



## Press Release –

### **CHALLENGEREGENSBURG: First Challenge Family full distance race to be raced on a fixed gear bike.**

15 OCTOBER 2015 - Riding a fixed gear bike is trendy. A fixed gear bike, that's a bike with only one gear and a drivetrain with no freewheel mechanism. Just like on a bike track, its rider is forced to pedal throughout the complete distance. A challenge on shorter distances, not to mention over 180 kilometers!

However, Hungarian athlete Zoltan Bako is going to try it at Challenge Regensburg 2016, where he will have to complete the 180km cycle leg using just one gear. We've talked to him. He'd like to be the first person to finish a full distance triathlon riding a fixie.

**CR: Hello Mr. Bako! On August 14th 2016 you'll be the first person to race a long distance triathlon on a fixed gear bike. Please tell us some more about yourself!**

Zoltan Bako: I'm living near Budapest in Hungary. The little village I live in is called Herceghalom. I am 36 years old and I own a company where I work as a sales manager. I've not been into triathlon for long, only for a year.

**CR: How did you get the idea to race a long distance race with a fixed gear bike?**

Zoltan Bako: Well yes, this is the question I am always being asked. My friends usually use different words (laughs). I completed my first half distance race last year, also on a fixed gear bike. The race included two climbs, which were quite hard with a 60/21 fixed gear, both up and down hill. I do not like average things, so I just wanted to be different. It was really fun to race with those pro athletes. We even had great conversations about my bike during the bike leg. I realized that these guys were proud of me, and that gave me lot of strength during the whole race. As far as I know, there has never been anybody who raced a full-distance Challenge Family race on a fixed gear bike before. So being the first one on earth is a huge motivation, isn't it?

**CR: How do you prepare to ride 180km on a fixed gear bike?**

Zoltan Bako: I am an amateur athlete but I do have a coach. Six days a week of training, a food plan, diagnostics, swim-run-bike technics and a lot of other things are helping me to improve my skills. So my training is very complex. I'm sure running will be a bit harder after a 180km fixed gear ride, as there is no chance for my legs to relax during riding, not even on a downhill section. But I

#### Der Challenge Regensburg online

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will ride a fixed gear bike during the whole eight-month training period, to get my legs used to it.

**CR: Did you do any sports before?**

Zoltan Bako: Sure. I've always been sporty. Riding my bike, running, hiking...

**CR: How did you get involved in triathlon?**

Zoltan Bako: Some of my friends started racing two years ago. When I first visited a race as a spectator, I fell in love at first sight (laughs). The complexity of the sport seemed shocking. I've been racing half and full marathons before, I've been riding hundreds of kilometers and also swam a lot; but to combine all of those seemed insane..., so I got interested.

**CR: Why did you choose to race Challenge Regensburg 2016?**

Zoltan Bako: I really like the Challenge Family lifestyle and values and as I have not had any experience with a Challenge Family race yet, I got interested. Also Regensburg is quite close to Hungary. Planning a full length race in August, is perfect timing. I also haven't been to Regensburg before, but saw a lot of nice images and videos about this beautiful city.

**CR: What are your goals for the race on August 14th?**

Zoltan Bako: This will be my first long distance race and also the first time riding the distance with a fixed gear system. The goal is to finish with an average athlete time of around 13 hours. That would be amazing.

**CR: What's the most fascinating thing about triathlon for you?**

Zoltan Bako: Definitely the extremes. In general it's the complexity of combining the three different sports. For me, I have never run a marathon after 180 kilometers of cycling and 3.8 kilometers of swimming before, so this will be the biggest challenge. And as I always keep pushing my limits, I'll ride on the fixed gear bike.

**CR: Please tell us your most extraordinary triathlon memory.**

Zoltan Bako: My first half distance finish. I have never been a big swimmer, so I was quite scared about the swim leg. As a biker, the bike leg was perfect and the 21 kilometers of running in the end were also nice. The whole thing together however, was quite hard for the first time. That's why it was really great to finish with a relatively good time.

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**CR: What's the thing you're looking forwards to the most?**

Zoltan Bako: Being there, the adrenaline, the feeling. The atmosphere of a race is something that is hard to describe. Chatting with athletes, organizers, checking other bikes, walking through the race venue... just being there is an amazing experience.

**CR: Will you bring family or friends to Regensburg?**

Zoltan Bako: Sure! I have a five-year-old daughter who also likes this kind of events. My family will give me a lot of motivation during the race. Receiving a kiss from my ladies at the end will be the biggest award I can get.

**CHALLENGEREGENSBURG** will take place in Regensburg on August 14, 2016. More information about the event is available at [www.challenge-regensburg.com](http://www.challenge-regensburg.com)

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## ABOUT CHALLENGE FAMILY

The **CHALLENGEFAMILY** series of triathlons features 47 full and half distance races in 25 countries around the world, including the world's largest long distance triathlon – Challenge Roth in Germany. The birthplace of the Challenge Family, Challenge Roth now features over 5,500 athletes and 250,000 spectators and home to both world records held by Andreas Raelert (GER) and Chrissie Wellington (GBR). Since 2002, races throughout Europe, UK, Australasia, Asia, North America and South America have joined Roth. Together they provide athletes with a new experience of long distance racing with a strong focus on athlete and spectator experience, giving back to the community while respecting the legacy of sport and being committed to its continued growth. For further information on Challenge Family visit [www.challenge-family.com](http://www.challenge-family.com).

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