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**Light and fast.** Two subjects to which triathletes dedicate much time, effort, and cash. Your yearly training plan will help you apportion your time and allocate your effort; our Gear Guide will help you budget your cash.

**Live in the Tri-Zone. Gear.**



HED's newest iteration of their integrated aerobar system, the Corsair has the ideal combination of wind tunnel tuned aerodynamics, light weight, stiffness, and an unmatched range of adjustability. Only 585 grams including brake levers. Also available without brake levers for use with Shimano Di2.

HED Corsair Flat w/Lazy S-Bend Extensions: \$950

What's there to say? Pair up these two wickedly fast wheels and the sky's the limit...

Zipp Super-9 Disc with a 1080 Front: \$3290



The Gold Standard in power measurement, SRM Power Meter cranksets use ANT+ technology so you can use them with your compatible Garmin GPS unit, iPhone or Android cell phone, or cycle computer.

SRAM S975 BB30 Crankset with SRM Power Meter: \$2795

When your time is limited but your savings less so, your focus is on maximizing the results of the time you've invested.

**TRI-ZONE**<sup>®</sup>  
SWIM • BIKE • RUN

## Gear for Under \$700.00

You're getting a tax refund check this year and are looking for some way to spend it. Check these out.



You've used a GPS in your car, now get one for your bike. The bundle includes U.S./Canada/Puerto Rico street maps and a premium heart rate monitor. The included speed/cadence sensor lets you use the Edge 800 indoors. ANT+ compatible to work with your PowerTap wheel or power meter cranks. And additional maps are available for when you travel abroad. Garmin Edge 800 Bundle \$649.99



The Forerunner 310XT is a GPS-enabled training device that isn't afraid of the water. Now with updated software the 310XT can accurately estimate open water swim distance and average speed. The optional quick release mount lets you move it quickly from your wrist to bike and back again. ANT+ technology lets it work with compatible power meters, foot pods, speed/cadence sensors, and HRM transmitters. Garmin 310XT \$349.99

The Profile Design Volna is not just a great looking integrated aerobar, it's a world championship winner. The fully adjustable extensions feature aerodynamic internal shift cable routing, and the F25c armrests feature carbon fiber armrest plates.

Profile Design Volna Aerobar ~~\$874.99~~ Sale \$699.99



## Gear for under \$300.00

You have a some extra cash and are looking for the best way to invest it for speed. Here are our recommendations.

The Louis Garneau Vorttice represents the evolution of the aero helmet. Utilizing aerospace engineering, the Vorttice features a single intake vent in the frontal high pressure area, a graduated texturized surface on the leading surfaces, and vortex-generating blades at the midpoint of the helmet to energize the laminar layer. Louis Garneau Vorttice Aero Helmet \$249.95



The ProSvet Base Bar by Profile Design features the latest in multi-direction, multi-layer carbon fiber construction so it not only looks cool, but is stiff and light weight.

Profile Design ProSvet Base Bar \$249.95

Now available in glossy white, the Xlab Carbon Wing paired up with two Gorilla Carbon Cages mounts to the back of your saddle and holds your cages up out of the airstream. Optional accessories allow you to stash all your riding gear, from a minimal sprint race day kit to a everything you need for that 80-mile training ride.



Xlab Carbon Wing w/2 Gorilla Carbon Cages \$249.85

**Maintenance:** Do you have everything you need to maintain your bike? Tri-Zone offers an assortment of products that will keep your bike in tip-top shape.

**Finish Line Fiber Grip** FLFGC \$6.95

**Triflow 20z Squeeze** TWSQZ \$3.95

**Topeak X-Tool Allen Wrenches** TPXTL \$11.95

**Dura Ace Brake Cable Set** SHBCS \$16.95



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## Gear for under \$150.00

So you have three Grants burning a hole in your pocket. We can help!

There's no substitute for pool time, but the SwiMP3 waterproof MP3 player by Finis will make that time seem to go by much quicker. Unique transducer technology doesn't use ear buds, but still has excellent sound quality underwater. And the 1 GB storage capacity will get you through the longest swims. Finis SwiMP3 Underwater MP3 Player  
~~\$149.95~~ **Sale \$119.95**



Speed's not only important during the race, but before the race too. The new TYR Convoy Transition Backpack will get your gear organized so you're not running to the swim start while still trying to get the top half of your wetsuit pulled on. The main compartment is divided into three sections, each with its own zippered compartments. The harness is adjustable vertically for a perfect fit no matter your height. And of course it has more pockets than you have stuff to put in them. Check out the video on our website for more details.



TYR Convoy Transition Backpack  
~~\$179.95~~ **Sale \$149.95**

Triathletes of all levels can benefit greatly from the coaching tips and training techniques featured in this 5-DVD training series. The first DVD covers everything from choosing a race to crossing the finish line. The next three DVDs cover the swim, the bike, and the run. The final DVD shows how and when to incorporate periodized strength training into your overall triathlon training plan.



USAT Triathlon Training Series 5-DVD Set  
~~\$129.95~~ **Sale \$109.95**

## Gear for under \$50.00

You need a couple boxes of GU and are looking for something to pad your order to get the free shipping. Here's a few ideas.



The more of the ride spent on the aerobars, the better. That's where the Profile Design AeroDrink comes in. Mounted on your aerobars using the optional bracket, you'll have 32 oz. of fluid available without shifting your aero position. The quick fill cap lets you refill from course bottles as well as your own, and the soft rubber straw can be cut for a custom fit.

Profile Design AeroDrink and Bracket  
~~\$34.98~~ **Sale \$24.90**



Of course you'll be back before dark, but when that third flat of the ride means you won't, you'll be glad you have a couple of these in the back of your saddle pack. Wrap the rubber strap around a bar or post and tap the lens to fire up the two super-bright LED's.

Blackburn Click Front and Rear  
\$12.95 each or \$19.90 for both.



We all love the venerable CO2 cartridge, but when you pull out your last one and see that teeny hole in the end already, you'll grab your Blackburn AirStik SL Carbon, do a quick arm workout, and be on your way again. Only 6" long, this micro pump features a carbon fiber barrel that will impress your ride buddies as well as save you a full 7 grams over the standard model. Blackburn AirStik SL Carbon  
\$49.95



Yeah you've got one already. But get another and stash it in one of those unused pockets in your transition pack. It'll save you from running up to the expo area on race morning and hoping someone's open that has one. We know; we're in that booth you're looking for.

TZRNB Tri-Zone Race Number Belt \$5.95

Although triathlon is an individual sport, many families live the triathlon lifestyle. Here are a few items for the fledgling triathlete.

**Live in the Tri-Zone. Youth.**



**BlueSeventy Torpedo Youth Wetsuit**  
B7TIF \$149.95



**USA Triathlon Youth Hoodie**  
UHHDY \$29.95  
**USA Triathlon Youth Dots Shirt**  
UHSTE \$11.95



**Louis Garneau Jr. Comp Sleeveless**  
LGYCL \$39.95



**Louis Garneau Jr. Bike Jersey**  
LGYBJ \$29.95



**Louis Garneau Jr. Comp Tri Short**  
LGYCS \$39.95



**USA Triathlon Super Sports Bands**  
UTSBD \$5.00



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**USA Triathlon Trailer Hitch Cover**  
UTHC \$13.95



**USA Triathlon 40 oz. Water Bottle**  
UT4SS \$13.95 Stainless Steel  
**USA Triathlon 32 oz. Water Bottle**  
UT32B \$9.95

1



3

**1 USA Triathlon Logo Backpack**  
UTLBP \$59.95

2

**2 USA Triathlon Computer Bag**  
UTCBG \$59.95

**3. USA Triathlon 22" Sports Duffel**  
UTDF2 \$44.95



**DeFeet Speede USA Triathlon Sock**  
DFSUT \$9.95



**USA Triathlon Race Hat**  
VCRHT \$22.95  
not shown: **USA Triathlon Race Visor**  
VCRVR \$17.95



**USA Triathlon Winter Beanie**  
VCWBN \$20.95



**USA Triathlon Warmup Jacket**  
UTMWJ \$65.95 Men's  
UTWWJ \$65.95 Women's



**USA Triathlon Warmup Pant**  
UTMWP \$49.95 Men's  
UTWWP \$49.95 Women's



**USA Triathlon Logo Transition Towel**  
UTTWS \$19.95



**USA Triathlon Pint Glass**  
UTGPG \$4.95

**USA Triathlon Bike Water Bottle**  
UTWBT \$5.95



**USA Triathlon Long Sleeve Tech Tee Shirts** \$22.95



Individual



Triathlon, like most sports, has its toys. The cool stuff that makes you want to get up at 5 am to swim laps, or to go running when it's 37 degrees out, or to do 50 miles on the bike in the rain. Here are some of our favorites.

**Live in the Tri-Zone. Toys.**



**Garmin Forerunner 410**  
GM410 \$324.99



**Blackburn Flea**  
1. 2.0 Front USB BBF2F \$29.95  
2. 2.0 Rear USB BBF2R \$29.95  
3. Solar Charger Kit BBSCK \$14.95



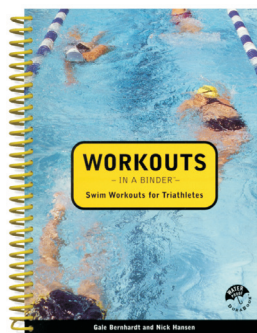
**Garmin Edge 705**  
GME75 w/ HRM \$499.99  
GME7B w/Cadence & HRM \$549.99  
GME7M w/Cadence, HRM & Maps \$649.99



**SportCount Chrono 100**  
SC100 \$39.95



**USA Triathlon Yankz Laces**  
UTYKZ \$7.95



**Swim Workouts in a Binder**  
VPWIB \$29.95



**TYR Burner EBP Floating Fin**  
TYFBN \$34.95



**Garmin Accessories**

**Garmin 310XT Quick Release Kit** GM3QO \$19.99

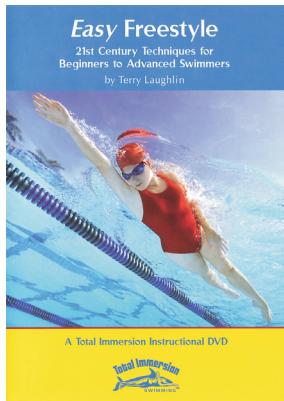
**Garmin Heart Rate Soft Strap** GMHRS \$69.99

**Garmin Cadence Kit** GMCDK \$59.99

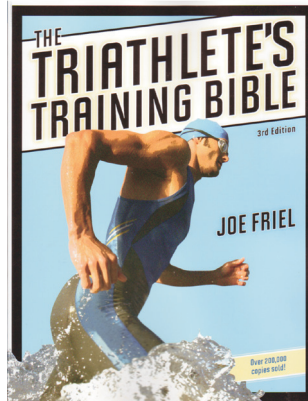
**Garmin Handlebar Mount** GMMNT \$14.99



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**Easy Freestyle DVD**  
TIEFS \$39.95



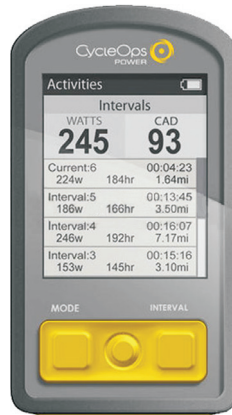
**Triathlete's Training Bible Book**  
VPTTB \$24.95



**Jelly Belly Sport Beans**  
JBESB \$1.95 ea.



**Zipp 404 PowerTap SL+ Rear**  
ZP41P \$2099.95



**Saris Joule 2.0**  
CYJNH \$449.95



**Finis Tempo Trainer**  
FNTR \$36.95



**2XU Compression Bike Short**  
XUCBS \$188.95



**Tri-Zone Tech Zip Pullover**  
TZTP \$44.95



**Tri-Zone Race Cap**  
TZCAP \$19.95



At Tri-Zone, we offer the training tools and the gear you need to improve your form, speed, and stamina.

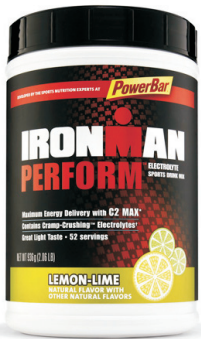
Training



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When you're training and racing hard, you have to think about your calories, protein, amino acids, electrolytes, carbs — and taste buds.

Live in the Tri-Zone. Fuel.



New!

PowerBar Ironman Perform  
PWIPF \$18.95



New!

PowerBar Ironman Restore  
PWIRS \$23.95



New!

PowerBar High Intensity Supplements  
PWHIT \$35.95



Clif BLOKS Energy Chews  
CFBEC \$1.95 ea.



New!

1

1 Fluid Recovery Drink Mix FDCY 16 Serving \$29.95



2

Back by Popular Demand!

2 Endurox EXCEL Natural Supplements PHEXC \$19.95



3

3 SportQuest CarboPro SOCBP \$22.95



4

4 NUUN Hydration Tablets NUTAB \$5.95

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