



RESPeRATE Breathing Monitor

Poor breathing can lead to poor athletic performance, so if it's been awhile since you tuned into your breath during a workout, this portable device may just be the missing link in your training program. Marketed as a tool to lower blood pressure, the RESPeRATE (\$299) uses a sensor to analyze your individual breathing pattern, then creates a "melody" you follow to slow each inhale and exhale. The net effect is a slower, deeper breath cycle, which produces a multitude of positive results including greater blood flow to muscles, increased lung capacity, lowered pulse, and more oxygen in your blood. Our tester decreased his blood pressure and heart rate by 25%. www.resperate.com



Sidi Dominator 5 Mountain Bike Shoe

Living up to its name, the Dominator 5 (\$239.99) has been a dominating product on the market for some time now, setting new standards with each year's upgraded release. Available in various widths for both men and women, the key to its success lies in solid styling, replaceable parts, and an unparalleled fit—the "high security" Velcro straps prevent feet from slipping or shifting, and getting to that well-worn feeling happens after just a few pedal strokes. www.sidi-usa.com



Tifosi Optics Pavé Sunglasses

In a market saturated with technical eyewear so overpriced we're almost afraid to wear it, Tifosi has come to the rescue with an affordable line of performance glasses in a variety of interchangeable and single lens options. We test drove the Tifosi Pavé interchangeable model (\$59.95) and found them extremely comfortable on both the bike and run. Frames are rugged, functional, and feel great—they provided an excellent field of vision in all riding positions on the bike, and they're light enough that it's possible to actually forget you're wearing them. Each pair comes with multiple lenses for variable lighting conditions, adjustable temple and nose-pieces, and a hard carrying case with cleaning cloth. www.tifosioptics.com



180s Enduro Cross Training Gloves

When spring is in your step but winter is lingering on, keep 180's Enduro multi-sport cross training gloves (\$40) on hand. These lightweight, form-fitting gloves are well insulated, but nimble enough at the fingertips so that you don't have to take them off to hit your cell phone keys. They feature 180's patented exhale heating system that allows you to actually shoot warm breaths of air directly into each glove through a vent port—giving new meaning to the concept of blowing off steam. www.180s.com

WTB WeirWolf LT Tires

At 2.55 inches wide, WTB's WeirWolf LT mountain bike tires provide ample control in winter, particularly during those early morning rides on frozen terra firma. Where others slide out on the least bit of ice, their densely packed side knobs keep you carving turn after turn. Even the heavies will feel what it's like to stay on top of frozen snow rather than constantly breaking through on each pedal stroke (just lower the tire pressure). Note of caution: make sure your frame is wide enough to handle this width of tire. Available in two sizes: 26" (\$50) and 29" (\$55). www.wtb.com

