts a few days.

* Hypothyroidism is also often associated to edema.



Are you AUTHENTIC BAR?

A tasty experience

NEW



THE PRODUCT ⊕

- ☑ + 250 KCAL / BAR
- ☑ IDEAL DURING SUSTAINED ACTIVITY
- ☑ TASTY FLAVOURS

OVERSTIM-S
SPORTS NUTRITION

* A poor blood flow will draw upon the lymphatic system and quickly overload it. This is why by improving the venous circulation, we also improve lymphatic troubles.

* Some medicines can contribute to an excessive water storage, this is what happens with hypertension medicines. You should talk about it with your doctor.

How to know if we have water retention ?

There is first of all the feeling of swelling and heavy legs. This feeling that we have sometimes when we trample all day. But when we are subject to water retention, we have this feeling without trampling! We can even feel it from the beginning of the day when waking up! And even more in summer because the heat fosters water retention. There is also a more mechanical method to check if we suffer from water retention.

A small test consists in pressuring with the finger

on the swollen part for a few seconds. If the mark of the pressure persists several seconds after withdrawing the finger, it can be the sign of an edema.

If you feel tight in some clothes, if your socks leave a specially marked trace (generally water retention begins by the legs and ankles), if you have more difficulties to put on your shoes or if you went on a diet without succeeding to lose weight, it can indeed be water retention.

It is then very important to find the cause in order to be able to cure it. Once you find it, you can use some remedies (very often some old world remedies) to efficiently drain and say good bye to water retention.

We will talk about it this in our next magazine of September.

Warning : This article incorporates the broad principles of water retention but it is not at all a medical article. In case of important swelling, or edema, consult your doctor..



The Met Drone Wide Body helmet



Met has always been a major actor in triathlon, especially thanks to its partnership with Poissy Triathlon for many years but also with Jan Frodeno during his coronation in Hawaii or more recently with Frederik Van Lierde.

If the precedent model, the Pac seems maybe technically recessed on some competitors, the new Drone is here to set the record straight.

A special shape



From the side, the difference with other «long» models is not flagrant, but it is only when we look at the helmet from the front that the difference is obvious. The Met Drone is wide! For a long time, the industry of helmets has been working on the same way, trying to limit at most the frontal surface of the helmet and thus bringing it closer to the head.

The approach of the Drone is different. Its shape of bulb, very wide on the sides, is designed to direct the air flow around the cyclist and above all his shoulders which are usually a zone of swirls offering a wind resistance and creating a drag.

Frederik Van Lierde - copyright F- BOUKLA
trimax - magazine



The strategic position of the aerations ensures the head to be able to stay correctly ventilated without penalizing aerodynamics. A system of intern canals allows to maximize the air flow and evacuate the warm air from your head.



MATERIAL TESTING

The polycarbonate visor completely envelops the helmet. Resistant to stripes, it is also interchangeable even if you don't find it easily on the market right now. You can be certain that your reseller will be able to find it! A protection covers the superior part of the nose to avoid to get injured and with an anti-fog treatment, which is very agreeable.

The adjustment is made via a thumbwheel of adjustment on the back of the head, the Safe-T, which combines according to the brand the best ratio weight-comfort. Even the straps have been designed to be lighter and dry quickly while remaining solid.



The testing



This helmet looks terrific! Its 350grams makes it a very light helmet. What is surprising however is the side of the helmet's «cheeks» which seems almost sharp. When we put it on, these parts rub the ears and tend to scratch. Disturbing... However, beyond this zone, there is no problem anymore, the helmet is well in place, well-maintained, and offers a good comfort.

BRAND NEW FAST AND FLAT BIKE COURSE

GO FOR YOUR PERSONAL BEST



LUXURIOUS SWIM START

GLORIA HOTELS AND RESORT'S BEACH OFFERS THE BEST CONDITIONS FOR ATHLETES AND SUPPORTERS



EXTEND YOUR RACE SEASON

PROFIT FROM PERFECT CLIMATE CONDITIONS AND A WHOLE SUMMER TO TRAIN



5 GLORIA
IRONMAN
70.3 Turkey
REASONS TO KEEP IN MIND

BRING YOUR FAMILY

OUR GREAT PACKAGES INCLUDE YOUR SUPPORTERS!



AWARD CEREMONY WITH WORLD STAR "SHANTEL"

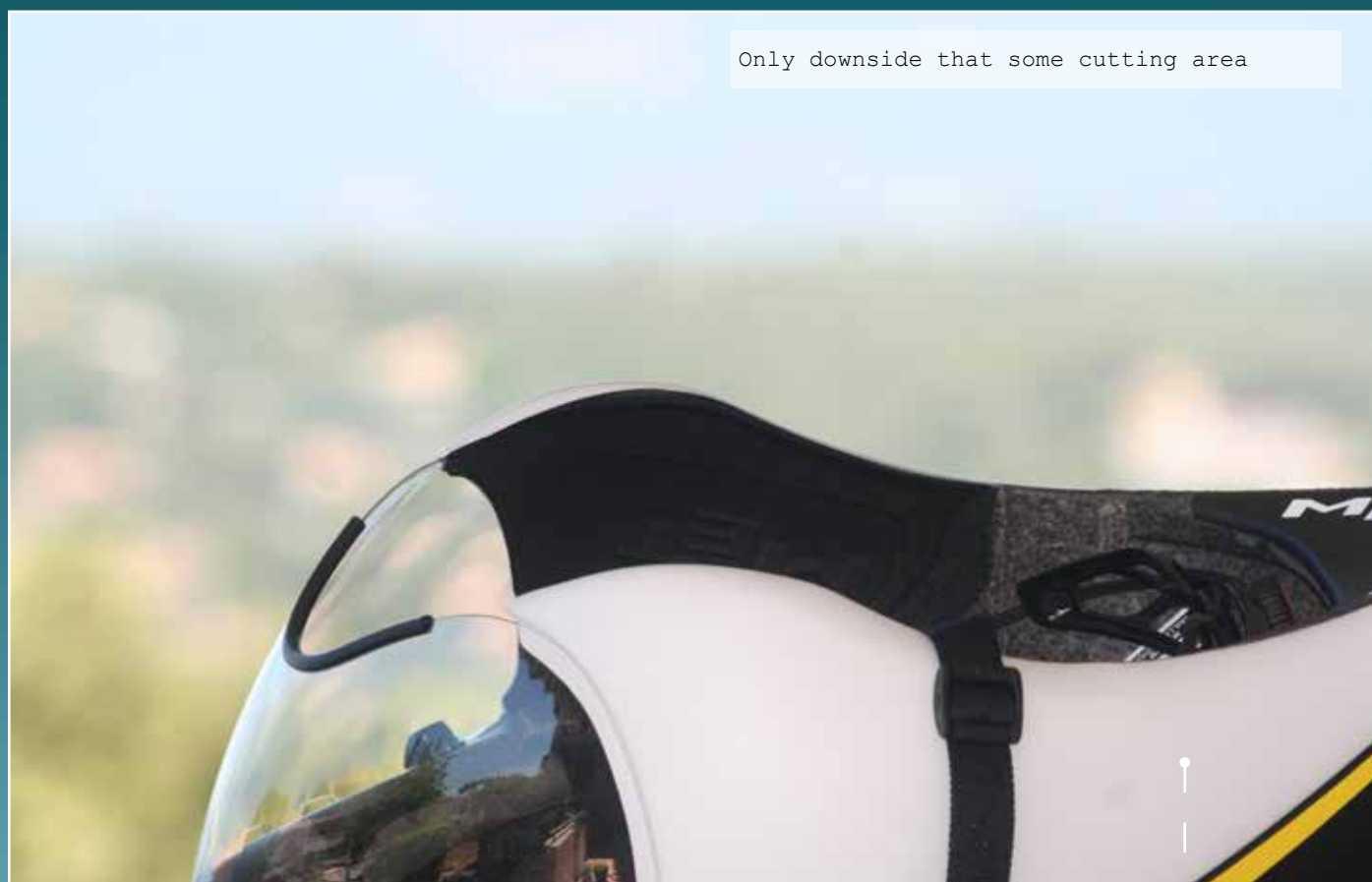
CELEBRATE THE RACE AND YOUR SUCCESSFUL SEASON WITH US

REGISTER NOW



CONTACT FOR PACKAGES : IM@TURSET.COM
EU.IRONMAN.COM

Only downside that some cutting area



The field of view with the big visor is very appreciable. It allows not to feel as a fish in a fishbowl. The aeration is good for this kind of helmet, you mustn't forget that it is a balance to find between a completely close helmet which could be a pressure cooker on your head and a very ventilated helmet which would lose a part of its aerodynamics.

Met proclaims a gain of 10 watts at 50km/h, but you always have to keep in mind that these numbers are first of all about marketing and it depends on your morphology, on your head on the bike, on your position, the same helmet could be faster for some athletes than for others. Available in 2 sizes, M or L for head sizes from 54 to 62.

Price



275€

We like



the aerodynamic size.

We like less



the sides of the helmet which could quickly create injuries when you put it on.

For whom



the triathlete who has a head in intermediary position on his bike (not too high and not too low).

skinfit[®]
SIMPLY MULTISPORT.




www.skinfit.eu



XTREM TRIATHLON

ALPS MAN

ANNECY LAKE | 01 OCT. 2016

 3.8K

 180K

 42.195K

WWW.ALPS-MAN.COM