



Can you say dope design?

Selle Italia Flite Kit Carbon

Every once in a while a product crosses my deck that is just off-the-nob sexy. Case in point is this sweet little diddy from Selle Italia. Carbon to the gills the Flite Carbon is lighter than Kate Moss and as comfortable as my Danish side chair. As someone who digs design, this one is at the top of the list. Is it light Tim? Uhh... At 125 grams it's up there with the full carbon seats. At 131mm x 274mm

it will accommodate just about everyone and the Lorica cover will stay fresh and new for years. The carbon rails will cinch up nice, but please Skippy use the damn torque wrench! [see below]

WEIGHT: 125g

COLORS: Black; White

PRICE: \$233

CONTACT: selleitalia.com or pronetcycling.com

Seem to be on everyone's head

Specialized Arc II glasses

Don't blink because another set of the Arc II's will be on yet another pro cyclist's noggin. A couple years ago, the folks in the optics department blew peoples' minds with the original Arc and now they've done it again with the II's. Equipped with the Adaptalite, the Arc's adjust to existing light conditions, meaning if it gets dark these guys adapt. Simple really, but revolutionary at the same time. A big "high five" goes to the genius who decided these guys should be ridiculous light. I often found myself feeling for the shades because I thought they dropped from my head. With a comfortable bridge you won't get a headache, and since the sweat seems to glide easily off of them, you won't be in that weird position where you think it's gloomy out. Fog? What fog. None here Champ.

PRICE: \$125-\$155

CONTACT: specialized.com



Back away from the wrench Charlie

BBB torque wrench set

If you're that clown that tends to tighten the crap out of everything on your high-priced rig, then this a set of wrenches for you. I am guilty on occasion of going overboard and while my mind says "Stop, you jackass," my ego and testosterone says "Tighten the damn thing down a little more." These guys are easy to use and small enough to carry in your bag and travel with. I wouldn't recommend putting it in your jersey rear pocket it may get a bit heavy. The internal torque mechanism offers a range of 2Nm to 24Nm and adjusts with a twist grip.

Includes 3, 4, 5, 6, 8 and 10mm Torx T25 sockets with a hard plastic case.

PRICE: \$92

CONTACT: bikemine.com

Supersweet boots

Louis Garneau CFS-150 shoes

I couldn't wait long enough to take a snap before I bolted on some cleats and pushed off for a ride in the new Garneau's. I have always been a fan of the Garneau top level and while last year's model was sweet, this one is above and beyond. This is another in a line of semi-custom shoes that you can put in the oven and bake a bit to fit your feet. The shoe is heat moldable at 150° F making it safe and idiot-proof unless you don't cook like Hart at *decline* magazine. With vents all over the place they will be cool in dry, warm weather yet dry in wet weather because the vents aren't completely clear and the nylon upper mesh is waterproof. The ratchet closure is adjustable so that any type of foot will fit even chubby one's like mine and the high-arch variety like Neil B. Compatible with SPD, SPD-SL, Time, Look and Speedplay cleats.

PRICE: \$300

CONTACT: louisgarneau.com





The helmet seen around the world

Rudy Project Zuma

Rudy Project is a leader in eyewear, but we all need to realize that they make some killer helmets too. Rudy graces the heads of plenty of pro teams and while this helmet looks and feels expensive it's surprisingly reasonable at just \$90. With some helmets hitting north of \$175 quite often, it's refreshing to lock into a helmet that houses all the latest technology including 21 vents, a sweet rear ratchet system that is fool-proof, and a stylish design for south of a "hundie".

COLORS: White/Silver [shown]; White/Red/Blue; Black/Ti; Red/White

PRICE: \$90

CONTACT: rudyprojectusa.com

Look like Contador

Giro Havik glasses

In a world of aesthetically over-designed glasses, it's refreshing to see the Havik's minimalist design. Don't let the simplicity fool you, because the Havik's offer all the latest in technology so you can see like a hawk! The field of view on these shades is like no other and the nose pad is and temple tips conform to any type of head. You can truly wear these all day and since the style is sans any ridiculous logo or enlarged letter, you won't feel like a dork if you wear them off the bike. While Giro is fairly new to the glass scene they should not be overlooked when deciding on a new set of shades. Get all the details at their website. It's too much to list here.

COLORS: See website

PRICE: \$140

CONTACT: giro.com



Hudz in the hood

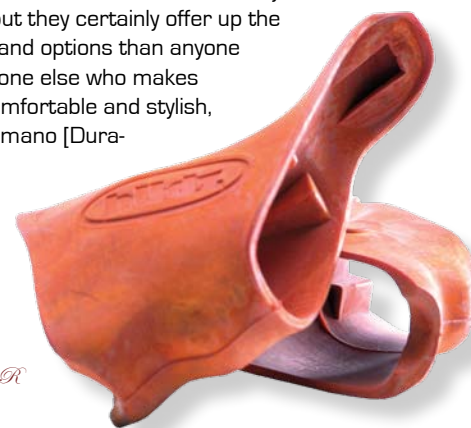
Hudz brake hoods

It's been a long time coming hasn't it? Why have we been stuck in a black and sometimes white world? They may not be the first, but they certainly offer up the best variety of colors and options than anyone out there [Is there anyone else who makes aftermarket hoods?]. Comfortable and stylish, they are compatible with Shimano [Dura-Ace] or Campagnolo and by the time you read this the Ultegra and SRAM versions may be ready too.

COLORS: 11 different types [check out the website]

PRICE: \$35

CONTACT: grabthehudz.com *R*



P PROFILE PRODUCT

WHAT'S THE DEAL WITH FIRST ENDURANCE'S OPTYGEN HP?

With a ton of supplements and "enhancers" out on the market, we decided to check in on one that seems to be getting a ton of "type" of late. 1st Endurance is the sponsor of such high-profile teams as Astana, High Road, Gerolsteiner, and Bissell among others and while we are fairly familiar with their line of powders and bars, we were quite curious about the Optygen HP capsules. We went straight to the source to get some insight as to what this stuff is all about.

1st Endurance says they developed OptygenHP for a couple reasons. When they developed the original Optygen formula, they used the best ingredients and endurance research available at that time. As with everything these days, a more potent version of Rhodiola has become available. In addition, there's been a lot of new endurance research done on the amino acid Beta-Alanine. Beta-Alanine has been shown to increase muscular endurance, boost strength, improve exercise capacity and delay muscular fatigue. So OptygenHP represents the latest scientific research and technology, according to 1st Endurance, for increasing endurance performance.

WHERE'S THE STUDIES? There have been a couple studies done on the actual Optygen formula. There are also numerous studies that have been done on Rhodiola and Cordyceps (the two key ingredients in Optygen and OptygenHP).

One such study was done by Dr. Andrew Creer (2007 South Dakota State University) which showed Optygen reduces cortisol levels (the primary stress hormone) by 26 percent. Researchers concluded that Optygen is beneficial for trained athletes undergoing high training volumes because it decreases baseline stress and improves training sessions. Cortisol is a catabolic (breakdown) hormone that the body produces when under stress, such as after hours of running. Chronically elevated cortisol levels may prevent an athlete from recovering, increase the risks of overtraining and suppress the immune system.

Another study done by Dr. Karlton Larson (2007 Luther College) showed runners who used Optygen increased the time to lactate threshold by 42 percent. Results of this study show Optygen is effective in reducing lactic acid production and delaying onset of lactate threshold (the exercise intensity at which lactic acid starts to accumulate in

the blood stream), therefore improving endurance in distance runners.

RESEARCH ON RHODIOLA AND CORDYCEPS. Research on Rhodiola and Cordyceps has supported their ability to increase performance in athletes. In fact, four recent studies done on Cordyceps and Rhodiola have shown improvements in key physiological mechanisms. These new studies showed significant improvement in time to exhaustion, peak oxygen volume VO_{peak}, pulmonary ventilation, C-reactive protein and creatine kinase activity. These new studies are helping athletes and researchers further understand the benefits of adaptogens for endurance athletes. Through its modulation of the adrenal response, Rhodiola and Cordyceps can aid in the prevention of overtraining syndrome while protecting athletes from inflammation and infection. Herbs like Rhodiola have been known to slow glycogen utilization and increase fatty acid utilization, hence

reducing lactic acid build-up, leading to improved athletic performance.

WILL IT WORK FOR YOU? Look we're all different, so first make sure your body can handle this type of stuff by consulting your physician. If you can, take the recommended "dose" on the bottle. Taking more doesn't do anything, but possibly screw with your body. This is just basic insight to a pretty popular product. Be smart and examine all this type of stuff a bit deeper.

PRICE: \$75 (120 capsules)

CONTACT: firstendurance.com *R*

