

GEAR: 5 BIKE CASES FOR SAFE, EASY TRAVEL

INSIDE

TRIATHLON

THE MULTISPORT LIFE

KONA PREP

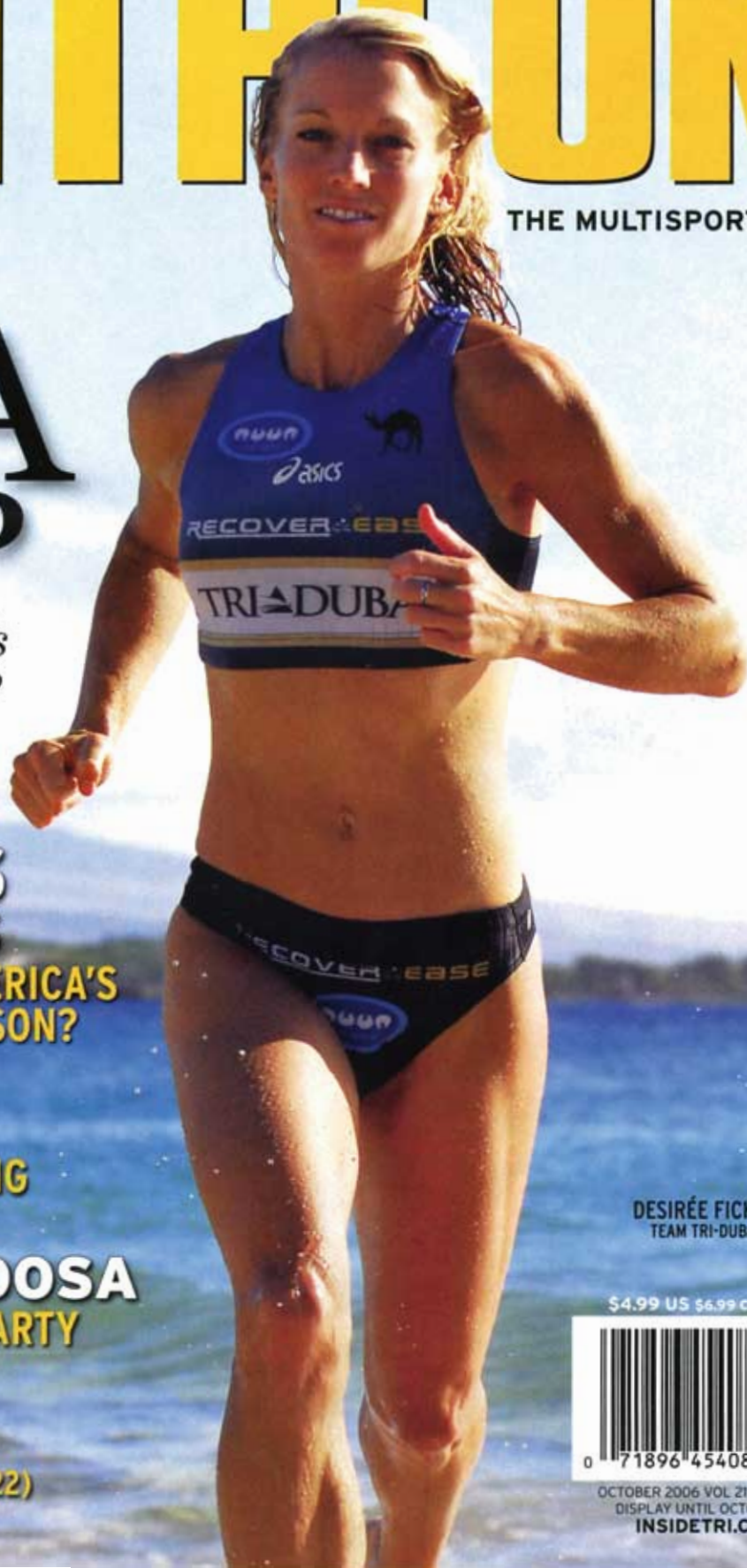
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ROAD TEST

Justin's Peanut Butter Packets

Sometimes you've just got to have a peanut-butter sandwich—especially, say, the morning of a race. So you haul out your jar of peanut butter and make the sandwich, wrapping it up and stuffing it into your transition bag to eat on the fly. But a new product from Boulder, Colorado-based Justin's Nut Butter has changed that scenario for peanut-butter lovers forever. Enter Justin Jr.'s, a welcome innovation if ever there was one—individual serving packets of peanut butter wrapped up like energy gels. Just open and squeeze and you've got yourself a sandwich—or some peanut butter for an apple you might buy on the road. Or, as some around our offices have demonstrated, the packets are good to take as a straight shot whenever hunger pang bites.

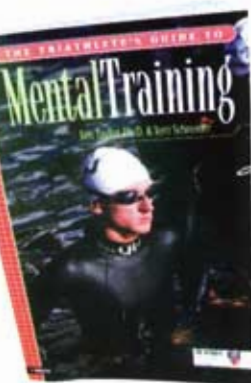
THE VERDICT: Justin's delivers exactly what it promises: Peanut butter on the go with absolutely no muss, no fuss. In addition to plain peanut, Justin also serves up tasty concoctions with honey or cinnamon mixed into the peanutty lusciousness. A 12-pack of 1.15-ounce servings of peanut butter sells for \$12. (justinsnutbutter.com) —AMY WHITE



BOOK REVIEW

The Triathlete's Guide to Mental Training

BY JIM TAYLOR & TERRI SCHNEIDER >> PAPERBACK >> \$18.95 >> 296 PAGES >> VELOPRESS



Triathletes devote hours to swimming, biking and running, but few spend much time on their mental game, despite the fact that temperament is critical to athletic success. Take two athletes with equal physical talents, and it's the one who wins the mental race who'll perform best, write Jim Taylor and Terri Schneider, co-authors of *The Triathlete's Guide to Mental Training*.

Taylor, a sports psychologist, and Schneider, a multisport coach and professional athlete, cite Ironman legend Mark Allen as a good example. Before his tri career began, Allen was a self-described mediocre age-group swimmer who gave up during races as soon as another swimmer passed him.

But in his first year of triathlon a mental breakthrough occurred. A runner passed Allen and, instead of assuming he was beat, the Grip relaxed and decided that his race wasn't over. He erased a losing mental tape and rewound it to a more optimistic scenario.

The Triathlete's Guide to Mental Training shows triathletes of all levels how to approach training and racing with a positive attitude. The authors list the six mental factors that most influence performance, detailing how to maximize each aspect for your most successful season yet.

For example, optimism is a cornerstone of confidence and one of the six factors the authors cite as crucial. "For you to become more optimistic," says *Mental Training*, "you have to take a leap of faith. This leap means saying, 'To heck with it. I'm just going to give it everything I've got and see what happens.'" Packed with quotes from top triathletes, *Mental Training* also covers mental imagery, goal-setting, Ironman prep and dealing with injury in a positive way. —ANNE E. STEIN

TECH TALK: S-bend, J-bend, R-bend, L-bend?

Just give me some freakin' aero bars...

>> S-bend aero bar extensions, also known as R-bend, are all the rage these days among certain groups of athletes, whether it's the ProTour CSC squad or the collegiate short-course tri team. The perception seems to be that S-bend is for serious-minded, big-effort kind of folks, while traditional J- or L-bend extensions are for long-course, Ironman types and more relaxed age-groupers.

>> But your choice of extensions has nothing to do with how fast you are—or how fast you intend to go—but rather with your ergonomic preferences. S-bend extensions put your wrist in a less neutral position and give you more leverage on the bars, which is why you see photographs of riders on S-bends with bulging biceps. In comparison, J-bend extensions allow your wrists and hands to be more relaxed on the bars, letting you focus on your core and your legs. There is no right or wrong, fast or slow—with extensions, it's all about feel.

>> In working with both professional and first-year athletes, I've discovered the best way to choose bars is to try each on a bike during a fitting. Ask your local bike shop to pull out its selection of extensions and to set them up on your bike in store, and then hop on a trainer to give 'em a go (another reason to buy locally when you can). Not all stores may oblige this request, but it's worth your while to shop around for one that has the try-them-all approach. After all, you wouldn't buy a pair of shoes without trying them on first, would you? And in the instance of aero bars, we're talking about shoes that have to be comfortable for up to 112 miles.

Tim Troha is the owner of Colorado Multisport, a triathlon-specific store in Boulder, Colorado. Pepper him with your technical questions at techtalk@insideinc.com.