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## FITTER RADIO KONA SPECIAL PART 1

### PAUL BUICK

Paul Buick is considered the leading resource in cycling position and posture and technical development, with a unique ability to go beyond the simple fit, with true expertise in assisting athletes with their interactions with the bike and maximising riding ability. He has extensive experience as a mechanic, technician and coach for National and Professional cycling teams and assisted the NZ National Triathlon team with riding skills and technical development. He now manages all riding skills, technical development and fit and posture for most of the PurplePatch professional athletes.

In Part 1 of this interview with Paul he tells us how he got into the sport and gives us information around the key things athletes should be thinking about for riding a course like Kona.



### DR STACY SIMS

Stacy Sims has recently returned to New Zealand to take up a position at the new 'University of Waikato Adams Centre for High Performance' at the Mount. Her new book 'ROAR' - Women are not small men, is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. Stacy is an expert in terms of thermo-regulation and exercising in the heat, part of that being hydration and fuelling for those conditions. She talks to Bevan about what athletes need to consider when racing in Kona this weekend.



## **LAURA SIDDALL - BRUNCH WITH BEV IN KONA**

Laura Siddall is a Yorkshire girl with a degree in Mechanical Engineering and no background in triathlon. In 2010 she decided to give it a go and in her time as an age grouper won the 2013 Half Distance World Championships following that up with a win at the ITU Olympic Distance World Championships just one week later. Laura moved to San Francisco to pursue a career as a professional triathlete and since then has seen great success in the pro ranks. Laura talks us through her season to date and gives us her picks for the race winners at Kona this week!



### **LINKS**

More about Paul Buick at <https://purplepatchfitness.com/train-with-us/individual-coaching/become-better-biker>

Follow Stacy Sims on Facebook at <https://www.facebook.com/drstacysims/>

Buy Stacy's new book 'ROAR' at <https://www.amazon.com/ROAR-Fitness-Physiology-Optimum-Performance/dp/1623366860>

More about Laura Siddall at <http://laurasiddall.com/>

Follow Laura on Twitter at <https://twitter.com/lmsiddall>

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