

## BE STRONGER GO LONGER

STAYING THE DISTANCE AND  
AN ENDURANCE EVENT



NUTRITION KNOW-HOW

TRAIN FOR A CAUSE



**TRI  
for the  
Cure**  
A Women's Triathlon  
Sunday August 3, 2008  
[www.trifortheure-denver.com](http://www.trifortheure-denver.com)  
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## BIKE

### ➔ FUN STUFF



Denver-based Primal Wear is always coming out with wild and crazy jersey designs. There are beers, bands, even different branches of the military. And this season is no different. Your cycling buddies will have no bones with you if you're wearing the X-Ray Jersey. \$66.95. [www.primalwear.com](http://www.primalwear.com)

Heading out for some night riding? Then snap on a Nite Ize

[www.niteize.com](http://www.niteize.com)

