

# SKATINGMAG

RESULTS TRAINING INTERVIEW ADVICE

MAGAZINE #001

## TIPS TO BECOME PRO

on page 08



**SPECIAL TRAINING:** STAY IN SHAPE



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@pascalbriand1976



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HARDEST RACE

2 stage race for every skater



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Discover the race summary of  
Berlin written by Flavien Foucher  
(LIGNE DROITE)

@foucherflavien

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Best race picture by the famous  
inline skate photographe

@freddyrate

BMW  
BERLIN  
INLINE  
RACE

F.Rijhnen

is the 1st german skater to win  
the BMW Berlin inline marathon  
since the race was created in 1997.

@felix\_rijhnen

S.Tas

won 2 times this race : in 2015 and  
now also in 2019.

@sandrinetas



@eltondesouza23

15,4k follower



@alexcujavante

34,8k follower

# Rain changes the game

this season many races ended under rain condition : P2P, Paris, Berlin. Get little tips about it.

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Experts advice this article for you



### Jeonju Marathon on p.28

Jeonju is one of the biggest marathons in Asia for the end of the season. Without Incheon on the calendar, it's now number one.



### MARATHON DES GRANDS CRUS on p.24

Dijon Roller Marathon is now Marathon des Grands Crus. The famous stage of the World inline Cup get a new dimension in 2019.



### Winners are winners on p.32

Vincent Esnault give us a nice analyses of who was winning this season.



### Stay in shape on p.16

Marine Lefeuvre (EOSKATES) and her boyfriend Martin Ferrié give us some tips about invisible training to stay in shape longer in the season.



### Leaders on p.18

This season the PRO ROLLER TOUR ranking had many changes in the lead. Find out who were the leaders and who could be soon in the top of the list.



### Being a sprinter in marathon on p.26

Valentin Thibaut (POWERSLIDE) tell us his vision of a sprinter in the marathon scene.



# MACIF PARIS ROLLER MARATHON



## Paris in rainy condition

**F**or this 3rd event in Paris security and practical organisation was the key point. Organizer made huge progress for such a big event as skaters were always pushing for a higher standard.

Start and finish are placed under the Eiffel tower and skaters need to compete during 2 laps of 21km.

On the starting line, we could find for the men event the team ROLLERBLADE which was the main favorite that day as the brand was also co sponsor of the event. All their big guys came like Ewen Fernandez, Mike Paez, Doucelin Pedicone. Manuel Saavedra was also their for Team Bont, as well as Alex Cujavante for team ACL and Flavien Foucher for team Ligne Droite/Powerslide.

All the eyes were looking at the sky before the start as weather forecast was uncertain. Finally skaters started in dry condition with a easy rythm. Suddenly many attack was made under the pressure of team ROLLERBLADE and only Alex Cujavante was able to give some answer by bringing back the pack. After



the 1st lap, Doucelin Pedicone was still leading in a small group with Mike Paez and Alexis Imenez. Just before the rain arrived in the 2nd lap Flavien Foucher and Manuel Saavedra came back on Doucelin. Mathéo Kervolen was also able to join the party in the front of the race.

Suddenly a huge storm came and the road conditions were then totally different. Most of the skaters got in trouble as they used dry condition wheels. It was all about agility now and being a warrior.

At this game, only Flavien was able to follow Doucelin that seems to fly over the drop of water. Mathéo Kervolen couldn't keep the rythm and Manuel Saavedra crashed in a corner. We had only 2 guys in front now and corners were extremely slippery even if the rain became stronger and stronger. In the last 100m, Doucelin Pedicone was unbeatable, Flavien Foucher picked the silver medal and Manuel Saavedra got the bronze..

Top 3 men:  
1-Doucelin Pedicone (Rollerblade)  
2-Flavien Foucher (Ligne droite Powerslide)  
3-Manuel Savaderra (Bont)

## Geoffroy and Pedicone own the road of this edition !

In the women race, we could find Chloé Geoffroy (POWERSLIDE), Yi-Hsuan Liu (Taipei), Hsin-Ju Liu (Taipei) and Ana Odlazek (Castellon roller marathon) as the big stars of the

"AFTER MY VICTORY IN MADRID IN 2018 I ALWAYS DREAM TO WIN AGAIN A MARATHON IN A CAPITAL CITY"

"Doucelin PEDICONE (ROLLERBLADE)

day.

During the first 21km those leaders could follow the men pack. Yi Hsuan Liu crashed during the 1st lap due to 2 broken wheels. Her sister Liu seems little less agile on the wet condition and Chloé Geoffroy took advantage of the situation to secure the win with a decent advantage.

top 3 women :  
1-Chloé Geoffroy (Powerslide)  
2-Hsin-Ju Liu (Taipei)  
3-Ana Odlazek (Castellon roller marathon)

Macif Paris Roller Marathon 3rd edition brings the race on the road of the level of Berlin. More than 2000 skaters took part of the event for the 42km or the 21km.

It was a bit unlucky to get his race on same day as the Marathon in Lyon that gave point to the french inline cup but it depend of this special day in Paris in which car are not allowed.

Organisation listens the remarks of the athletes and the skaters to bring the event to the next level. There are still points to improve but Paris was not built in a day. We can expect probably more than 5000 skaters in this race in a near future if the calendar fit good with Lyon and Berlin. The end of the season is a challenge and having those 2 iconics tourism city within 6 days is a great opportunity for skater from all over the world to skate an amazing skating tour.



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# PERFORMANCE POWER PERFECTION

## POWERSLIDE **XXX**

*"With the main objective of fulfilling all the technical characteristics of a high level boot, light and with good lateral adjustment and collar but with liberation of Achilles tendon for a greater push."*

Sergio McCargo explains his inspiration for the XXX boot design

**100% Japanese Carbon Fiber**  
**Available in TRINITY and 195 mount**



**POWERSLIDE®**



# RAIN CHANGED THE GAME

STARTING IN DRY CONDITIONS AND FINISH IN THE RAIN IS A GAME CHANGER AND THE WHEELS CHOICE BECOME STRATEGY.

## // HOW TO REACT WHEN IT'S RAINING

In your bag, you always need to bring a set of rain wheels like STORM MPC or TORRENT POWERSLIDE. If the roads are wet it would make a huge difference especially if you are on 3 wheels. Anyway, when it's raining it seems that 4 wheels will still be the best to get better grip. STORM are a good choice if

you race under 1H10 normally as TORRENT could be the best choice for the quality/price for skater over 1H10. When you don't know the condition always check the weather forecast like the pro and see how the rain radar situation is in the last hour before the start.

On youtube, you can find good tips about how to skate on the wet surface: shorter fast step with an great under push will be your friend most of the time.

## Try the friday night in Paris before the race

THE FUN PART OF THE WEEKEND IS TO GO ALSO AT THE PARIS FRIDAY NIGHT SKATING

[www.pari-roller.com](http://www.pari-roller.com)





PASCAL BRIAND

# TIPS TO BECOME PROFESSIONAL

Become pro and realize your dream **WINNING**

1

## Train to reach your goal

The 1st goal for an athlete is to get a high level in his sport. You should focus on your training to make sure you reach your best level during the races

2

## Select your favorite media

Nowadays, it's also part of your job to promote yourself with media like INSTAGRAM, FACEBOOK and YOUTUBE.

3

## Accept long term process

You won't get PRO in a day. It's a long process in which you progress year after years. It's rare to be PRO in 1st year senior.

4

## learn media training

Make sure you get good at speaking to the medias. You need to talk in a positive way during event to make sure the contents get cool.



You don't become PRO in a day. It's quite a long process in which you need to become kind of an entrepreneur. In our sport there are no salary falling easily every month. It have never been. To get PRO you need to understand that you are your own company so you need to promote yourself , invest, train and create value around yourself. There are no sponsor that will come knock on your door before you get 2 or 3 times world champion in a row so you need to start to create yourself as a pro athlete.

## // YOUR VALUE WILL GROW SLOWLY YEAR AFTER YEARS

At the beginning, when you are a young gun with almost no result beside some national victory or some lucky place at european level you have almost no chance to get a sponsor. There are tons of skater on the market that will spend their time to ask for 1 set of wheels or a pair of socks to feel like they become pro.

Being PRO is much more than this. You first have to create your value and train to win races. In the marathon world, there are 100's of race you can find in the calendar from the PRO ROLLER TOUR ([www.prorollertour.com](http://www.prorollertour.com)) It's important to be able to select the right race for you to start to create your palmares and learn how to win. If you only go to the WORLD INLINE CUP and get some top 20 it will not bring you to the top easily. It's also important to go to race like LONDON or SWISS SKATE TOUR to put your name in some races that have value. Winning in a capital city or in an event that was a huge classic before is a great step for some team to see you.

To grow your value nowadays, you also need to have your social media ready. It's now quite easy to get a good profile on INSTAGRAM and grab some nice shot from photographer on the circuit (don't forget to mention their name otherwise they can stop shooting you). For this

make sure, you keep quality picture on the profil and keep some nice word.

Make sure you are active in the community, we are not a big sport again so we need to participate to open more doors It's not only about taking it's a lot about giving back to the sport. Our community of skater is sensitive to this and you can get great reputation when you give back and take time to give advice to people.

Your value will go down fast if your image is not clear. If you change team in the middle of the year or work super short term with sponsor it creates confusion for you , for the sport and sponsor will feel you are less interesting.

## // BE AN ENTREPRENEUR

You are your own business so you need to invest. If you want that a sponsor pay your expense before going to a race you will never develop yourself. At the beginning, you need to invest, call some other skater to share travel expenses and go to the races. Team will find you only if they see you in different races...not only in your country. You may have to sacrifice some of your weekends or all of them , but what do you want to be? You have to do this 100% cause on the road some other guys.girls are doing it full time ... some are already PRO for few years but they probably started like you many years ago.

If you get a sponsor even a small one, make sure you bring them back more value than what you cost them if you expect to get more the year after. This is business and there are many skaters who want to get the cool spot in the best teams like POWERSLIDE, ROLLERBLADE, EOSKATES or CASTELLON....so make sure you are ready for the job.

## FIND WHAT IS YOUR STRONG MARKETING POINT AND DEVELOP THEM

EX: JOEY MANTIA VALUE HIS AMAZING LEG WITH "EVERY DAY IS A LEG DAY "

## WHAT IS YOUR SLOGAN?

# P2P the world's hardest race

The new program for this 2019 edition was unanimously approved by the skaters, with a 2-stage race: a half marathon on Saturday, with the finish uphill, and a full marathon with many climbs on Sunday.

Many world champions were attending the men's race, with Patxi Peula (SPA) racing in his own country, Felix Rijnhen (GER), 2018 marathon world champion and current leader of the PRT (Pro Roller Tour) world marathon ranking, Alex Cujavante (COL), himself several times world champion, Nolan Beddiaf (FRA), current marathon word champion, and number 2 of the PRT ranking, as well as Elton de Souza (FRA), world medalist and 6th in the PRT ranking.

Many major contenders were registered in the women's race also: Maite Ancin (SPA), who already won P2P several times, the newly crowned marathon European champion Maialen Onate (SPA), as well as her predecessor Chloé Geoffroy (FRA), Marine Lefeuve (FRA), world medalist, and also the highly experienced Aura Quintana (COL), who also won many marathons.

This intense weekend started on Saturday, with the first stage. Men and women were together on the start line, and the racing began all out right from the gun, with Alex Cujavante launching the first attack, soon to be chased by current world Champion Nolan Beddiaf from team Eoskates. The first 5 kilometers were soon completed at a dazzling 50km/h. For the first bonus sprint, Patxi Peula overtook Nolan Beddiaf and Alex Cujavante with his awesome acceleration. After several attacks, the top contenders resolved to run for a massive sprint finish, and all skaters settled to save their strength for the finish. A pack of around 15 skaters finally got together for the last climb. The first one to launch the action was Martin Ferrié (Eoskates), drafted by Flavien Foucher (Ligne Droite Powerslide). The front runners were to catch them and finally sprint 500m from the line, with Patxi Peula taking the lead, followed by Felix Rijnhen (Powerslide) and Elton de Souza (Takino). On the line, Patxi Peula was somehow confused by the 2 inflatable arches marking the finish, and finally was overtaken in the last meter by Felix Rijnhen. Elton de Souza finished 3rd.

In the women's race too, the start was very fast. The first ladies initially tried to follow the pace of the leading men, but soon to settle with skating with a good group of men dropped from the front pack. They arrived as a group at the foot of the last hill. Maialen Onate started sprinting first but was caught by Maite Ancin and Aura Quintana. Aura finally was able to overtake Maite in the last corners, but also mistook the first arch with the finish, and Maite passed her on the line. European

champion Maialen finished 3rd

The classic marathon was held on Sunday, with many hills to climb, and a rainy wake up for the skaters. Wheel selection was the main topic discussed on the line before the start.

The gun went with a few drops still falling, which did not prevent the first uphill section to be, as usual, a turning point of the race, with an attack from Martin Ferrié (Eoskates), immediately followed by Patxi Peula. Behind them, Timothy Loubineaud (Powerslide) set a strong pace to bring back the pack for his team leader Felix Rijnhen, yesterday's winner. After more than 20km, the breakaway was caught, and Nolan Beddiaf (Eoskates), the current world champion, attacked with Jimmy Jouette (Castellon) in his wheels. In the last climb, Nolan Beddiaf, with untamed strength in this race, finally disposed of Jimmy Jouette. The pack behind was unable to work together, and Nolan reached the summit with a lead of 40 seconds on a chase group of 6 skaters. The downhill section was then very fast, with top speeds of almost 80km/h.

Nolan Beddiaf won the race for about 20 seconds, with Patxi Peula topping the sprint followed by a group of 6 skaters. Alex Cujavante was the 3rd to cross the line.

With this victory, Nolan equaled Guillaume de Mallevoue's record of 3 P2P wins.

In the woman race, Maite Ancin and Aura Quintana managed to start with a group of men and accumulated a good deal of headway. However, Aura was not able to follow such a pace in the first climb, and she was soon caught by the chase group, composed of Marine Lefeuve and Chloé Geoffroy. Aura was decidedly having a bad day with uphill and broke down from the 2 French Skaters in the last climb. Chloé finally was not able either to keep up with Marine Lefeuve who flew towards the 2nd place, behind Maite who finished more than 4 minutes before.

## 1/2 marathon saturday

In 2019, the P2P organising comitee test the 2 stages formula and add this 21km on saturday. The success is immediate and many PRO skater show up to discover what can become the classic of the classic

## full marathon sunday

the 42km on sunday is done since many years already. Even if people get affraid from the last downhill, now it's proven that it's super accessible and skater join also to feel the wind of speed at this moment.

# 63

**Km of pure  
racing in the  
weekend**

## final hill in Pamplona

The end of the 1st stage welcome the first uphill of the weekend in the last kilometer of the race. It's not really hard but it give you a taste for the sunday. The public is amazing and push everyone to give his best

## sunday is a hill day

get ready for the 3 nice uphill of the day. P2P is the hardest marathon in the world because of it but every kind of skater can do it. It's a challenging day that give you a feeling like no other marathon in the season.

# 04

**amazing uphill  
to discover**





I'M SO SURPRISED BY THIS RACE.  
I WON IN LAGOS IN APRIL UNDER  
RAIN BUT THIS 2P2 ALSO GET MY  
HEART Christian KROMOSER  
(TEMPISH)

credit photo: Epi Pejenaute y fotozesar

## 2 races in 1 weekend

How cool is it to go to a race for the weekend...  
and get the chance to race 2 times: amazing  
concept.

## What champion say

let's get the feeling of the world best skater  
about the race.



### ZUBIRI PAMPLONA

This 1st stage is a 21km race  
with a mainly downhill  
profil. Pro skater even reach  
a max speed of 73km/h.  
This easy downhill profil  
make it a super accessible  
1/2 marathon for all fitness  
skater who want to start.



### PAMPLONA PUENTE LA REINA

The 2nd stage is more  
challenging with a 42km  
race including 3 cool uphill.  
Don't expect a sprint finish  
here as skater may arrive  
one by one. If you are good  
uphill you may even be able  
to pass some pro skater.



### Nolan Beddiaf (EOSKATES)

"i won marathon in world  
championship in 2017 and  
2019. P2P is a different story  
you can never feel sure you  
gonna win cause of those  
crazy nice uphill. For me, it's  
the most interesting race in  
the world. You can't write  
the story before the race"



### FELIX RIJHNNEN (POWERSLIDE)

"I was world champion in  
2018. I discover P2P for the  
1st time this year and even  
if the profil doesn't really fit  
my quality i loved to race it.  
I got surprised by this race  
and i find out i still have  
many things to work to be-  
come a even better skater."

**02** stages design  
to invite all kind  
of inline skater

**02** marathon  
world champion  
battle

WHAT IS IT?

# PRO ROLLER TOUR

roller marathon ranking

THE PRO ROLLER TOUR IS A WEBSITE THAT CALCULATES THE RANKING OF ALL THE SKATER BASED ON THEIR RESULTS IN EVERY MARATHON IN THE WORLD.



## // THE ORIGIN OF THE CONCEPT

In 2015 i (Pascal Briand) was watching Rennes sur Roulettes marathon live on French TV. This is an amazing event for our sport but that year there were not so many skater who came to race.

I decided to create that ranking system based on the ATP ranking system to give an extra tools to motivate skater to go race more. I first built this system with a google document and a facebook page to give it a try.

Quickly i got some help from other people and as i plan i find out a cool guy that create the website that make it work more easily (CRT Mori). Little later Thomas Dauvergne and Olivier Rutali start to help me to input the data for the calendar and the point every week. The goal was not to have more than 10min work per week on it : and it worked perfectly. We

update regularly the website and the facebook to make it run smoothly with the help of the community to find the results and the marathon. At the end we can have almost the best marathon calendar. If more people want to help we can produce even more information for the skaters.

## // HOW POINTS ARE COLLECTED

The concept is very simple. To determine the ranking the skater collect points in the races (check level 1 , 2 or 3) . When you win points you keep them for 365 days then they disappear.

With this system, it takes time to climb in the ranking and you disappear slowly. To climb in the ranking you need to race more and of course reach more top 10 or top 20.

There are 3 rankings currently presented

: combined, women and men...this way you can see who is the best skater in the world for marathon each day.

The cool point is also that is create historic of result so you can see how many time a year a PRO skater will collect point in the season : for exemple Felix Rijnhen who is leading the ranking collect 14 times point in 2016 and 12 time in 2017 and 2018. In the mixt ranking if you look skater ranked 100 in the world he/she race/collect only 2 times points in the year. How about you? How many marathon do you race a year? How many top 10 are you doing? This ranking is here to motivate you to race more and to help you to plan your season the best way possible. It's the perfect tool to see what marathon is good for your level. If you want to help us to promote roller marathon worldwide share your ranking on your social media accounts.

“  
**collect point  
in races  
almost every  
weekend**

EVERY YEAR WE FIND  
ALMOST 60 MARATHONS  
WORLDWIDE

Source: Pro Roller Tour

5

years of expertise  
in sport activity



## 3 LEVEL OF RACES

The ranking is based on 3 level of races. Each level brings different point award to create the ranking.

### LEVEL 1

All marathons that are listed in the WORLD INLINE CUP are level 1. The top 20 men and women skaters will collect points: 20 pts to the 1st, 19 pts for the 2nd...till 1pt for the 20th.

Those races are protected. No other race can give point that day on same continent.

### LEVEL 2

Those are all other marathon we find worldwide. Top 10 skater will get point here. We can have as many level 2 marathons the same day in the ranking.

### LEVEL 3

Those level are for development program. We accept level 3 for 1/2 marathon races that happen in country where there is no marathon. Top 5 skaters will collect points in those races.

# E

Europe is still leading the field of marathon. Most of the races are organized in Europe with many classic races that still live after more than 20 years like Rennes, Dijon and Berlin for example. Spain scene is growing super fast at the moment with some amazing races like P2P and the quite new Madrid Roller Marathon.

## // CAPITAL CITIES ARE IMPORTANT FACTOR

One of the cool effects in the last 10 years is the growing number of marathon in the capital cities. Now Madrid, London, Paris and Berlin start to be cool name for a victory to take. It's not only about the quality of the skaters who come to the race. It's also just super nice for the PRO to be able to say you win a marathon in LONDON or MADRID. It's a cool side effect and help to find sponsor. Doucelin Pedicone understood this very good and

THE PRO ROLLER TOUR IS A TOOL TO SUPPORT THE MARATHON SCENE. THE WORLD INLINE CUP IS THE PRESTIGIOUS RANKING FOR THE SEASON.

won his 1st big victory in Madrid in 2018. This victory opened him the door of ROLLERBLADE INTERNATIONAL team : that was a good move and this year he also won the marathon in PARIS.

This year we have little more than 60 marathons in the PRO ROLLER TOUR ranking including new countries like CUBA or GREECE sometimes with level 3 races cause they do half marathon.

Asia is a growing scene with the energy from SIGNPOST organisation as they push many marathons like in XIANG or ZHONGNING but HARBIN is still the greatest one at the moment.

Netherlands and Germany or France still have some internal cup with similar concept as it was in Switzerland few years ago with SWISS INLINE CUP which is now rename SWISS SKATE TOUR. This serie is still a must win if you want to write good line in your palmares

## // PORTUGAL FOLLOWING SPAIN'S EXAMPLE

With European and World in Spain this year, many skaters and organizers are active to make marathon races. The results is that more skater are joining the event and it's pushing nicely the sport in the good direction.

Portugal seems to follow the same road with cool marathon in LAGOS, MADEIRA and also now LISBOA. How cool is that? As those destinations are also great for tourists. It's super opportunity to combine sport and pleasure. In Madeira after the race you can enjoy a great BBQ with everybody and 1h later make a trip on a boat to see dolphins.

Berlin marathon is always the best exemple of organisation with 20 years of experience. It's driving the world scene and push the marathons worldwide to get even better. In the near future it would be amazing to see more marathons in North and South America.

TO GET MORE PROFESSIONAL SKATER WE ALSO NEED TO SUPPORT THE EVENT AND PROMOTE THEM. SKATER NEED TO GO TO MORE RACES IF THEY WANT MORE OPPORTUNITY TO GET SOME SPONSOR IN A LONG TERM PROCESS

Source: Pascal Briand



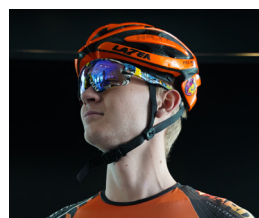
**Flavien Foucher**  
LIGNE DROITE/PS

I'm more a sprinter style but i can see all the good point to race marathon also. The season is super interesting and when it's a bunch sprint in a race maybe i can play my card when i will get more experience. For the moment i enjoy this season and i could even finish 2nd in Paris.



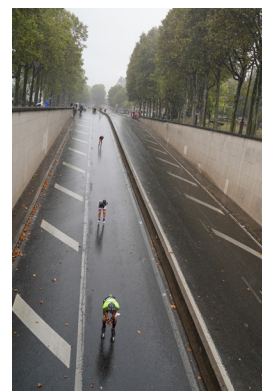
**Katharina Rumpus**  
POWERSLIDE

Since few years, i don't really race anymore the championship season so i can focus more on marathon. It's also super fun as we travel a lot and we can go to some amazing races. Meeting other skater in different cities is like a big circus: i love it.



**CASPER DE GIER**  
FREEWHEEL

For now I especially use it for the calendar to check if they have international races that are more unknown and maybe I can race. Because it's hard to find a complete calendar with all the races. Also, before Berlin marathon, together with Marthijn Mulder we had a small competition and we were close in the ranking.



PRO ROLLER TOUR is a free system. It's made to grow by the support of the skater. The more you talk about it in your INSTA or FACEBOOK post the better you will help the scene to grow. We need to bring interest in our sport to attract even more sponsor.

# STAY IN SHAPE

MARINE LEFEUVRE  
(EOSKATES) AND HER  
BOYFRIEND MARTIN FERRIE  
(EOSKATES) EXPLAIN BEST TIPS  
TO STAY IN SHAPE

**"THE INVISIBLE TRAINING IS AS IMPORTANT AS THE VISIBLE TRAINING" Marine Lefevre (EOSKATES)**



photo Race by freddyrace  
lifestyle by Pascal Briand

**A** season is long and include a lot of training, lot of travel and competitions that add stress, joy and many other feelings. That's one of the reason that invisible training is a the keys to stay in shape. Physical training is essential to achieve performance but it is not enough. Having a stable living environment is an important key to success.

Knowing why we get up in the morning with motivation, ambition and determination helps us keep pace. A good amount of sleep is a key. Most of the athlete like to sleep early to give more chance to produce the best hormone to recover faster. Growth hormone are naturally produce before midnight according to some studies. Having a short nap in the middle of the day is also helping our body to recover faster between a day with multi training session. **"It may sound crazy but i try to go sleep and i try to get up always at the same time everyday : it help a lot my body to recover faster"** Marine Lefevre.

## **// I TRY TO GET A REGULAR LIFESTYLE AS MUCH AS I CAN**

There are no marginal gains so having a healthy and balanced nutrition with all needs of macronutrients (proteins), micronutrients (vitamins and minerals), energy is really a game changer. It help to recover faster as much

a it help to get the right energy for each specific training. It will also bring positive side on the mental aspects. All this « little tricks » that can earn the 1% that can make the difference. **"i study nutrition as it's also my passion and sometimes Marine tell me i'am getting too maniac about it. It's true but i know the difference is here"** Martin Ferrié.

Above all, you must learn how to listen to your body and to avoid all physical parasites during the annual preparation or avoid counterproductive training. You have to play with the limit without exceeding it. In a preparation, one basic is not to stay alone but manage your team to be surround and well accompanied by good people, whether family, the level of care (doctors, physiotherapists...) and especially his coach. Having 100% confidence in his coach and his preparation is also a key to stay in shape and to be optimal and move forward in his year serenely.

## **// FOOD IS MY SPECIALITY**

When all these light are green, our physical and mental capacity is able to move forward. High level sport training is intense and when you give yourself the opportunity to reach your best at the end small efforts make the difference. All in all at the end some sacrifice are easier to accept when we keep a maximum of pleasure and passion.





## CARLOTTA CAMARIN (CASTELLON)

SHE WAS LEADING THE RANKING FOR THE 1ST TIME AT THE BEGINING OF THE SEASON. SHE SCORED POINT IN 14 MARATHON LAST SEASON TO GET THERE. 2019 START GOOD AGAIN BUT SINCE MAY SHE SLOW DOWN HER RYTHM.

Source: PRT



## FELIX RIJNHEN (POWERSLIDE)

WITH 12 MARATHON WITH POINT LAST SEASON HE CLIMB TO THE TOP NOW SPECIALLY BECAUSE OF HIS 3 WIN DURING WORLD INLINE CUP.

photo: P2P facebook



## AURA QUINTANA (KWAKZALVER)

BEFORE BERLIN SHE ALREADY HAVE 10 SCORING RACES THIS SEASON AND 4 IMPRESSIVES WIN. SHE IS THE ONE THAT CAN STEAL THE PLACE OF FELIX BEFORE THE END OF THE SEASON

photo: Franck Pindeler



## NOLAN BEDDIAF (EOSKATES)

HE IS USED TO STAY IN TOP 5 OF THE RANKING SINCE 5 YEARS NOW. BUT SINCE HE WON THE WORLD CHAMPIONSHIP HE IS ALSO COMING BACK CLOSE TO THE TOP OF THE RANKING



## MARINE LEFEUVRE (EOSKATES)

THE GROWING STAR OF THE END OF THE SEASON. AFTER HER WIN IN LYON AND REGULAR POINT THIS SEASON SHE IS GETTING SOON OVER 100PTS

photo facebook

# THE STARS OF 2019 SEASON

discover who was the main leader of this marathon season of the PRO ROLLER TOUR.

# LEADER'S

## Race Regularly during all year

One of the main point of the leader of the PRO ROLLER TOUR ranking is that they race regularly in the year. They organise their season according to world championship but create some space to focus on marathon.

## Race in different countries

There are no leader who only race in their national scene. To be a leader you need to accept to travel and go race all around the world. He may seems complicated at beginning but some secret support may appear for the curious one

## Accept long term process

Because of the ranking system and the point that stay for 365 days. You can't expect to reach the top in few weeks. The one at the top are skater with a PRO attitude that dedicate a part or all their life to get there. It can be done only with long term vision (2 seasons about)

LEADER LIKE AURA QUINTANA OR KATHARINA RUMPUS ARE ABLE TO CHOOSE NOT TO GO ON CLASSIC TRACK SEASON IN ORDER TO PERFORM AT THEIR BEST ON MARATHON.

In the men ranking, the LEADER are managing to do championship season and marathon season, that is also why it's sometimes hard for them to take the lead of the COMBINED ranking compare to women. But skater like Felix Rijnhen (POWERSLIDE) or Nolan Beddiaf (EOSKATES) are able to get there because they can perform great in almost any races. Ewen Fernandez (ROLLERBLADE) now focus on marathon and keep a spot in top 5 almost all year long.

Young french girl reach the top 10 in those days. Marathon have always been in the culture of this country and the French inline cup organised by Arnaud Gicquel back in the days is still in mind as one of the best racing series in the world. Marine Lefeuvre (EOSKATES) is now 3rd in the women ranking and 7th in the combined ranking. Chloé Geoffroy (POWERSLIDE) is now 5th in the women ranking and 9th in the

combined.

The combined ranking is also made to value the women in the sport. Most of the time focus was put on men but when you look at the point system that is fair for men and women we can see that women take a great place in our sport. Katharina Rumpus (POWERSLIDE) make amazing season in 2018 and give hard time to her husband Felix Rijnhen (POWERSLIDE) before he can steal the spot.

Carlotta Camarin (CASTELLON TEAM) was leader also for a while this season after setting this goal last year on her goal list. She reach it by setting a strategy based on racing regularly, in many country for more than a year. She select her race perfectly to collect the point she could get based on her racing qualities: amazing.



# My season\_

By Mike Paez (ROLLERBLADE)

I RACE FOR ROLLERBLADE FOR 2 SEASONS NOW.  
COMING FROM OUT OF EUROPE IT'S NOT ALWAYS  
EASY BUT I KNOW IT'S A CHANCE.

"WHEN I WAS YOUNGER I WAS ALWAYS INSPIRE BY OTHER SOUTH AMERICAN SKATER LIKE J.BOTERO OR D.ROSE RO WHO WERE SKATING FOR ROLLERBLADE."

Source: PRT



I have been with rollerblade the last two seasons 2018' and 2019' It's a funny thing you (Pascal Briand) ask that since you are the person I have to thank you for getting me in contact with the team back in 2017. I invest personally to come to race in Europe for the end of the season so some team could may be notice me a little more than just at world championship. It work and it make me super happy cause it's like i have two goal now in my season: the world championship of course and some marathons.

It's not so easy to organize my season because I have to manage racing some marathons in Europe, and the classic championships then we all try to go to 3pistes, Gross Gerau or those big races that sometimes have similar dates as the marathons. And I also can't stay in Europe all year round so I have to pick which ones I do and which ones I have to skip. I think to the young skater I can tell to have patience keep improving and showing that you can add up to the team. Skating can be like cycling in that way. I firmly believe that racing marathon will make you a better skater cause you have to push yourself in marathons sometimes for way longer than you would on a track race and you also need to think of what you are doing or you can run out of energy. It make marathon a great school for learning tactiques. At begining i didn't imagine what marathon could bring me. Now i realize that marathon make me more complete and a better athlete on track also. It train my mind to race smarter in the pack for an elimination and it give me stamina for the point race. Even if many marathon are won with breakaway in those days i realize also sprinter can benefit from it. Not so long ago sprinter like luca Presti, Pascal Briand and Kalon Dobbin used marathon to prepare. In final sprint it push you to learn to skate at higher speed than 60km/hin the last straight line : amazing.

Also racing in marathons is really fun with the parcouir possibility being almost endless like in Pamplona or Berlin. P2P was a hit for me. this race is a challenge : not like it's too hard but just enough to push your limit and there is always a story to write there. i love it. Berlin is Berlin. You don't really know skating if you never race Berlin. There you feel the passion for the sport and his diversity: a love story.

Paris was good I knew I wouldn't have the shape of previ-

ous years but I still managed to be in some breakaways and help set up Doucelin who ended up winning. Later in the race it rained and I took it easier knowing that Berlin was in a couple of days later. Finally it was a mistake. In Europe with all the strong guys you can't think of taking things little easy. I would have learn more by going full.

Berlin was rainy this time the first time since I've been doing it. I was hoping to do better but this time I didn't find the feeling on the wet pavement. So the race didn't go so well this year.

Normally I can skate really good in the rain, I have been 3rd in Rennes few years ago when it rained and have some



other good results at the world championship under rain conditions. Racing at over 40k/h is not easy for anyone in those condition but it's part of the game. There , everyday you work and find new point to train for to become a better skater.

# B

Berlin is a monument. The all city is amazing to visit with a amazing cultural environnement.

But in the inline speed skating world, Berlin is the race to win. Bart Swings (POWERSLIDE) know a lot about it with his 6 victories here, he could ride the course with closed eyes.

This year the race had a special flavor as it rain before the show start. Get the win in those condition would make the winner even more special.

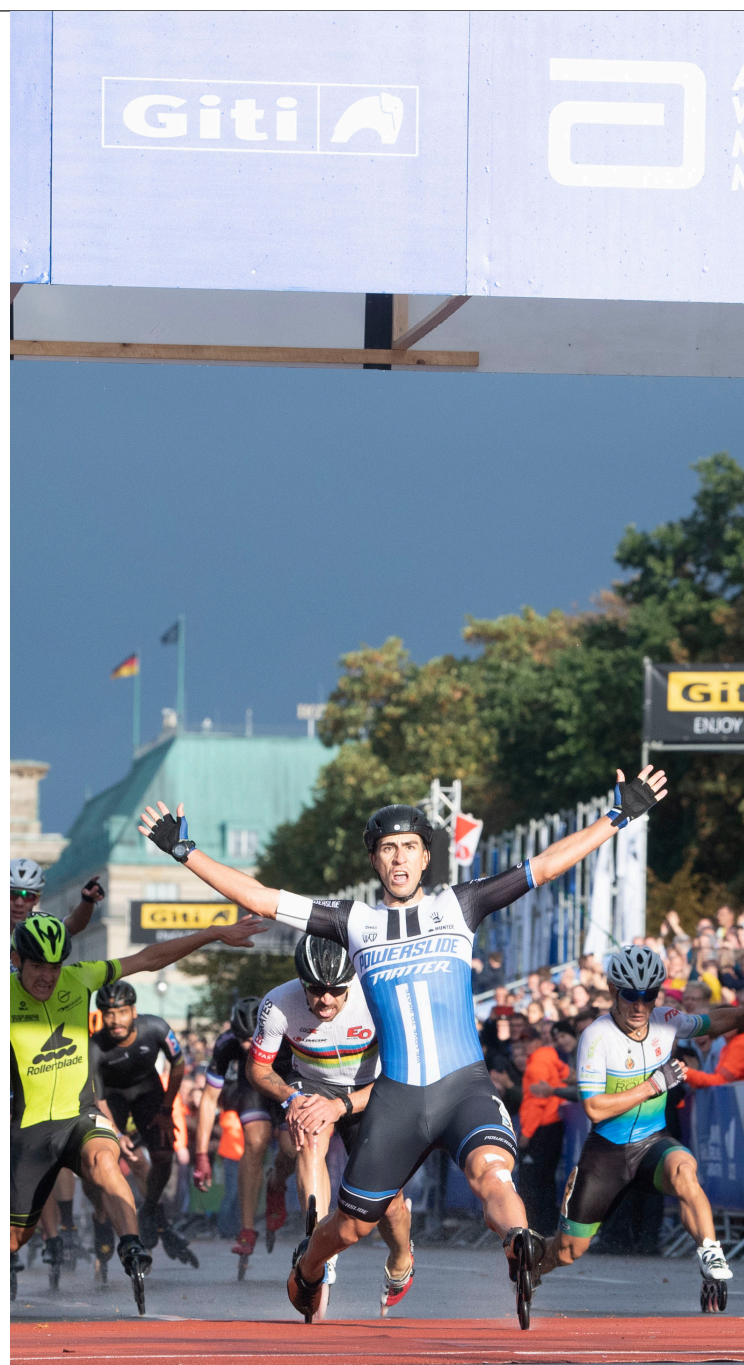
The race star full speed as always this season under the attack from team POWERSLIDE and specially Bart Swings who did most of the work. Behind, Nolan Beddiaf (EOSKATES) the recent world champion took all the responsibility to keep the strong in contact. In the final sprint, a new hero come in the last moment to pass Nolan. Felix Rijnhen become the 1st german skater to win the BMW Berlin inline marathon. All the inline skater from the world

also share the hapiness of this special moment like it was a GRAAL that Felix deserved at least once in his life.

## // BMW BERLIN INLINE MARATHON : THE GRAAL

In the women race, it was more a tactical battle. Most of the pack was waiting for a sprint even if POWERSLIDE team is know to be good in this exercise. The nicely slippery road made the race specially difficult and as for the men race, few crash bring some action in the race. In the final sprint Sandrine Tas and Katharina Rumpus (both POWERSLIDE) took 1st and 2nd.

Berlin SCC events bring the sport to another level one more time. The video (available on youtube) from this race is amazing and show perfectly how great our sport is for the media. congratulation to all who made this possible again.



# BMW BERLIN inline marathon

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**Berlin, the race that bring our sport in another dimension.**

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THE FEELING OF VICTORY IN BERLIN IS  
SIMILAR TO THE FEELING OF A WINNER AT WORLD  
CHAMPIONSHIP.



**BMW BERLIN INLINE MARATHON  
HAS ALWAYS BEEN THE MOST AMAZ-  
ING SINCE 1997. ALMOST THE FAVORITE  
RACE FROM ALL THE SKATER.**

**photo** SCC Events/cam4 & Thomas Wendt, FREDDYRACE





# Marathon Des Grands Crus

## // WINDY CONDITIONS

The route is now facing North. It is hilly but the ascent of Vougeot barely slows down the skaters. The now front facing wind has gusts reaching up to 60 km/h. A difficulty rarely encountered on races of this format ! The scenery and quaint villages would almost make you forget the persistent wind.

## // A RACE FOR ALL SKATER

Numerous refueling stations have been placed in those villages to help the skaters of the Marathon des Grands Crus. The public is also there to encourage and motivate both skaters and runners.

## // A YOUNG NEW STAR

Timothy Loubineau managed to cling onto his lead until the end. He claimed his first ever win of a major event in the senior category. Behind him, the peloton got organised. Bart Swings who knows the royal road of the Allées du Parc very well manages to grab second place, followed by Nolan Beddiaf.



# A new event!

**Rule out how to catch the snow on a very high speed and at night**

The 2019 edition saw a complete redesign by the organisers. It was the end of the 19 laps era. From now on, the participants would start in the Allées du Parc as per before, but would then race one giant loop of 42kms, taking them through the beautiful vineyards on the Scenic Route des Grands Crus ; To the delight of the many recreational skaters but also the professionals who now needed to change their strategy.

The Senior Men started at 2:30pm, followed by the senior women 30 seconds later. The Masters and amateur skaters started 1 minute after that. Right from the get go, Team Powerslide went on the attack. The strong Northern wind helped the competitors to cross the first villages of Chenove, Marsannay la Côte, Couchey and Fixin at breathtaking speeds.

## // GIRL'S RACE FOR FRENCH SKATERS

In the women's race, the Powerslide team takes control and seem to want a sprint finish. Despite numerous attacks, it was a peloton finish. The sprint is won by Clémence de Mallevoue (Team Bont) followed by Mary Dupuy (EoS) and another French woman, Juliette Pouydebat (Castellon Spain).

### ATTACKS BY POWERSLIDE

The attacks followed one another, the main culprits : Bart Swings, Felix Rijnhen (Powerslide) and Nolan Beddiaf (EoS). But Team Rollerblade manage to keep control of the pace and stayed in contact at all time thanks to Ewen Fernandez and the local prodigee Doucelin Pedicone.

At the 12th kilometre mark, the peloton arrived on the old national road. The RD974 is wide, smooth and slightly hilly. The road is surrounded by vineyards of renowned Burgundy Appellations up to Vougeot, where the start of the Half-Marathon was taking place. The strong wind meant that skaters were able

to maintain speeds of 45 to 50 km/h on the flat. Timothy Loubineau (Powerslide) launches an attack ; the peloton doesn't react. It doesn't take long for the young Frenchman to leave them for dust.

### // DIJON IS NOW A NEW STANDART

Dijon now set a new standard for racing in France with this race. Rollathon 100km is on similar parcours with nice road and some little hills. Those kind of races have all the potential to attract massive group of skater and should reach soon or later more than 2000 participants.

SINCE ITS FIRST EDITION IN 2001, DIJON HAS BECOME A MAJOR EVENT ON THE INTERNATIONAL SPEED SKATING CALENDAR. OVER THE YEARS, THOUSANDS OF SKATERS CROSSED THE FINISH LINE IN THE FAMOUS ALLÉES DU PARC OF DIJON. EACH YEAR, INLINE SPEED SKATING STARS OF ALL NATIONALITIES ARE PRESENT, PROOF THAT THIS EVENT IS OF HIGH LEVEL AND HAS WELL EARNED REPUTATION.

# Being a sprinter in marathon

**Text By: Valentin Thibaut**

PEOPLE ALWAYS ASK ME HOW A SPRINTER CAN ALSO BE IN A  
MARATHON. IT'S ALL ABOUT GETTING GOOD IN THE PACK. THERE IS SO  
MUCH DRAFTING IN BIG PELOTON THAT SPRINTER CAN STILL GET A  
CHANCE FOR A RESULT SOMETIMES.

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**20 to 10 years ago the sprinter was doing the law in the marathon scene**

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*Many things have change in the last 20 years but when i hear the story from back in the days i know sprinter where the king of the road in the big event. Now team tactique is more based on attacks but sprint like a world championship marathon sill give us hope to collect a big win one day. It's about patience and hard work.*

I HAVE DONE 2 YEARS FOR POWERSLIDE NOW. BEING A PRO ON THE CLASSIC TRACK RACE AND IN MARATHON IS NOT AN EASY JOB EVEN IF IT LOOK LIKE THE DREAM LIFE.

**pohto:** Pascal Briand



# B

eing around Félix Rijnhen (POWERSLIDE) and Bart Swing (POWERSLIDE) is a big chance to learn. In a team you need to be a complete skater able to win a europa cup like in Lagos or Gesingen and also a marathon like in Dijon, Rennes or Berlin.

In my team i'm little more focus on sprint and classic race cause i'm still young and it's hard to perform on marathon as a sprinter : you need more maturity to understand all the tricks from a massive sprint. The opportunity to learn are very rare actually.

## // IT'S HARDER THAN I THOUGHT

When i was junior i was winning a lot but when you get to race with the big guys the difference is that some skater are almost 10 years more than you. That mean they are 10 years of training ahead of me : almost like i would need 4000 extras training to get there.

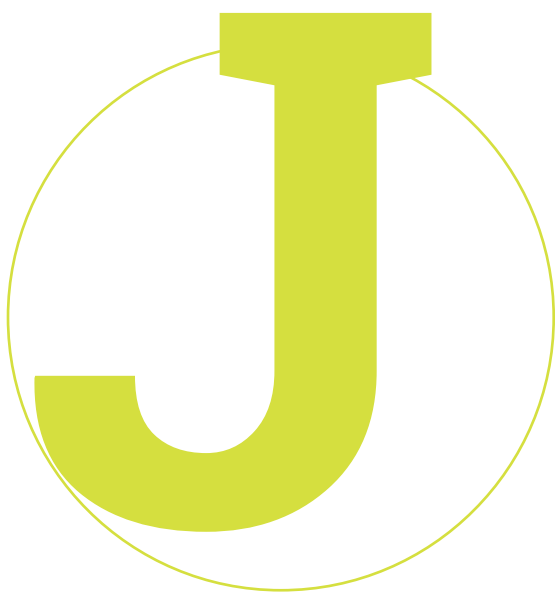
it give them more consistency in the results as they have more data exprience to take perfect decision.

So now my role in a marathon is more like trying to bring back in good position the leader or may be lead the sprint for them if i get a chance.

In a marathon every details count and normally sprinter are good to fix details.

**"SPRINTER HAVE A SPECIAL PLACE IN THE MARATHON EVEN IF GROUP SPRINT WON'T HAPPEN SO OFTEN NOW"**

ValentinThibaut



It's sunday morning in Jeonju and as every years most of the athlete coming from all over the world meet at breakfast before the race. Outside the day start and the temperature is really fresh.

Skater quickly go get ready for warm up in those condition as the start of the race is at 8h15. Blue sky and no wind : all seems perfect. We can feel a bit of stress in the pro pack as it's the end of the season and nobody is sure that top shape is here : but still quite big price money is nice to take beside a great victory line.

After a easy start, Félix Rijnhen attack in the 1st uphill to test the pack. Martin Ferrié, Jimmy Jouette and Sébastien Mirsch react and push the acceleration right after to create the 1st breakaway of the day. Félix and guys from Bont look for a while at each other. In 3min everybody know it's gonna be hard to come back. Félix and Diogo Marreiros

challenge the pack and lead a good tempo for 30km but the gap is too big. Martin ferrié won one of his biggest race ever in front of Jimmy Jouette the new star from team Castillon. Behind, Nolan Beddiaf manage to breakaway with a Korean before the sprint. In the pack Felix and Gwendal Lepivert took the next places.

### // MARTIN FERRIÉ WIN LIKE A BOSS

In the women race, Yi-Hsuan Liu make on more time a demonstration of her talent in the sprint. She always impress most of the skater in the world withone of the best skating technique you can see. Korean skater take 2nd and 3rd place on the podium.

Jeonju marathon is one more time an impressive race with more than 3000 skaters at the start. The lap is now a classic : a most do for the asian series of marathon.



# JEONJU

## inline marathon

## Jeonju, the biggest marathon in Asia

JEONJU IS THE MAIN MARATHON FROM THE END OF THE SEASON. ASIA IS GROWING WITH NEW RACES IN CHINA BUT JEONJU IS THE REFERENCE.



KOREA HAS ALWAYS BEEN A FIELD FOR GREAT RACES. AFTER SEOUL AND INCHEON MARATHON, JEONJU STAY AT THE TOP WITH AMAZING LANDSCAPE AND PERFECT ORGANISATION .

photos 789cm (instagram) Steel Kangchul





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# MARATHON DES GRANDS CRUS

DIJON - COTE D'OR

May 17, 2020

**RUNNING**

10/21/42 km

**SKATING**

21/42 km

**WORLD INLINE CUP**



Start / Finish Village  
DIJON



(c) TD / PC / AM Sports

Route des  
Grands Crus

10 - 21 - 42 km



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PUBLI  
STICK

Virgin  
RADIO  
POP ROCK ELECTRO

# WINNERS ARE WINNERS

WINNERS ARE WINNERS,  
NO MATTER THE  
CONFIGURATION OF THE RACE.  
IS THE MARATHON DISTANCE  
SINGULAR RACE OR NOT?

**"WINNERS ARE WINNERS" by Vincent Esnault (ROLLERBLADE FRANCE) ranked 74th in PRT ranking**



**S**aturday, the 28th of September, 2019 at 4:45 pm: the Berlin Marathon has just finished. Minutes after, you can find dozens of pictures or videos of the final sprint of the men's race on the social medias. The first ideas that comes is: how brave they are to face like that these stormy-weather conditions! Few times later, you compare the pictures with the ones of the finish sprint of the men's marathon at the World Games in Barcelona few weeks before...

On the 14th of July, it was sunny and full blue skies in the capital city of Catalonia. It is a completely different situation than in Berlin. But on the picture of the arrival, you can see the six same skaters in front: Felix Rijnhen (Germany), Nolan Beddiaf (France), Bart Swings (Belgium), Ewen Fernandez (France), Elton De Souza (France) and Doucelin Pédicone (France)...

Is it a coincidence, or not?

When you look back on the 2019 marathon season, you find something interesting to study. Quite a few 42k finished in a massive sprint. To say the true, only Barcelona (World Games), where a pack of about 60 skaters arrived together, and Berlin (finale of the World Inline Cup) with a reduced-peloton of 14 athletes. We could add Pamplona too (European championship), where a group of 11 skaters arrived together.

The other marathons ended very often in an individual finish or in a few-men finish, a sort of mano-a-mano. It was the case in most of the WIC marathons (with victories of Felix Rijnhen in the stages of Oropesa,

Rennes and Ostrava), in Harbin (with Patxi Peula in gold against Felix Rijnhen and Nolan Beddiaf), in Madrid (with Patxi Peula in gold against Guillaume De Mallevoue), in the P2P (where Nolan Beddiaf won), in Gdansk (where Bart Swings beat Ewen Fernandez), in Duluth (with Ewen Fernandez in gold), in Paris (with Doucelin Pédicone against Flavien Foucher)... That is to say a always-the-same short list of names.

From time to time, some strong outsiders appear, like Alex Cujavante from Colombia, Timothy Loubinaud from France, or even Inigo Vidondo and Patxi Peula from Spain. Surely Guillaume De Mallevoue from France would have been one of those if he did not badly crash in Barcelona...

Among this short list, only Patxi Peula seems to be able to achieve the same kind of performances than the others: to win some podiums in each kind of race conditions and/or in each kind of weather conditions. It can be sunny, it can be rain showers, it can be a solo break or a bunch sprint, it can be flat or hilly, they seem to have the key of the 42k "door" to win medals and podiums.

Does that mean that winners are winners, no matter the configuration of the race? Does that mean that they are more professional? Does that mean that they can solve all the tricky situations of a 42k, or even anticipate them?

If we consider the question differently, is there a race model that exists for the 42k distance, which would make it so singular? Ask those skaters, and you will become a winner too!







# SKATINGMAG



*The goal of this magazine is to promote skating worldwide. If you are interested in writing article for us you can always send us your text and photos free of right (HD) by email at [pascalbriand@yahoo.fr](mailto:pascalbriand@yahoo.fr)*

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