

SPECIAL BEGINNER'S GUIDE

GEAR >> TRAINING >> SCENE >> LIFESTYLE

Triathlete

FEBRUARY 2010

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GEAR BAG

FIZIK CYRANO SEAT POST \$125

Fizik's first foray outside of the saddle market comes in the form of a forged aluminum seat post designed with ease of use in mind. The tilt is controlled by a two-bolt system (with a user-friendly thumb wheel for front adjustment) and can accommodate pretty much any seat tube angle. The post is also reversible for tri/TT positioning and is compatible with Fizik's ovalized 7x9 braided carbon rails. It's available in four diameters (27.2, 30.9, 31.6 and 34.9 mm) and three lengths (270, 350 and 400 mm). The Cyrano's estimated weight is 250 grams (27.2 x 270). Fizik.com

ZUVO WATER PURIFIER \$300

Sleak enough to rest on the countertop but small enough to fit underneath the sink, the Zuvo water purification system might just make Britta obsolete. The Zuvo purifier connects directly to a faucet or to Zuvo's own Butler Faucet (\$60). The system uses a five-step process to purify your drinking water: ozonation (for taste), ultraviolet light (UV), photo-oxidation, filtration (lead removal), post-filtration. Zuvo.com

TIMEX IRONMAN SLEEK 150-LAP WITH TAPSCREEN \$90

This watch seemed a little ridiculous before we gave it a go. Why would you need a watch that gives you pacing information every time you touch the screen? You don't, but it turns out that having a watch with this technology makes it easier to focus during track workouts or at the gym. A tap of the screen is all you need to activate the split timer and you can even customize the force of the tap needed depending on your activity. Timexironman.com

"PERFORMANCE" \$19

Written by *Triathlete* Senior Editor Matt Fitzgerald, "Racing Weight" is the first weight-loss book for endurance athletes and looks at how not just triathletes, but all endurance athletes, can determine a body weight that allows them to perform at their peak. He delves into diet quality; carb, protein and fat intake; appetite management and, of course, finding (and maintaining) not only an ideal race weight, but also a healthy off-season weight. Velopress.com

OPTYGEN HP \$75

One of the most popular supplements in First Endurance's line got twice as potent. Optygen HP, now being prototype-tested by the Radio Shack road team, underwent a revamp, the new version containing the most potent concentration of Rhodiola ever—twice as strong as original Optygen—meaning a greater ability for the body to adapt to physical stress. Add beta-alanine for strength and increased exercise capacity, and the secret weapon of some pro triathletes just got better. Firstendurance.com



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