

TESTED 4 AERO ROAD BIKES TO CHEAT THE WIND

GO FASTER WITH THESE  
5 HIGH-TECH GADGETS

# THE SCIENCE OF CYCLING

THE TECHNOLOGY BEHIND  
ANDREW TALANSKY'S  
TOUR DE FRANCE RIDE

## THE STRAVA EFFECT

How the digital  
leaderboard  
has changed  
the way  
we ride

POWER  
METER  
ROUNDUP  
PG.56







## INSIDE TRACKER \$50-500

You can step on the scale every morning, afternoon, and evening. You can ride with a heart rate monitor and power meter. A coach can salivate over your ride data as if he's staring into a crystal ball. You can do all of that and you will likely get faster, perhaps exponentially so. But you still won't have a good grasp of what's going on inside your body, or how your diet is affecting your blood levels.

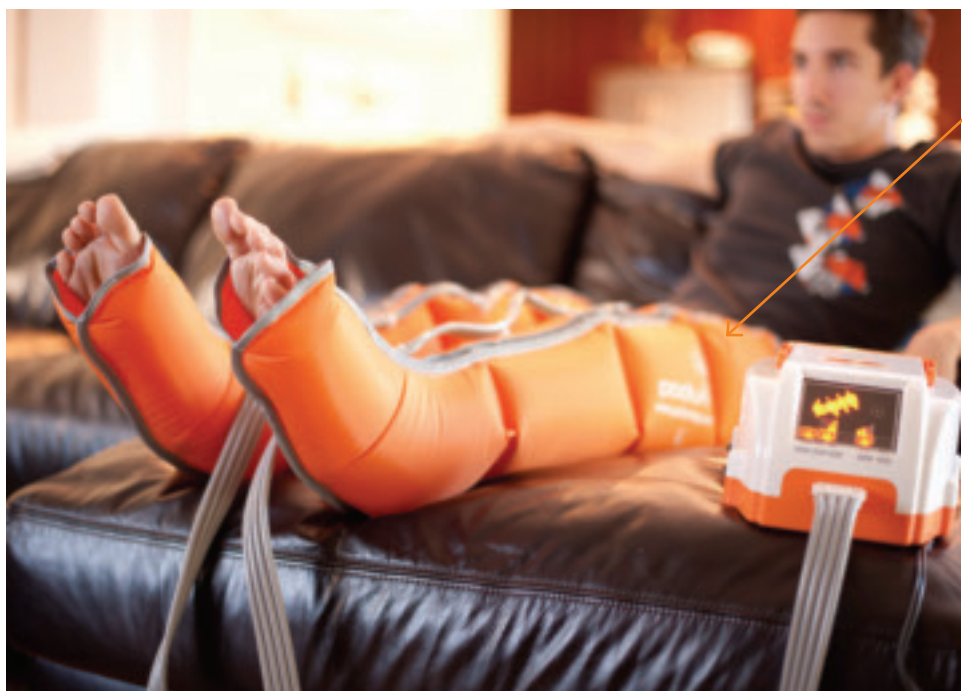
That's where Inside Tracker comes in. Unlike a standard medical blood test, Inside Tracker examines your blood and evaluates how tweaking your diet can make you a healthier person, and a better athlete. The \$50 package can be done without medical assistance, as you simply upload the results of a prior medical blood test to Inside Tracker's website for a basic evaluation. The \$500 package includes a new test, and a professional evaluation of 30 different biological markers, to check for deficiencies and excesses. Three other tests fit in the middle. All of them will tell you a bit, or a whole lot more, about what's going on inside.



## MARC PRO \$650

For anyone who has undergone a physical therapist's electronic-stimulation (e-stim) treatment for an injury, you have likely witnessed huge gains. Marc Pro is like e-stim, but focused strictly on muscle recovery. The Marc Pro system lets users apply up to four electrodes to muscles after exercise, and then creates non-fatiguing muscle contractions that move blood and exercise-induced waste away from fatigued muscles. The intensity of the contraction-causing pulses can be increased in one-tenth increments from zero to nine, and riders can use Marc Pro for 15 minutes to an hour on any one muscle area. The longer the usage, the more relaxed a muscle area should get.

COURTESY RECON.NET, 100%, MARC PRO, PODIUM LEGS, AND INSIDE TRACKER. ISTOCKPHOTO.COM



## PODIUM LEGS AIR COMPRESSION MASSAGER \$800

These sheaths may make you look like half of the Michelin Man, but Podium Legs are nothing to laugh at. Think of them as a very large, advanced compression and massage system: each chamber of the sleeves fills with air gradually and in compartmental succession, thus stimulating blood flow and the movement of lactic acid out of tired, aching muscles. The sleeves are remarkably sophisticated, too. Air pressure, or the force applied to your muscles, is monitored in each chamber and highly tunable over four settings. The price seems steep upon the first, second, maybe even third glance, but when thought of as a massage tool, it's much more palatable — you might even see it as a bargain. In most cases, \$800 wouldn't get you 10 hours of massage work, and Podium Legs will last for years. Just don't wear them out in public, anywhere.