

Some questions to:

**Álvaro Sabater Ramírez** 

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### Can you introduce yourself? What did you do before quadrathlon, when did you started, ...

I'm a 25 years old Spanish man, with 1'84 meters high and 73 kg weigh.

Before race in Quadrathlon I used to play handball with my school team. In fact we reached the second place of Spanish Championship in 2008. Two years later we got the 8th place in juniors.

Meanwhile I did handball, I practise kayak on weekend and also running and gym for hobby. I really like sport and train.

Later, when I had 20 years I did my first marathon with the University team and started to run more and more till I had the opportunity to buy a road bike (paid with my savings, on summer I'm a lifeguard).

My first duathlon was in my city, and I did 3rd. Then I tried with triathlon and finally in 2016 I reached the 1st place SUB23 on the National Quadrathlon Championship and 3rd on ELITE.

Nest year, in 2017 2nd place SUB23 on the National Quadrathlon Championship and 3rd on ELITE too. And I won the Spanish Quadrathlon Cup Elite.

During 2018 I raced in the Ibiza Quadrathlon Cross where I achieve the 1st place overall.

Finally in 2019, I raced in the World Middle Quadrathlon Championship achieving the 8th place overall.

### Where do you live?

I'm from a small city next to Valencia, Spain.

### What's your favourite discipline?

Running hard before bike. And also races on river kayak.

### Rate the four disciplines on a scale of 5.

- Swim: 
- Bike: 
- Kayak: 
- Run: 



### What are your favourite races?

- All the Quadrathlons
- Triatlons No Drafting
- The International Sella descent.

### What's your favourite distance? Sprint/ middle/ long?

- Sprint for duathlons.
- Middle for triathlons and Quadriathlons.

### What was your best:

- Race: Quadrathlon Spanish Championship 2018 at North Spain.
- Result: 1st at Riba Roja Trail.
- Performance: Xilxes Triatlon No drafting 2019. One month before the world Quadrathlon Championship.
- Experience: Mountain duathlon in Bronchales during winter.

### Have you ever won a European or World title? How many, and when?

NO. I hope that someday.

### What are you best results in the world cup ranking?

8th place in Brigg World Champion.

**What's your biggest tip for a beginner in quadrathlon?**

On the bike give all you have and try to keep your running pace, it's the last effort.

**How many hours do you train a week?**

18 h to 20 h more or less

**Do you like hilly courses?**

Yes, a lot. In fact all my preseason is based on trailrunning and btt. he hills make me more powerfull.

**Who is your idol?**

Enrique Peces and Killinan Jornet.

**Describe yourself in one word:**

INCESSANT

**If you are a fruit, what fruit would you be? Why?**

BANANA. The best fruit ever because of his flavour and also the facility to take it wherever you go.

**What's your favourite food/drink?**

A good big hamburguer for dinner after the race

**What do you do before a quadrathlon race?**

If the race is on evening... always a little rest. (typical spanish)

**What do you want to get as a prize if you win a race?**

Sport equipment and also a beautiful and big trophy to remember that race

**Where's your favourite training place?**

The surroudings of Barcelona

**Do you avoid alcohol? If yes, only in the season, or always?**

Yes, usually. However, On hot days.. One beer with friends it's a good option after lunch.

**Who do you think is the best quadrathlete in history? Man / woman**

For me, Enrique Peces. I'm a lucky man because I had the opportunity to race against him. He is really good, my idol.

**What's your favourite place?**

The beach with waves to surf them with friends or a quiet big mountain.

**What's your nickname?**

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