

WANNABE TRIATHLETE?



HELP YOURSELF (CLOCKWISE FROM TOP LEFT):

Power meter for bike crank arm; cycle computer with force vector display; products to remove chlorine, prevent chafing; cycle computer; aero bars; travel case for your bike; buoyancy aid. **Gear info on Page M2.**

Triathlon training aids

Good equipment can make a big difference in your comfort level and performance, whether you are a new triathlete or a seasoned pro. As you train for your next triathlon or prepare for an upcoming camp, here are some products to consider.

SWIM WITH PEACE OF MIND

Olympic gold medalist in swimming and world-champion triathlete Sheila Taormina brings a SaferSwimmer Float on her open-water swims, and believes “every single triathlete should have one of these.” The bright-orange swim buoy, like an inflatable dry bag, makes you more visible to boaters and other water craft, gives you something to hold onto if you experience cramping or anxiety, and provides a

place to stash your car keys and other valuables. It buckles around your waist with an adjustable strap, then floats behind you without causing drag. Bruce Wigo, president and CEO of the International Swimming Hall of Fame, launched the float three years ago after being nearly run over by a boat while swimming on Switzerland’s Lake Zurich. \$39.95-\$49.95. 954-462-6536, www.saferswimmer.com

PROTECT YOUR BODY

TRISLIDE tops my list as one of the most essential triathlon products. Apply the nongreasy spray anywhere you experience chafing or hot spots, such as on your neck from a wet suit, between your toes, or even under your heart-rate monitor strap. Spray it on your wet suit to help it slip on and off more

easily. California-based SBR Sports also makes TRISWIM hair and body products that are specifically formulated to wash away saltwater and chlorine and then rehydrate and moisturize. \$14.95 (TRISLIDE); \$5.50-\$80 (2-64-ounce TRISWIM). 800-620-4094, www.sbrsportsinc.com

BOOST COMFORT AND SPEED

If you’re transitioning from an upright to the aerodynamic triathlon position, get a set of clip-on aero bars that offer plenty of adjustment options. “The fit should feel comfortable enough to stay there all day,” says master bike fitter Ed Sassler of Belmont Wheelworks. Profile Design’s latest T4 Plus Carbon aero bars have a relaxed ski-bend shape, and the company’s new thickly padded F-35 armrests for a

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super comfy ride. Easily adjust the bars on the fly by moving the bar extensions front to back, and shifting the arm pads side to side. Before you take to the streets find a good bike fitter who can help dial in a comfortable and efficient position. \$207 online. 888-800-5999, www.profile-design.com

PEDAL WITH EFFICIENCY

Two new power meters can help those who want to take their training to another level. This week, Pioneer (yes, the makers of audio equipment) introduced its new Pioneer Power Meter System, a unique strain-gauge system that not only measures power output for each leg, but also where in your pedal stroke you are directing the force. Use this information to boost pedal efficiency and reduce fatigue by putting power into the right section of your stroke. The system, which comes preinstalled in Dura-Ace 9000 and Ultegra 6800 cranks, captures data in 30-degree increments throughout each pedal stroke and transmits this info to Pioneer's new handlebar-mounted SGX-CA500 Cycle-Computer so that you see information instantly. \$1,550-\$1,850, including crank set; \$300 for WiFi-enabled CA500 computer, \$759 for larger, full-color CA900 computer. 800-421-1404, www.powerisking.com

For a less expensive option, consider getting a Stages Power meter. This strain-gauge meter attaches to the left crank arm and transmits accurate power

data to your ANT+ and Bluetooth Smart devices. It's easy to install: Buy the left crank arm for Shimano, SRAM, and FSA with the sensor already installed, and attach it to your existing crank. The simple, low-profile power meter weighs just .7 ounces. \$699-\$899. 800-778-7218, www.stagescycling.com

ADD BUOYANCY TO SWIMS

Xterra's 5mm neoprene Lava Pants (pictured above) replace your pull buoy and help keep your lower torso and legs afloat during pool swims. The three-quarter-length pants promote a more buoyant, streamlined body position in the water (mimicking your position in a full wet suit), and let you focus on technique and pacing. \$150. 858-565-9500, www.xterrawetsuits.com

TRAIN AROUND THE WORLD

Plug in Wahoo Fitness's new KICKR Power Trainer and bike the world during training. The high-tech trainer offers a super realistic road-like feel, has a built-in power meter, and includes Bluetooth capability. Take off your rear wheel and attach your bike to the trainer's cassette, which is premounted on the flywheel. Then download the Wahoo Fitness app on to your Apple device and use it to control pedaling resistance, adjust power level, and simulate slope angle and wind speed. Download Wahoo's new Segments app and you can cycle France's Alpe d'Huez, Hawaii's Kona IRONMAN route, or any other Strava segment from home. The trainer works

Neoprene Lava Pants help promote a more buoyant, streamlined body position in the water, mimicking your position in a full wet suit.

with ANT+ devices, and Wahoo's sensors, heart-rate monitor, and bike computer. Charge your Apple device before hopping on the trainer or you'll be doing high-cadence intervals throughout your workout. \$1,099. 404-939-2447, www.wahoofitness.com

KEEP TABS ON YOUR RIDE

Garmin's Edge 810 cycle computer not only tracks your stats during training rides, but also can transmit your location to family, friends, or a coach, for instance, thanks to its LiveTrack feature. Connect your Edge 810 to your smartphone with Bluetooth and the Garmin Connect app, and then your bike computer will send a bread-crum trail in real time so others can follow your progress. It provides peace of mind on long training rides or in unfamiliar areas. It also syncs with power meters and sensors compatible with ANT+ products. \$499.99. 800-800-1020, www.garmin.com

PROTECT YOUR BIKE

Before taking off for a training camp or far-flung adventure, pack your precious bike and related gear in Trico Sport's Iron Case, a durable polycarbonate hard case. Sandwich your partially disassembled bike and wheels in between three thick layers of protective foam, and then cinch the box shut using the attached straps with their well-protected buckles. The recessed wheels easily roll through the airport and can withstand baggage handling. The box measures 92.5 linear inches (and usually gets charged as oversized luggage), weighs 31 pounds, and fits bike frames up to 63 cm. \$425. 800-473-7705, www.tricosorts.com

KARI BODNARCHUK



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