

# USA TRIATHLON LIFE

FUELING THE MULTISPORT LIFESTYLE

## ONE HOT JULY

national champions  
crowned in kansas city

jennifer garrison  
women's overall title winner

marc bonnet-eynard  
men's overall title winner



# SPEED IT UP

● *By Dimity McDowell*

Even though you claim to “just enjoy the experience” of racing, don’t deny it: you fixate on – or at least notice – your finishing time and splits, and probably even track the ups and downs of your heart rate. Triathletes are, after all, a tad obsessive about performance. So, in the name of further enhancing your racing experience (and simultaneously shaving some time off your pr), check out this gear that either conserves seconds during transitions or makes you faster on the course.

You’ve got T2 down, from the dismount to the helmet-for-hat exchange. But when you go to tie your running shoe laces, you’re trembling and can’t get the bunny to go around the tree, let alone execute a double knot. Turn a multiple-step process into one simple tug with **Yankz Sure Lace System**, a lace-and-lock design that snugs your shoe easily and ensures no second-sucking stops to retie your laces on the course. [\$8; yankz.com]

Shaving weight off your bike doesn’t have to mean dropping a couple grand for a new tri-specific bike. Instead, swap your drop bars for **Syntace Racelite Carbon 31.8**, which weigh in at a mere 178 grams and are aero-bar compatible. Lightweight, though, doesn’t mean flimsy or uncomfortable: its fibers are arranged for maximum strength, so they perform on climbs, sprints and everything in between, while its ergonomic design allows you to stay in the drops for as long as you like. [\$240; syntace.com]

A hybrid of the versatile 404 and speed-demon 808 wheel sets, **Zipp 606 Wheels** provide an aerodynamic, stable ride. The 58mm front wheel and 82mm back one automatically put you in an aerodynamic position, ideal for benefiting from the technology rolling under you. In between layers of carbon laminate in the impossibly light, draft-legal wheels (1345g for tubular style, 1753g for clincher) is a gel-like substance that provides a 10% reduction in road vibration and accompanying muscular fatigue, while golf-ball-like dimpling on the front tire’s surface slices through wind. [\$1,850; zippwheels.com]

