

Press release

ALESSANDRO CARVANI MINETTI TRY TO BEAT THE HOUR RECORD

The Italian parathlete's attempt on November 28th at Montichiari (BS) velodrome

Pavia, Italy, 22nd October 2015 _ On Saturday November 28th Alessandro Carvani Minetti, member of the parathletes Italian National Team, will try to beat the track Hour Record at the velodrome in Montichiari (BS), in the M-C3 category.

The athlete from Pavia, born in 1978, runs on a special bicycle with a support for the upper body and special levers for the brakes and the gearbox, operated by chin and knee, after the motorcycle accident in 2003 that caused severe disability in his upper limbs.

After winning the Silver medal at the European Paraduathlon (Pt2 category) in Alcobendas (Madrid) in May 2015, he became World Paraduathlon Champion (Pt2) during the World Championships in Adelaide (Australia), on October 2015.

His current goal is to put "the cherry on the cake" of a great season by beating the Hour Record. The reference is the record established by parathlete Alessandro Grassi, record holder of category M-C2, with a distance of 34km and 157 meters, reached on 25th September 2004 at the velodrome of San Vincenzo (Livorno, Italy).

"Passion for sport led me to challenge myself continuously, day after day, with what I call "my non-limit" - says Alessandro - and the Hour Record is now the new goal: we started to think about it more than a year ago, decided to set up new training systems, develop a new diet and faced a tough schedule of qualifiers. Now we are ready. "

His friend and coach Paolo Marchetti will assist and guide him in the enterprise, that will also be the topic of the dissertation of his university degree in Sports Science at the University of Pavia.

For the Record Ale requested a custom build bike, similar to his current "Bice" (his first bike, with Ale's nickname «Topo» appearing on the frame), with a slightly more inclined support for the upper body in order to keep an aero position, but fixed gear with no derailleur or brakes, and a lenticular rear wheel.

On November 28th in Montichiari, a show run by Fabio Tavelli of Sky Sports tv channel will also host Andrea Devicenzi, parathlete from Cremona, bronze in the European Triathlon Championship (2012) and Silver in the World Triathlon Championship (2013), known for cycling adventures taken beyond limits, as the Raid in India in 2010 and the Paris-Brest-Paris.

www.alerecord.it is the site focused on the Hour Record attempt by Ale.

The main sponsoring partner is **Fineco**.

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With the support of: City of Pavia, University of Pavia.

Alessandro Carvani Minetti was born in 1978. From an early age he practiced different sports, including rowing. In 2003 a serious motorcycle accident caused him injuries to the brachial plexus, causing severe disability in the upper limbs. After rehabilitation, he resumed sports: swimming, running and cycling on his special bike. He joined the Raschiani Triathlon Pavese team, practicing duathlon and triathlon. Since 2011 he is member of the Italian Parathlete National Team. He has a degree in Geology, and currently works at an accounting firm. He is independent and drives a car. He is often required to tell about his experience of disability and his "full and normal" life at schools and on his own blog www.alessandrocarvaniminetti.it

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