

train smarter essentials



CANNONDALE AIRSPEED CARBON (\$45) Pump up the volume with Cannondale's svelte new Airspeed Carbon. This easy-to-port pump rocks a lightweight all-carbon barrel and features a CNC alloy-machined head and handle for unsurpassed strength and durability. Mounting bracket included. cannondale.com

ROTOR ROAD DOUBLE Q-RINGS SET 53/40 (\$245-265) Down with the dead spot! Rotor's innovative Q-Rings increase your speed on two wheels by minimizing the negative "dead spot" associated with circular pedaling. The rings emulate the oval-gear concept used in Rotor Cranks by attaching to Shimano and Campy drivetrains and increasing effective tooth size once you pass the dead spot into the down stroke. rotorcranksusa.com



SOLE HEAT MOLDABLE CUSTOM FOOTBEDS (\$50) While not all runners need an orthotic, many overpronate and can benefit from added support. By using special heat molding to customize insoles to individual arches, SOLE's footbeds offer the personalized fit of an orthotic at a quarter of the price. Stick the SOLEs in the oven, slide them in your shoes and shazam: Your arches align in a neutral position. yoursole.com



SALTSTICK ELECTROLYTE CAPS (\$18) Last year, not one but two world champions—Chris McCormack and Conrad Stoltz—used these electrolyte tablets to win Ironman Hawaii and XTERRA Maui, respectively. SaltStick's electrolyte profile resembles sweat more closely than any other capsule on the market, with sodium, potassium, magnesium, calcium and Vitamin D. saltstick.com



FIRST ENDURANCE OPTYGENHP (\$75) A legal substance for training and racing, the new OptygenHP includes beta-alanine and a more potent form of rhodiola to help increase oxygen utilization, stress adaptation and aerobic threshold while reducing lactic acid. firstendurance.com

GARMIN FORERUNNER 50 (\$100-\$200) Garmin's non-GPS-enabled fitness watch is a must-have training tool for any runner or cyclist. The watch with a wireless heart rate monitor costs \$100, while an additional \$50 scores you a foot pod to measure speed and distance. Bag both for \$200, plus the Ant+ Sport, which transfers workout data to an online Garmin Connect community the minute you step within range of a computer. garmin.com



BEAKER CONCEPTS COMPRESSION SOCKS (\$25) Recover in style with Beaker Concepts' argyle compression socks. The dapper pattern is sure to impress, while the intricate construction curbs swelling and promotes proper blood flow throughout your calves and feet after a tough workout. beakerconcepts.com

DON KARLE