

THE WHOLE PICTURE

By Dimity McDowell

Whether you're racing or training, a beginner or elite triathlete, success hinges on two things: paying attention to the big picture as well as the small details. Big picture means things like periodization cycles, competition schedules and race plans, and small details include things like post-workout recovery, listening to your body and tracking your numbers. Same philosophy applies to gear: the bike you ride matters, but so does the Body Glide. The shoes you run in are as important as the icing therapy you use after a run. Here, six new products that encompass everything from the major to the minor — and set you up for success.



SAUCONY FASTWITCH 5

(\$90; saucony.com)

PREMISE: Shoes as fast as you are. Clocking in at 7.8 ounces for men and 7.1 ounces for women, the Saucony Fastwitch 5 is a sleek racing flat that doesn't skimp on support. A mesh upper and springy EVA-blended midsole make up the (minimal) bulk of the shoe, while the carbon rubber outsole lasts for many miles.

TESTERS SAY: A great lightweight shoe for both speedy training and racing. "I wore it in speed workouts and even on a 12-mile run," says Cassie, "It was really nice for both. I'd also wear it for racing: it's surprisingly lightweight, so it's great for racing, but it isn't too flimsy for training runs." Her only complaint is that she wished the forefoot had a little more cushion. "The ride is a little harder than what I am used to, but I truly enjoyed running in them." Tim appreciated the breathable upper, especially on long runs in the heat, and support offered. "I'd use this exclusively as my race shoe," he says, "5k all the way up to marathon." The only thing he'd change? The white color. "I like shoes to be other than traditional white." [Note: it comes in a limited edition green for men and blue for women.]

RATING: 4.75

FUEL BELT REVENGE R20

(\$42; fuelbelt.com)

PREMISE: An update on the popular Fuel Belt styles, the Revenge Series features improved bottles that are easily handled with just one hand. The R20, which comes in a rainbow of electric colors from arctic blue to hibiscus pink, is an adjustable one-size-fits-all, lightweight belt and comes with two 7-ounce bottles and includes a small zippered pouch.

TESTERS SAY: A great belt for shorter runs. Steve loved the cushioning and stability of the belt. "I stopped wearing belts several years ago because they bounced too much," he says, "This stayed snug and is very comfortable to wear. I'll use it this season for Olympic-distance tris." The size of the pocket, which barely held two gels folded over, wasn't quite large enough for him. Kathleen, who lives in the humid southeast, would use the belt for shorter runs, but, "I need more fluid than 12 ounces for a long run," she says, "It would be okay as long as you had a place to refill along the way." Still, she appreciated the updated look of it, and had no issues accessing the bottles.

RATING: 4.25



MOJI ONE

(\$100; gomoji.com)

PREMISE: Time to toss the bag of frozen peas you secure with an old T-shirt. And the heating pad that never seems to hit the right spot. The Moji One, an innovative recovery/rehab device, uses a form-fitting, stretchy brace that can secure tightly to any body part from your shoulder to your shin; velcro'ed to the inside of the brace is a "fusion cell" that can either be frozen or warmed up.

TESTERS SAY: "Super convenient and less messy than a bag of peas," says Marc, a self-proclaimed "master icer" since shattering his tibial plateau, "I have used every sort of apparatus possible." He appreciated the comprehensive coverage the Moji brace offered, as well as the ease of use. "It stays colder for longer than a bag of peas, and you don't have to worry about the negative effects of ice cubes on the skin's surface," he adds, meaning there is no need for a towel between ice and skin. His only concern is the price. Laura was equally as enthusiastic; she used the One on her knee, glutes and hamstrings, among other areas. "I had a bad crash recently, and this was a tremendous help," she raves, "I used it on nine body parts and it worked well on all of them. I love that I can move freely, nothing leaks and it's so easy to use."

RATING: 5

