

# ENGINE CHECK BY KIALOA GMBH

G'day cycling and coffee friends

We would like to invite you to the first Engine-Check by Kialoa GmbH on 17 August 2024. The Engine-Check allows you to determine your performance capacity on your own in order to optimise your training. After this check, we will go on a bike ride together (between 40-80km) and then have a bite to eat at Kialoa so that we can start the weekend with plenty of energy.

**Date:** 17. August 2024

**How:** We ride in team look, please take your Kialoa jersey with you. First-time participants will receive a free Kialoa cycling jersey on site (while stocks last).

- Coffee & croissants on arrival
- Networking, drinks, barbecue and exhibition after the ride
- We ride in different strength classes

**Meeting point:** At Kialoa GmbH, Poststrasse 3, 9403 Goldach - from 9:00 am, start: 10:00 am

**Travel:** [Site plan](#)

## Ambassadors



Lars Sommer

KABoom Krapf -RaceTeam



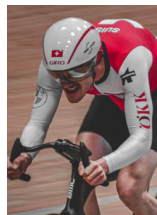
Ursin Spescha

KABoom Krapf -RaceTeam



Simon Walter

Mondraker Walter MTB Team



Simon Vitzthum

**REKORDHALTER**

You can find the registration form [here](#). Please register by 8. August so that everything can be planned, thank you.

**We look forward to seeing YOU! Your Kialoa team**



## ***HOW TO ENGINE CHECK?***

### **Schritt 1**

Come and visit us on 17 August 2024 at Poststrasse 3, 9403 in Goldach and test your performance at the engine check. We will complete this "challenge" on a route specified by SwissCycling (1.6km) and then add a ride (40-80km).

### **Schritt 2**

We will ride together to the start of the route and take on this challenge. If possible, please wear a heart rate belt and take your sports watch/bike computer with you to measure your time.

### **Schritt 3**

So that we can calculate an approximate performance value, we have to weigh ourselves before the start. (including bike, helmet, bidon, clothing, etc.)

### **Schritt 4**

Then enter your value in the analysis app. The temperature can be taken from the weather portal meteoblue.com. If you don't have a heart rate monitor, you can leave this value blank. The app then calculates your VO2Max and you have a performance value that can help you with your further training.

You can also use this value to compare yourself with the Swiss elite to see what professional cyclists have to do to keep up with the world's best.

### **Schritt 5**

After our ride together, you can enjoy some food, drinks and a coffee with us before you start your well-deserved weekend.