

OCT  
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2016

## FITTER RADIO KONA SPECIAL PART 2

### PAUL BUICK

In Part 2 of this interview with Paul Buick he talks to us about tyre choice and tyre pressure for Kona, the importance of feeling relaxed on the bike and your best position on the bike.



### LAURA SIDDALL

In this second Kona special Laura talks to Bev about the latest new triathlon bike just launched by Cervelo – the Cervelo P5X 2017 beam bike at

<https://www.youtube.com/watch?v=iXOjcNnxflU>



### JIMMY SEEAR - VENTUM BIKES

#### “Downtubes are for Dinosaurs”

No downtube. No seatstays. No competition. Ventum have created the ultimate triathlon racing bicycle using technology from fighter jets and Formula One race cars. Bevan talks to ex Australian Triathlete Jimmy Seear at the Ironman World Champs Expo about this awesome bike. More about Ventum Bikes at <https://ventumracing.com/>



#### **LINKS**

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

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

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

More about the Cervelo P5X at <https://www.youtube.com/watch?v=iXOjcNxfIU>

More about Turia Pitt on Facebook at <https://www.facebook.com/turia.pitt/>

More about Ventum Bikes at <https://ventumracing.com/>

More about Jimmy Seear at <http://www.jamesseear.com/>

#### **CONTACT US**

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