

TRI-max

MAGAZINE

n°156



HISTORIC

RACE REPORT

Olympic games
Embrunman
Challenge Samorin
Ironman Vichy

MATERIAL

Material testing Kuota KT3

PRO TIPS

What if you did your recovery with a spa at home ?
THE GIRLS CORNER : The anti-water retention solutions

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Charlotte Morel did the show in Embrun. Even if she didn't win, she conquered the audience...



Jacvan

Challenge Forte Village : the best way to end up your season



A race for everyone!

You can choose three distances, the middle one for the ones who want to give everything or the sprint for the fast ones or those who try anyway: from sprint to middle distance, individual and relay, duathlon for the kids and also the scoothathlon for the little ones.

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in the beautiful south-west coast of Sardinia: the deep blue sea, the white and fine sand beach, the Mediterranean vegetation are the perfect frame for the race, which, with a challenging and technical course will leave you astonished from beginning to end! A spectacular race course will make you totally

fall in love with it! On the 29th October the attention will be all towards the young athletes who will race in a duathlon while Sunday the half distance race will be followed by the relay race and then by the sprint. A whole weekend of sport, fun, sharing and supporting in a very familiar atmosphere.

The benefits of staying in a World's Leading Resort

Forte Village, with its eight hotels, eight magnificent villas, and over forty suites, offers guests a choice of the most suitable accommodation for their needs. The 5* and 4* hotels within the Resort offer to all guests elegant rooms surrounded by beautiful nature. Only at Forte Village you can find places that seem to have come straight out of your most delightful dreams.

It offers all the participants a truly unique set of benefits: to sleep within walking distance from the start and T1, to prepare the transition area from the day before, to have breakfast with the «bigs»

of the international triathlon, to enjoy all the comforts offered in the resort for your maximum relax and well-being.

The early arrival and late check-out will help you get to the start line without any stress and worry, the heated pool and the beach at Castello Hotel are ideal locations to mentally prepare for the race. You can also dissolve any tension and pain due to the benefits of the "heated saltwater" at Thalasso Forte that will help you recover faster and enjoy every moment of your race.

On the 30 October, Challenge Forte Village will offer you an unforgettable event : a unique opportunity to finish your triathlon calendar pushing yourself to your maximum and celebrating your effort and result in an amazing location, together with top Pros, friends and family.

Forte Village Resort- the top of hospitality and relax at international level- joins the Challenge Family to offer all triathlon lovers a race of incomparable beauty at a resort of undisputed professionalism.



Challenge Forte Village is an agonistic experience that goes beyond the usual: unique and unforgettable also because of the beauty offered by Sardinia, an oasis of greenery, mountains and sea and the mild climate that makes this event a great way to finish the European calendar.

PRESENTATION



Every moment of the event will be managed exceptionally well: the pasta party will be a great opportunity to have a lovely dinner with family and friends in a stunning location, enjoying the best of Italian and Sardinian cuisine.

Racing with top level elite

At Challenge Forte Village you will live next to a wonderful parterre of elites: by booking an accommodation at the resort you will be able to

do the course reconnaissance with them in the days prior to the event, to have breakfast with them, to experience the whole event, clarify your doubts or curiosity and share your emotions with them. Get to know top level athletes such as the European Championship 2015 Giulio Molinari, Filip Ospaly, Alessandro Degasper, David Hauss, Martina Dogana, Susie Hignett, Albert Moreno Mollins...it will be an unforgettable experience!



See you on 30 and 31 October next in Sardinia !

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LAST ENTRIES



Ajuntament de
Calvià Mallorca



www.challenge-mallorca.com



Rio Olympic Games, brothers in arms



Nicolas Geay



Wagner Araújo

Lying. Marked by the violence of the effort that they've just accomplished. Alistair and his second shake hands. A few centimeters from here, the olympic rings painted on the blue carpet. Four years ago already, the same scene, the same place or almost. Except that instead of Javier Gomez, this time there is the little brother... Other victim or accomplice, maybe a little bit of both, of His Majesty Alistair Brownlee...

The British has just succeeded what no other triathlete before him had managed to do : keeping his Olympic title. And how. Alistair had chosen the right side (looking at the sea) for the start on the beach of Copacabana with Jonny on his side and the other acolytes Varga and Fabian.

Very quickly, as usual, they were leaders. With a goal : isolating and gaining time on the best runners Mario Mola and Richard Murray. They managed it out of the water. The Brownlee go out first and start the bike very strong. With them, eight guys with Henri Schoeman the South-African, very strong swimmer but not very dangerous for the podium, a few swimmers and Vincent Luis, certainly the biggest threat for the brothers from Leeds.

As usual on the bike, Alistair was the boss, riding very quickly in front and yelling at all those who were not taking over strong enough according to him. With him obviously Jonathan and Vincent Luis who had the

same goal to leave Murray and Mola far behind, if they wanted to ensure a medal. This is what they did, taking advantage of the two short but very steep hills and the very technical descents of the bike course.

This group, without the outsider Pierre Le Corre who failed to follow on top of the first hill, arrives at T2 with 1'30 lead on the group Murray/Mola.

The Brownlee start first. Between them the French Vincent Luis. In third position, Alistair. We see him suddenly making grand gestures to ask for water. Then we remember that he doesn't like the heat and we remember this terrible failure on the Gold Coast WTS this year. We think he's not



feeling good. And then, he accelerates after two kilometers. Alistair has gone back to being Alistair. He has never stopped being him. We doubted, we were wrong. Here he goes running as he likes to do. Alone. Behind, Vincent Luis disappears. And Schoeman, that we didn't expect at this level, hangs on and does the race of his life. To take his first international podium.

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In front, Alistair unwinds and affords the luxury of crossing the line walking, as if he was waiting for his brother or to remind him that he is the Boss! To everyone's surprise, Schoeman wins the Bronze. Murray who runs very fast as last year (30'34) fails at seven seconds behind his countryman. Vincent Luis finishes seventh.

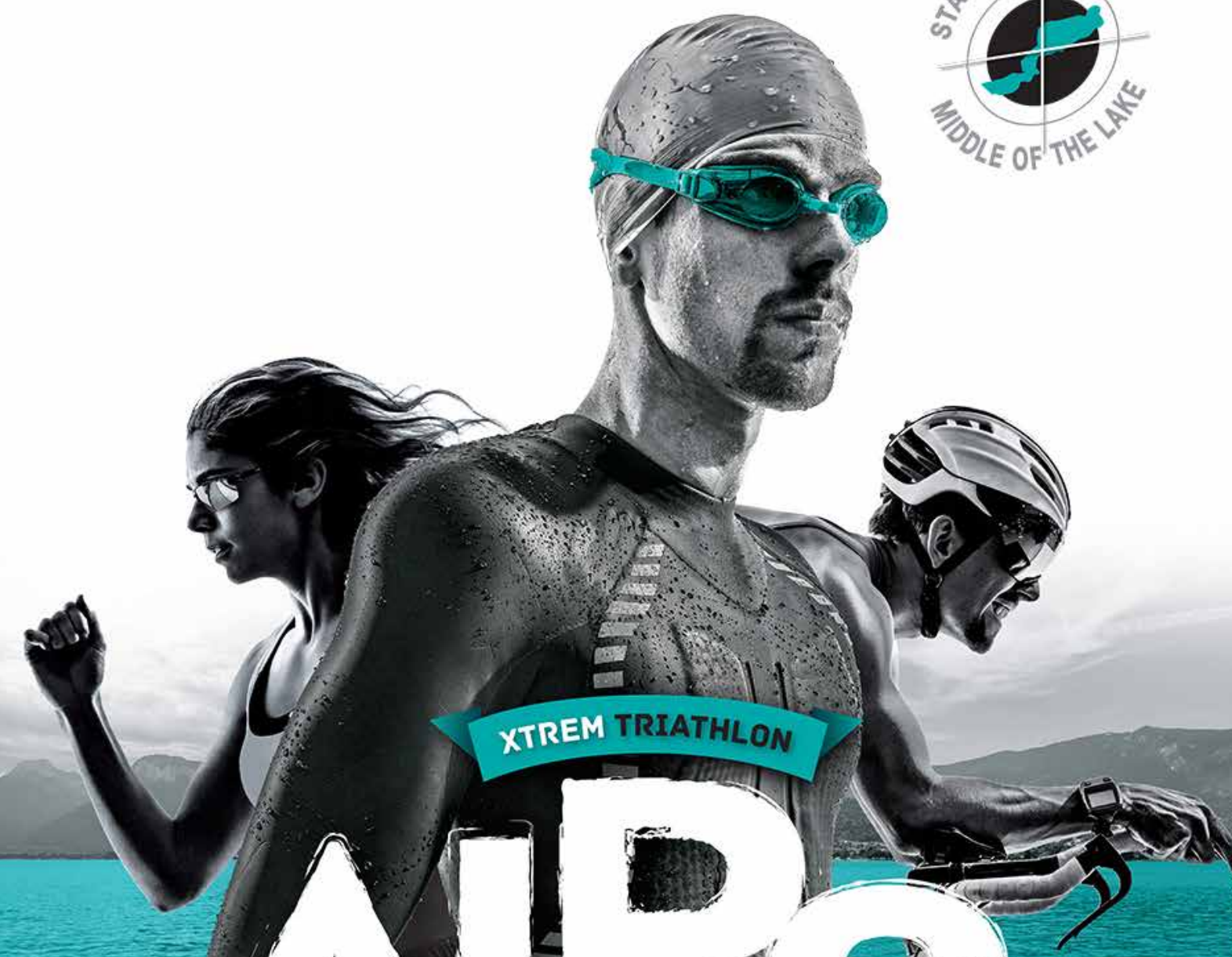
For the women, the queen also made a demonstration. We



were wondering if she would be strong enough on the bike, if she would follow the incredible speed of Nicola Spirig Nd Flora Duffy. Well Gwen Jorgensen did better than that. She was in front during all the bike part. Impressive. Even if Spirig was trying hard to make it harder (instead of intelligently breaking away and surprising the American), Jorgensen didn't give up. On the run, we assisted to a wonderful dual between

the strong Spirig and the elongated Jorgensen. We even saw them slowing down, almost stopping, chatting and running again. And, in the last four kilometers, the American flew towards her destiny. The one of a huge champion. Double world

champion and now Olympic champion. The Swiss Nicola Spirig wins the Silver medal four years after the Gold, marking a little bit more the history of her sport. Behind them, a fratricidal dual, between friends. Until the finish line.



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Vicky Holland wins the Bronze in front of her friend and compatriot Non Stanford. And how not to mention the so emotional finish of Andrea Hewitt, seventh. Impossible not to think about Laurent Vidal, her boyfriend, who died in November 2015. Andrea was admirable and this moment of sport was so beautiful and emotional.

What will we remember of these Games? The image of a queen



who has even more entered in the history of her sport. The huge talent, the incredible ambition and the desire to win, what am I saying, the hatred of losing of the Brownlee brothers and more particularly Alistair. And this battle between «sisters» for a Bronze medal. Yes. Rio has crowned queens and kings. And it was a story of brotherhood coming from England...





EmbrunMan:

Call him James, James Cunnaman...



Jacvan



Jacvan et F.BOUKLA©trimax-
magazine

The South-African has coveted for several years the victory in Embrun, baptized the Myth. Three weeks after his demonstration in the Alpe d'Huez triathlon where he won, he reoffended in Embrun thanks to a very solid race. Solid, Charlotte Morel was also for her first participation. Even if the victory got away from her for the benefit of Carrie Lester, the French athlete did a beautiful show !

It was around 5.50am when the first females of the Embrunman 2016 started this 33rd edition of the Embrunman triathlon in the lake particularly hot because the temperature of the water was measured at 23,8 degrees, that is to say a little bit less than the ban of the wetsuit (as a reminder, the wetsuit is forbidden from 24 degrees).



6 minutes after, the big peloton (males) started their 3,8km of swimming.

Charlotte Morel was the first to finish with a good swim showing that she was very fitted and

motivated for one of the big goals of the season. The French LD champion had indeed 4'22 lead on the Australian Carrie Lester and 7'32 on the French Jeanne Collonge. Concerning the British Emma Pooley, coming right from Rio (she flew the

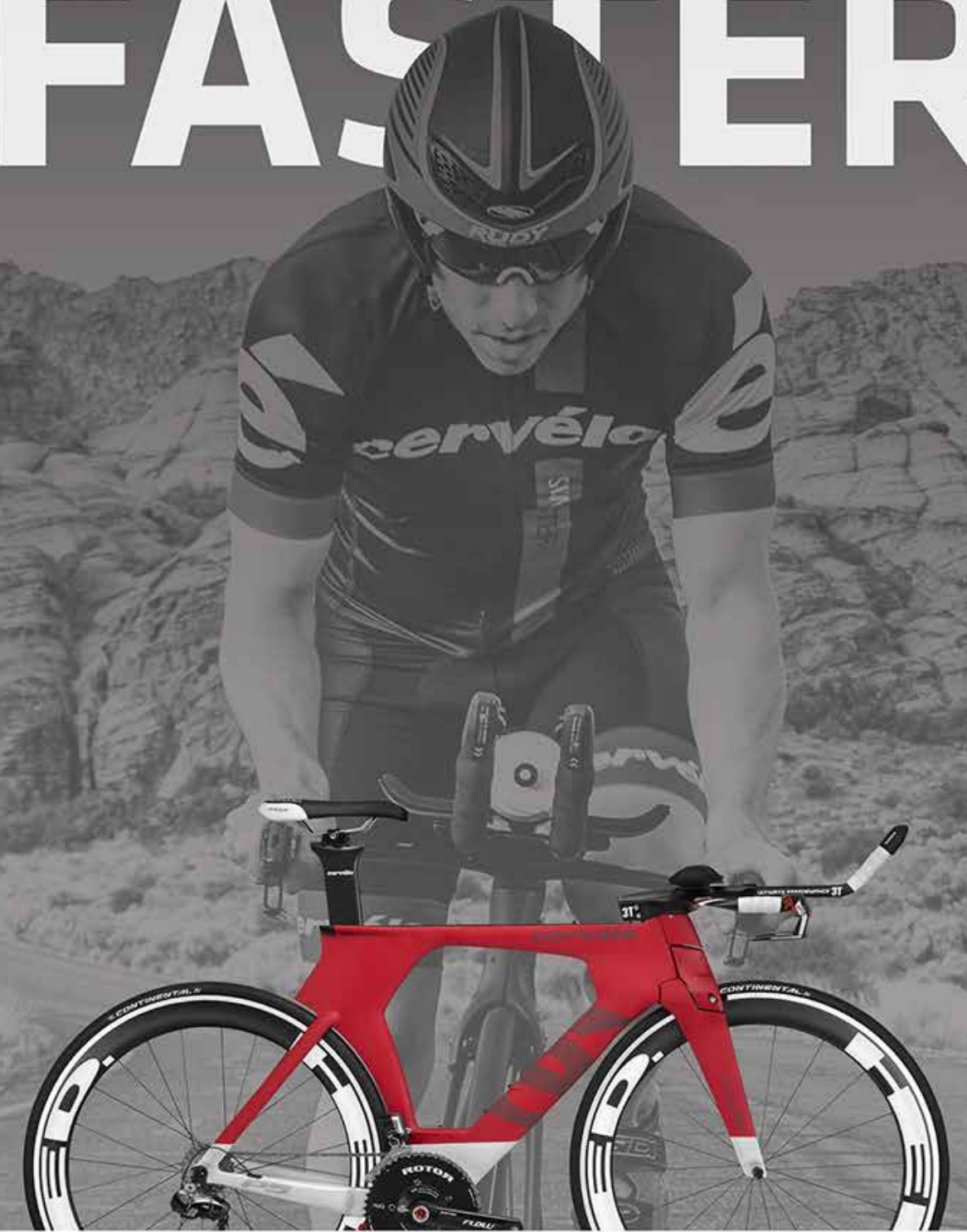


Photos © James Mitchell

day before), she had 20 minutes delay after the swim. Even if the bike represented her strength, we guessed that it may be hard to come back.

difficulty. The record holder didn't worry... She knew the event well and there were still many difficulties to make the difference ! However, it

SIMPLY FASTER



P5

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seemed to be much more difficult for Emma Pooley who didn't manage to come back despite the kilometers.

It's in the climb of Izoard that the ranking changed. The South-African James Cunama seemed to take the lead but it's finally the French Etienne Diemunsch who was the toughest and fastest in descent of the mythical summit. This attack allowed the French to take the lead with 3' on Cunama and 8' on last year winner Andrej Vistica. After Le Chalvet, the splits were changed again because the South-African had only 1'30 on Diemunsch at T2.

For the females, nothing was disturbing the champion of France aiming at taming her first Embrunman after winning several times the short distance. She finished the bike at the 16th place overall with a comfortable lead of 8' and 10' on Carrie Lester and Jeanne Collonge who alternated at the 2nd and 3rd place during all the bike part.

On the run, James Cunnamama took the lead at the beginning of the marathon and ran alone towards her

first victory after many times on the podium there. Kilometers after kilometers, the South-African at his own pace was gaining more and more lead on his contenders. Even if Vistica didn't give up, the heat didn't allow to be very fast. He had to stay focus and hope to be as performing as possible. The first seemed to be untouchable but nothing was sure for the two other places of the podium.

In the females race, even if Charlotte Morel was running well on the first 10km, she seemed to pay her efforts on the bike, losing precious seconds on her contenders after a few kilometers. After one lap, Charlotte had lost 60% of her lead... Carrie Lester had a grazing stride and Jeanne Collonge was looking very strong with her long stride, solid and efficient.

The victory couldn't escape to James Cunnama who keeps his series of victories in France after



his second place in Nice in June, the Alpe d'Huez in July and Embrun in August. An edition baptized the myth... Cunama tamed it. *«50 days before the IM World Championships in Kona, this race was perfectly integrated in my work plan. Its progress gave me confidence... See you in 50 days in Hawaii!!!»*

A beautiful year for the South-African who will now prepare Hawaii during the weeks to come, where he already finished 4th... A Cunnama year? In any case, he made the French public enjoy his races during the last weeks, we can wish him a successful year 2016. Whatever happens, it was beautiful with at least 3 successes and the conquest of her beloved one... He will marry Jodie Swallow next December.

Andrej Vistica finished 2nd at more than 15 minutes from the first. The Spanish Gustavo Rogriguez Iglesias finished 3rd at 23'45 from the first.

Fourth of the race, the first French Hervé Faure who did a good race with a solid marathon. A good place for the athlete from Ardèche who had some health problems and decided at the last minute to participate to his 11th Embrunman, which he won 3 times. *«In the end I finish 4th, at the same place as my first participation in 2000! I'm satisfied with my race because I gave my all but as I'm competitive I'm a little disappointed in not being on the podium... After all these months of struggling I hope that the season will finally be good as I wish.»*

The suspense in the females race kept the spectators interested thanks to many twists especially on the run. After a hard blow for Charlotte Morel, it was Jeanne Collonge's turn to suffer after the second lap. She was victim of a heat stroke and passed out, which pushed her to give up.

Good race from Charlotte, she offered a beautiful show for this edition by taking the lead once the swim and losing this place for the benefit of the Australian Carrie Lester only in the last kilometers of the marathon. Lester wins the race and adds



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STORY



her name in the history of the Embrunman with a time of 10h46'26 on this new course.

Charlotte Morel finishes at 2'32 and Camille Deligny surprises by completing the podium. «I'm very happy to have done a full race, to do my first podium Ironman, to have given my all and to

have finished!! I have been dreaming about doing this race since I come to my grand-parents' in Embrun since I'm a little girl and I have watched with admiration these triathletes, so I did it! It was sincerely happiness!» Said Charlotte a few days later.



Top 10 males :

| | | | |
|-------------------------------|----------|------------------------|-------|
| 1. James CUNNAMA | 09:35:45 | 6. Etienne DIEMUNSCH | 37:16 |
| 2. Andrej VISTICA | 15:09 | 7. Fredrik CRONEBORG | 37:51 |
| 3. Gustavo RODRIGUEZ IGLESIAS | 23:45 | 8. Arnaud GUILLOUX | 40:35 |
| 4. Herve FAURE | 28:08 | 9. Guillaume LECALLIER | 43:10 |
| 5. Thibaut HUMBERT | 30:35 | 10. Maxime BENEY | 45:07 |



Top 10 females :

| | | | |
|----------------------|----------|---------------------------|---------|
| 1. Carrie LESTER | 10:46:26 | 6. Juliette BENEDICTO | 52:34 |
| 2. Charlotte Morel | 02:32 | 7. Stefanie ADAM | 1:18:49 |
| 3. Camille DELIGNY | 09:39 | 8. Morgane PACHOLCZYK | 1:48:12 |
| 4. Emma BILHAM | 20:39 | 9. Margit MESSINGER-WALEK | 2:05:42 |
| 5. Stéphanie REYMOND | 51:14 | 10. Martine VAN AALST | 2:08:42 |



The inaugural Challenge Samorin proved x-bionic® sphere is ready

for The Championship 2017

@Elements Production (Martin Sidorjak)

Kristina Czuczova

Over the past weekend, the unique sports complex x-bionic® sphere in Samorin hosted Challenge Samorin for the very first time – and it was a success! The small city of Samorin in the south of Slovakia experienced truly eventful 3 days. Challenge Samorin started off on Friday with a kids aquathlon and kids triathlon, with the smallest triathletes competing in the stunning 50 m outdoor pool and the older ones swimming directly in the Danube River, just like their older triathlon idols did the following days.



Saturday belonged to Sprint and Olympic disciplines, with almost 200 athletes at the start lines. Although the start list was predominantly Slovak and Czech, one of the participants was Daniel Unger, who came to visit x-bionic® sphere with his wife Zuzka.

STORY

The shorter distances were a perfect kick-off for the main event on Sunday - x-bionic® sphere really started to live and breathe triathlon and the atmosphere was electric. The bright expo zone began to fill up, most triathletes have arrived in the resort by then and the spectators were offered a wide array of fun activities and performances to choose from, as Challenge Samorin was a part of SPORTFEST, the summer festival at x-bionic® sphere. Performances of popular



Slovak bands, sports exhibitions at the facilities of x-bionic® sphere (that offer grounds for 27 Olympic sports), a spectacular show of the Red Bull Air Race pilot Hannes Arch together with his “Flying Bulls” – and that is just a showcase of the thrilling side events that x-bionic® sphere organized for its guests. The pasta party was special too – one of the triathletes became the lucky winner in a draw for a brand new Vespa.

Early morning Sunday greeted the triathletes with a dramatic grim sky over the Danube River, which was just over 19 degrees Celsius. The swim course was one lap and although it was in a flowing river, the current was not too strong. First out

of the water was Inaki Baldellou Verdejo (ESP) who was off to a great start, but did not finish the race after technical difficulties on the bike leg. Helle Frederiksen (DEN) came out of the water with a clear lead that she maintained throughout the entire race. The bike course led through the surrounding picturesque villages with a complete road closure that ensured the safety of triathletes. Rain and heavy counter wind challenged the racers on the way back to the premises of x-bionic® sphere and several encountered technical problems. The local favorite, Nika Čorbová, who won last year's race at the same venue, did not finish and neither did Karol Džalaj.



@Elements Production (Martin Sidorjak)

The run course was much more welcoming to the triathletes, as the rain slowly stopped and more people could cheer on their way. The course took place mainly within the resort and hence created direct contact of the spectators with the racers, which was greeted by both sides. Four laps consisted of grass, concrete as well as a special horse racing sandy track, with the finish line directly under the main tribune of x-bionic® sphere's showjumping arena.

The first man to cross the finish line was Evert Scheltinga (NED), who finished the course with a great time of less than 4 hours (3:58:14.6). It's my

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STORY



@Elements Production (Martin Sidorjak)



@Elements Production (Martin Sidorjak)

first big international victory, so I'm very happy. I liked the course and x-bionic® sphere here in Šamorín is just amazing," he described his feelings after the race. Evert's solid performance defeated one of the top candidates for the win, Filip Ospaľý, who suprisingly finished fourth. The fastest Slovak age grouper was Ondrej Kubo, with a great time of 4:14:06.8. Helle, the fastest woman, finished only 20 minutes after Evert. „I am very satisfied with my racing today, as I had some time off training for a while because of an injury. I enjoyed the race very much and everything went as it should,“ Helle stated.

The multifunctional sports resort x-bionic® sphere offered the athletes ideal conditions for all sports as well as leisure and recreation and proved itself as a true paradise for triathletes. The fact that The Championship 2017 will take place here next year serves as perfect evidence. Challenge Samorin offered double the slots for The Championship 2017 – 12 slots for the top women and men in all age groups and 10 slots for women and men in the pro category.



Top 5 males :

| | | |
|-----------------------|-----|-----------|
| 1. SCHELTINGA Evert | NED | 3:58:14.6 |
| 2. KNOSSALLA Matthias | GER | 3:59:54.5 |
| 3. SZALA Tomasz | POL | 4:00:28.7 |
| 4. OSPALÝ Filip | CZE | 4:01:14.8 |
| 5. RENC Tomas | CZE | 4:02:28.8 |

Top 4 females:

| | | |
|----------------------|-----|-----------|
| 1. FREDERIKSEN Helle | DEN | 4:18:13.8 |
| 2. WEERD Mirjam | NED | 4:25:40.2 |
| 3. CSOMOR Erika | HUN | 4:32:06.9 |
| 4. BUGDOL Ewa | POL | 4:33:44.9 |



REPORT



Vichy : The achievement...





TOP 5 males :

| | |
|-----------------------------|----------|
| 1 - Wiltshire, Harry (GBR) | 08:17:14 |
| 2 - Brydenbach, Tim (BEL) | 08:18:34 |
| 3 - Risti, Ivan (ITA) | 08:19:58 |
| 4 - Delsaut, Trevor (FRA) | 08:21:51 |
| 5 - Brader, Christian (GER) | 08:22:43 |



IRONMAN
Vichy France



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Top 5 females :

| | |
|----------------------------|----------|
| 1 - Faux, Catherine (GBR) | 09:13:40 |
| 2 - Schaerer, Celine (SUI) | 09:17:21 |
| 3 - Fillnow, Kelly (USA) | 09:27:56 |
| 4 - Capone, Lauren (USA) | 09:34:06 |
| 5 - Tanaka, Keiko (JPN) | 09:35:46 |



Hauschildt and Dreitz dominate in Wiesbaden

Volker Boch (Ironman copyrights)



Getty Images

Germany's Andreas Dreitz and Melissa Hauschildt from Australia took dominating wins at the IRONMAN 70.3 European Championship Wiesbaden. Switzerland seems to be a good place to prepare for really tough races. Both men's and women's champs came directly from the high altitude in the famous Swiss mountain village St. Moritz to Wiesbaden to nail thrilling results at the Sparkassen Finanzgruppe IRONMAN 70.3 European Championship Wiesbaden powered by Mainova.

A huge group was led by Germany's Steffen Justus in the water. Twenty-four athletes were close together, when the 2012 Olympian hit the first timing point 1500 meters into the swim.

Although another German, Jens Roth, had the fastest swim split in 23:51, it was Justus setting the pace on the first part of the bike leg.

In the women's race, Australia's Melissa Hauschildt was already 3:30 down when she exited the Lake «Waldsee Raunheim.»



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Top 10 males :

| | | |
|-----------------------|-----|----------|
| 1. Dreitz, Andreas | GER | 03:59:05 |
| 2. Sanders, Lionel | CAN | 04:00:23 |
| 3. Stein, Boris | GER | 04:00:42 |
| 4. Lange, Patrick | GER | 04:02:02 |
| 5. Justus, Steffen | GER | 04:03:52 |
| 6. Von Berg, Rodolphe | USA | 04:06:45 |
| 7. Clavel, Maurice | GER | 04:07:24 |
| 8. Steger, Thomas | AUT | 04:07:33 |
| 9. Clarke, Will | GBR | 04:09:03 |
| 10. Aernouts, Bart | BEL | 04:09:03 |

Although the Brit Jodie Swallow had the fastest swim and hammered away on the bike over the first few kilometers, Hauschildt kept her cool. Between those two, the German duo of Anja Knapp and Anja Beranek pushed hard together with Danish Helle Frederiksen. Swallow got caught by this trio after about 30 kilometers, while Hauschildt paced herself on a great solo ride behind this group in fifth place. Once the long and tough climb towards the famous «Platte» had started, Hauschildt moved dynamically to the front. She wasn't really attacking, but she was keeping her pace in a similar style she had shown at the IRONMAN European Championship in Frankfurt. Hauschildt kept going strong while Beranek and Swallow battled behind her. Germany's 2015 Wiesbaden runner-up jumped off the bike 1:41 behind the Australian, and Swallow followed less than 20 seconds later. Defending champion Camilla Pedersen (DEN) got off the bike in fourth

Top 10 females :

| | | |
|------------------------|-----|----------|
| 1. Hauschildt, Melissa | AUS | 04:27:35 |
| 2. Swallow, Jodie | GBR | 04:33:03 |
| 3. Philipp, Laura | GER | 04:34:05 |
| 4. Beranek, Anja | GER | 04:36:17 |
| 5. Lehtonen, Kaisa | FIN | 04:37:43 |
| 6. Pallant, Emma | GBR | 04:39:25 |
| 7. Knapp, Anja | GER | 04:41:07 |
| 8. Schmitt, Natascha | GER | 04:43:01 |
| 9. Pedersen, Camilla | DEN | 04:43:33 |
| 10. Gajer, Julia | GER | 04:45:02 |

place, less than three minutes down, but having to serve a penalty in T2 (just like her compatriot Frederiksen who dropped out a little later). It was there where spectators were treated to watching Hauschildt sail away over the four-loop run course. The 33-year-old ran a sensational 1:18:47 half marathon to celebrate a historic double as the first athlete to win both the IRONMAN European Championship and the IRONMAN 70.3 European Championship. Swallow proved her strength with a strong run to silver, while Beranek had to fight hard. After losing the victory in a tough final with Pedersen the year before in Wiesbaden, this time Laura Philipp passed Beranek with 5 kilometers to go for third place.

Melissa Hauschildt (AUS): «This is my first time to Europe, and I think I really like it.»

Jodie Swallow (GBR), 2nd place: «I'm really happy with my second place, and I do think Melissa is totally underrated. I have been here in 2012, and it's good to be back here in Europe.»

Laura Philipp (GER): «I didn't really have a plan for this race. It was my dream to get on the podium, and I'm really happy this dream came true today.»



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The benefits of the spa

The spa is very appreciated for the benefits on your physical and mental health in addition to the relaxation that it procures after a few minutes of use.

It acts on the blood flow : the vessels are dilated, the blood pressure is increased, which relieves the arterial blood pressures, but also headaches and chronicle pains linked to stress.

The massages of the spa also allow to relax the muscles especially in the back, shoulders, trapezius (sometimes very painful after a long ride).

The oxygen and nutriments intake is fostered, which facilitates the evacuation of the toxins and allows to fight efficiently against the stress.

Relaxation by the spa is thus beneficial to keep our body natural defenses.



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A spa at home : the well-being at hand

Having a spa at home allows to be able to take advantage from its benefits regularly, without the constraint to go in a center of balneotherapy. No need to make an appointment and above all, you can make it convivial by offering your friends to share this moment of relaxation.

The inflatable spa can be settled outside or inside. We easily find some room for it, in a garden, on a terrace or in one of the room of the house. For the

setting of the spa, you however have to take into account some elements.

You will have to pay attention to the circumference to ensure that you have enough room. In the case of an installation inside, you should favor an aerated room in order to have comfort when we are inside while avoiding too much condensation on the walls.

Easy, convenient and not as expensive as classical spas

Inflatable spas are more and more successful. You can generally install them in less than one hour (with installation, inflation and filling). You can also have them delivered at home without a specialized delivery guy.

Easy to supply, a simple plug is enough. Most of the spas also offer a plug equipped with a circuit breaker for more security.

Regarding the electric consumption, it is very reasonable. So only advantages ? If we should find a defect : the noise of the blower.



TrimaX-hebdo could test the OSPAZIA inflatable SPA...
Result : 100% approved

THE TEST

Simple of use, with its integrated control panel : you will only need your finger to control the temperature and power of the micro-jets in order to ensure an optimal relaxation. It is easy to install.

Thanks to its 130 very powerful micro-jets, your body will benefit from draining and regenerating deep massage, relieving all the accumulated toxins all along your day.

The system of integrated heat will bring you this sweet relaxing sensation of well-being and total relaxation.

Comfortably sited thanks to its sponge PVC soil, you fully take advantage of this moment of recovery.

The Ospazia Spa is the ideal friend of your moment of well-being !



Beneficial effects felt :

- Beneficial action on the blood flow
- Beneficial action on the muscles : bubbles have a massaging action on your muscles and evacuate all the toxins.
- Weightlessness alleviates the pressure.
- The combination of hot water and bubbles gives you a sensation of relaxation and well-being.

Product performance :

- Power of the micro-jets (0.81 hp-600 watts)
- System of heating going until 40 degrees
- Water flow per hour : 1880 liters

For whom is the Ospazia Spa ?

The inflatable Ospazio Spa is dedicated to all types of users, men, women, athletes or not. This product suits as well for teenagers as for seniors.

In which conditions do we use the Spa ?

Annual use : summer or winter thanks to its heating system which allows the water not to freeze.

In summer outside : gardens, terraces, balconies.

In winter : verandahs, open terraces, indoor swimming-pool, fitness center.

All day long, for athletes, after training to recover.

The + product :

- The ease of use.
- The panel of accessible orders and simplicity of use.
- The product finishing (closed spa by a very good quality zipper).

The anti-water retention solutions



Last month we talked about water retention which also affects triathletes despite the physical activity and the regular practice of the swim and run which are sports recommended for water retention. After describing the symptoms and tried to identify the causes of these edema, this month we will list the different offered solutions. We have tested some of them...



As a reminder, water retention in a few words...

Our body is made of 65% of water. It happens that some parts of our body is excessively charged in water, that is to say that our body stores more water than it is able to eliminate. It's the famous «water retention» or edema for the medical term.

The solutions to efficiently fight against water retention in the body.

Hopefully, there are many means to fight against water retention which affects many people above all in summer, the heat doesn't help blood flow. There are things to avoid when we are subject to water excess. Initiating good habits already means being thinner without using other more «constraining» solutions (draining with plants, massages, and so on...)

Good habits to be formed...

Avoid the consumption of salt. It is a very well-known advice and yet many people eat too salty because they don't see the salt hidden in some foods such as cold cuts, cooked dishes, prepared pizza, some sauces (such as soy sauce for example). So to reduce your consumption of salt, it's not enough to put the salt away, you will also have to cook yourself in order to reduce your consumption of finished products (such as ready-to-eat cooked dishes) and to cook with raw foods. Be careful, without salt doesn't mean without taste. In many cases, it can be replaced by aromatic herbs or spices. This first advice is very important because it is proven that salt retains fluids and is thus responsible for water excess in our body.

Stay cool... In your clothes too ! Cold water will be your ally and source of well-being. On the contrary, you should avoid sauna, hammam or too hot

bathes. Stay cool above all in summer, it's also the case for your clothes. Wear loose clothing and avoid to compress the parts of your body subject to water retention such as legs, hips and foot.

Think about vegetal proteins. When we talk about proteins, we think about meat and yet we find good vegetal proteins in whole grains, legumes (quinoa, rice, soy, lentils) and oilseeds (almonds, nuts). You will have to ensure that you have a minimum daily proteins intake to avoid that water goes through the tissues (as it is the case with protein deficiency).



Eat Omega 3... It's the good fat that we find in fishes (cod-liver oil) especially and which allows to bring good fats, the ones which don't saturate your kidneys but which on the contrary protect vein walls and regulate also the conservation of fluids in the body. As bad fats, you should avoid sugar because a high insulin level fosters water retention. Some foods are naturally rich in omega 3, or you can replace them by food supplements.



Keep doing sport... Even if it is sometimes difficult to do sport when we suffer from water retention, yet, you will have to keep stimulating your body in order to foster draining.

If you apply these advice, you should feel better time after time... If not, you can add some old-world remedies.

Draining with plants : herbal teas are our allies !

We will begin with an elimination diet in order to eliminate the possible toxins in the body and start with a body free of the disturbing elements responsible for water retention. There are many detox herbal teas, it's better to drink the organic ones in order not to replace the toxins of your body by pesticides ! It is also possible to find plant concentrates in pharmacy to dilute in the water for this detox period. Ask for advice to your pharmacist as regards the very wide range of offered products (be careful that there is no alcohol, no sweeteners, no chemically synthesized solvents...).

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and have them eliminated through the kidney ways.

The pressure therapy is also very useful especially for all those who don't manage to get rid of this water excess. There are now devices which will allow you to do sessions of pressure therapy at home. For triathletes, the device will have a double role because it also contributes to the muscular recovery of the lower body. Be careful, these devices are quite expensive.

Once this period is over, you can drink herbal teas more oriented on water retention : green tea, meadowsweet, red vine...

These herbal teas are quite tasty and generally produce their effects after a few days of consumption.

Essential oils can also be useful if we take the time to prepare the solutions (with citrus, Juniper, Cypress essential oils) and to massage ourself daily.

And water ? Even if it can seem paradoxical, it is very important to drink (water or herbal teas and not fruit juices or sodas). It is the more efficient mean to evacuate the body wastes, responsible for water retention !

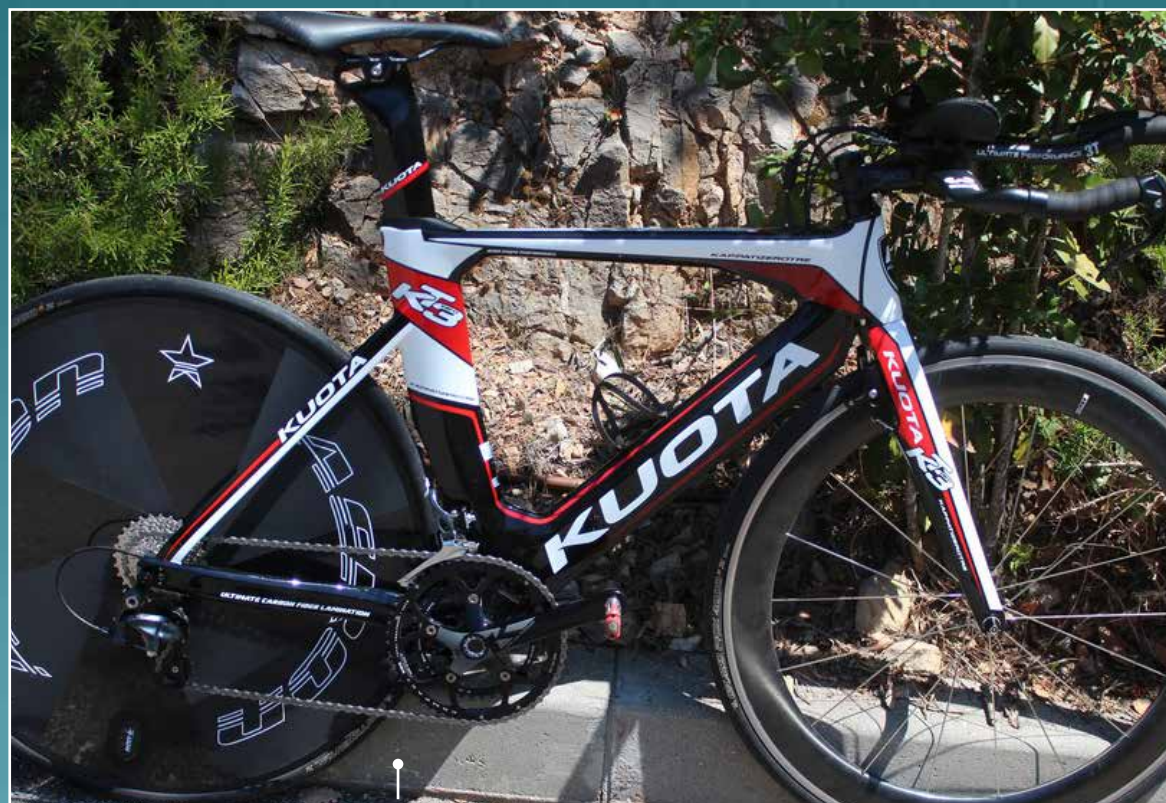
Warning : This article talks about the principles of water retention but it's not a medical article. In case of important swelling, or edema, contact your doctor.

Electro-stimulation is a considerable complement

Some electro-stimulation devices offer specific programs such as the «heavy legs program»... The electrodes will send small discharges (not painful) which leads to the contraction and stretching of your muscles, which produces an effect of pressure allowing to have the liquids or toxins circulate



Kuota KT3



Placement in the range

The KT03 is thus a bike dedicated to triathlon, so it has a specific geometry with an aero position and it is equipped of origin with a TT handlebar with the

Kuota is a brand which reminds many of us the two victories of Norman Stadler on the Queen K... Both acquired thanks to an incredible bike fight! No doubt that these two victories have contributed to the fame of Kuota in the world of triathlon.

The brand has long taken advantage of this fame and keeps offering today a nice range dedicated to triathlon.

This range is composed of three bikes dedicated to triathlon. The KT05, flagship of the brand that you will find in KONA with Andi Böcherer. The Kalibur that we don't present anymore, and finally the KT03, entry level of the brand that we will test !

shifters on it. So do not buy this bike if it must be your only bike and if you want to participate to tour rides during the year.

MATERIAL TESTING

For a triathlon bike, the frame is however polyvalent and you will be able to use it even on hilly rides. The idea is to keep a bike accessible to many of you and that will be able to adapt to every situation. It is possible thanks to its triathlon «catch-all» geometry which offers many settings (seat-post, handlebar).

Obviously for the Ironman purists searching for speed at all costs, unless they want to do Embrun, it is better to buy the KT05... But the budget is not the same !



Presentation of the model



- Frame :

The frame is in carbon monocoque (fiber HM) and weighs 1390g in size M.

The frame is available in many sizes, from the XS to the XL, which means 5 different sizes. It allows to many of us to find what we want.

| TAILLES | XS | S | M | L | XL |
|----------------------------------|--------|--------|--------|--------|--------|
| TUBE DE SELLE LONGUEUR | 481,8 | 512,3 | 530,5 | 552,1 | 568 |
| TUBE TOP LONGUEUR | 490 | 520 | 540 | 560 | 580 |
| ANGLE | 78,5 ° | 78,5 ° | 78,5 ° | 78,5 ° | 78,5 ° |
| HEADTUBE | 110 | 125 | 135 | 150 | 160 |
| HEADTUBE ANGLE | 70,3 ° | 72 ° | 72 ° | 72,5 ° | 73 ° |
| PÉDALIER | 72 | 72 | 70 | 70 | 70 |
| BB - FRONT | 595,4 | 611,9 | 633,8 | 651 | 667 |
| CHAÎNE STRUT | 393 | 393 | 393 | 393 | 393 |
| EMPATTEMENT | 977,2 | 993,8 | 1016,2 | 1033,8 | 1049,9 |
| FOURCHE COMPENSÉE | 48 | 48 | 48 | 48 | 48 |
| À PROPOS DU STAND HAUTEUR | 718,1 | 747,2 | 762,3 | 785,5 | 798,6 |
| OFFSET À PROPOS DE STAND HAUTEUR | 97,3 | 103,7 | 107,1 | 111,5 | 115,4 |
| CAVRE DE POIDS (G) | 1310 | 1330 | 1390 | 1410 | 1440 |
| FOURCHETTE DE POIDS (G) | 390 | 390 | 390 | 390 | 390 |

* TOLERANCE: cadre et fourche ± 5%

MATERIAL TESTING

The frame is equipped with the Di2 even if the tested model is equipped with the un-killable mechanical Ultegra (inner cabling).

The frame of the KT03 takes advantage of the aerodynamic work done on the KT05 except that the fork and handlebar are not integrated. As always, it represents advantages (mechanical simplicity for mounting and dismounting) and disadvantages (some lost watts).

As on all the Kuota models, the brakes are hidden : behind the fork for the front brake and under the bottom bracket for the back brake.

The seat post also attest to the care brought on this frame, it's functional and efficient as on all the Kuota bikes. Functional because the settings are very simple for the establishment and the setting of the saddle, and efficient because the saddle offers a wide possibility of settings !



- Transmission :

As regards transmission, our model is equipped with Ultegra (except for the brake calipers and the bottom bracket). It's reliable, efficient, nothing to add !

The offered bottom bracket on our version is a propriety of Kuota equipped with a Miche chain-wheel. The bottom bracket is a Compact model which confirms the will of Kuota to offer a triathlon but also polyvalent bike. Only the lovers of the «big gear» won't be fully satisfied ! For those who would like to change it, the bottom bracket is a BB386 standard.



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:kWomen

MATERIAL TESTING

Regarding the brake calipers, we also see the will of Kuota to offer a reliable and efficient product... But above all we notice that Kuota is a brand which listens to the comments of TT bikes users.

Indeed, the last years, the main criticism that we have regarding the TT bike is the back brake when it is under the bottom bracket. The manufacturers have two solutions : move the brake and replace it on the shroud... or offer, as Kuota does here, a back brake caliper Shimano Direct Mount behind the bottom bracket.

This wise choice eliminates the setting issues while ensuring a more efficient braking.



- Handlebar :

It is ensured by a whole aluminum 3T, once again a wise choice for this mounting because it allows to contain the price without sacrificing the efficiency or the esthetics. The offered settings is very satisfying and allows to quickly find your position on the bike.



- Wheels :

The model is delivered with Mavic Cosmic Elite wheels which constitute a good pair of wheels for your trainings. For your races, you will surely replace it by a more aero and / or lighter pair of wheels depending on the course.

Here, I didn't resist the temptation to use an aero combo (disk RON and HED Jet 6) to test it in the best conditions.

- The saddle

Let's talk about the saddle... I haven't talked about it yet !

Here the Kuota is equipped with a «road» saddle Italia which haven't convinced me on this type of bike ! Indeed, it's rather thin and thus becomes uncomfortable in aero position. I couldn't find a position that suited me for the long distance.

That's a pity when we know that now most of the saddle brands offer TT or triathlon models. But I guess that it would have probably been more expensive and Kuota probably preferred to let the user choose his own saddle.

MATERIAL TESTING

Globally, I was seduced by the general polyvalence of the KT03. You don't buy here a «superbike» to break a record in Frankfurt or Kona, you choose a bike for all courses and distances. It is closer to a Cannondale Slice as regards its use : nit the best on the flat, not the best in hills but it goes everywhere!

The handling is very fast and I didn't have any problem finding my position on the bike if we put aside the saddle in aero position.

Huge congrats to Kuota for the improvements brought to the braking system : it has nothing to do with what I saw on other bikes equipped with a TRP brake under the bottom bracket : it brakes well and in any condition ! Finally !

It also brings a lot of comfort for the mechanical adjustments during wheel changes for example.

The whole is rigid but with no excess, the bike is easy to ride with pleasure in long hills while sitting. The compact bottom bracket offers perfect gears for the hills of Nice hinterland.



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Conclusion



The KT03 offers you polyvalence and performance at a reasonable price !

It is registered in this category of frames which contrary to superbikes (Cervelo P5, Trek Speedconcept...) aims at offering you a more polyvalent bike and with which you won't have any issue to dismount to put it in your bike case or in your car.

To make it a fighting machine, you will have to make a few adaptations : a good pair of wheels and a triathlon saddle to be perfectly positioned.



For whom ?



The triathlete who is looking for a polyvalent bike (within reason) and who cannot have two bikes (road and triathlon).

Triathletes who don't want to explode their bike budget.

Wee liked ?



The braking
The offered range of settings
The finishing of the frame and its look.

We liked less :



The saddle

More info on :

<http://www.kuotacycle.it/fr-fr/content/kt03>

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