

THE NEW RULES OF THE OFF-SEASON
triathlete

**HE'S
 BACK!**

BEHIND THE SCENES WITH
LANCE ARMSTRONG
 AT HIS RETURN TO TRIATHLON

EXCLUSIVE
 PHOTOS



DEC 2011 TRIATHLETE.COM



h2o audio[®]

2011 Holiday
Gift Guide



Stocking Stuffer

Carry a bottle of wine to a picnic, party or date in style (two wheels are better than four in this case) with a **leather bicycle wine rack**. \$31.95, Opsmark.ca



For the triathlete in need of extra inspiration

Spice up your swim wardrobe with the **Sport sushi swimsuit**. Just don't wear it in the open water—it'll scare the fish. \$24.95, Swimoutlet.com | For your next training ride, throw on these **Knog Ride Hard Gloves**, which are made from goatskin leather and come with a built-in motivational boost ("Ride Hard" is stitched on them). \$41, Knog.com.au | This **vintage bike poster** will remind you to enjoy those long rides a bit more. \$16, Etsy.com/shop/bf/leandemors | That black line seems less dreary when you're rocking some sweet tunes underwater with the **H2O Audio Interval 4G Waterproof Headphone System**, which works with the 4th generation iPod shuffle. \$99.99, H2oaudio.com | For its **2012 calendar**, Inside Triathlon magazine compiled the most compelling race photos to keep you inspired year-round for 5 a.m. workouts. \$4.95, Velogear.com | Every time you walk across your **finish line doormat**, you'll feel like lifting your arms in celebration. (It works as a handy sole cleaner, too.) \$32, UncommonGoods.com