*Alex M. Portland, OR*

For the last three years I have been on a journey. I had slowly ballooned to 300lbs on a six foot frame over the last decade. In order to save my life, I started doing triathlon races a few years ago, slogging my way through sprint triathlons, collapsing in exhaustion at the finish lines. I set a goal of completing an Ironman race. 2.4 mile swim, 112 mile bike and a 26.2 mile marathon. This seemed entirely ridiculous but I had to try. Last year I completed Ironman Canada.

**Fizik & Adamo**

I had been riding on a Fizik snub nosed saddle, hoping that it would help me stay in aero position more often. While the short nose did help relieve some pressure, it did not eliminate it and the nose of the saddle landed in an uncomfortable spot. Eventually I wore the nose down enough that it did not support me properly anymore. While training for Ironman Maryland this year, I purchased a new Adamo split nose saddle. The design seemed promising. Longer nose with a split to completely eliminate pressure in sensitive areas. Unfortunately it didn’t, it moved the pressure to the edges of the point of contact and created more of a pinch and eventually very raw areas. While I am lighter now, 220 lbs, I still have a good amount of weight pressing down in the saddle on my long rides.

**3 West Design – The Reprieve Saddle**

When I saw the Reprieve saddle on Kickstarter, it seemed to be a very simple and elegant solution to my problem. Solid support in the rear for my hip bones while offering an adjustable softness for the forward point of contact. When I backed the project, I suddenly was very excited at the possibility of not being sore after long rides. When I first installed the saddle, it surprised me at how easy and intuitive the setup was. I found the correct angle for my body and played with the pressure on the contact area. Eventually I found the perfect mixture.

I have ridden on this saddle extensively now and I can honestly say that it has solved each of the problems that I have experienced with far more expensive models. I do not have raw or sensitive areas after rides over 90 miles and I can easily change to a high sitting position with no issues. This saddle will be on my bike for Ironman Maryland and each and every race from now on. I am impressed each time I climb off my bike and am able to easily transfer to the run with no hip pain or chaffing issues, both are critical if you want to survive an Ironman race.

Thank you Team Reprieve, you have helped make Ironman races fun again.

*Thank you Alex, Truly Inspiring - Happy We Can Help!*