

# HYDRATE FOR A CAUSE



Nuun, known for its line of great-tasting electrolyte tablets, is contributing to a worthy (and triathlete-friendly) cause with its People for Bikes Multi-pack (\$24, [Nuun.com](http://Nuun.com)). For every multi-pack sold, \$1 will go directly to People for Bikes, a Boulder, Colo.-based organization that is working to build bike lanes and paths and make cycling safer in the U.S. The four-pack includes two tubes of electrolyte-packed Active Hydration flavors (citrus and watermelon) and two tubes of Energy flavors, which have added caffeine and B vitamins (lemon lime and wildberry). To order, go to [Nuun.com](http://Nuun.com) or [Peopleforbikes.org](http://Peopleforbikes.org). —BETHANY LEACH MAVIS

## NEWBIE TIP

### BE THE SLOW GUY/GIRL

The easiest way to increase your speed on the bike is to ride with people faster than you. Show up to a Saturday shop ride and try to keep up with the group. You'll learn bike etiquette and handling skills while increasing your fitness in a sociable setting.

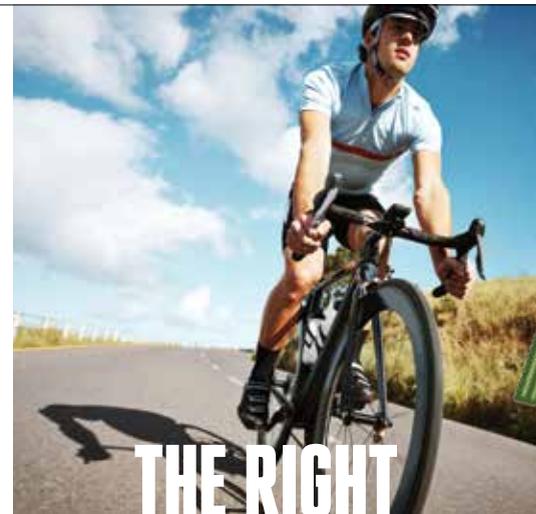


## STAY FIT ON THE ROAD

There's no need to skip workouts while traveling, thanks to a new program at Radisson Blu hotels. Located in U.S. cities such as Minneapolis, Chicago and Philadelphia as well as countries such as the United Kingdom and Germany, Radisson Blu hotels now help guests stay in shape while traveling with the Blu Routes program, which identifies running and cycling routes starting and ending at the hotel and showcasing the best of the local area. Participating hotels will offer one more route of varying length and degree of difficulty, which can be accessed via the Radisson Blu One Touch app (*Free, iTunes.com*), the hotel's website or guests can request a printed map from the hotel's reception desk. Visit [Radissonblu.com/bluroutes](http://Radissonblu.com/bluroutes) for more information. —B.M.

## DREAM WEEKEND

Delight in all things triathlon and meet the top names in the sport at the first ever Tri-Palooza in San Diego. The two-day, action-packed event (Feb. 20-21) will feature an expo with top products and retailers as well as appearances from elite runners, triathletes and cyclists; supported bike rides and runs hosted by the Triathlon Club of San Diego; open-water swim and stand-up paddle clinics; and presentations by the best coaches and biggest names in endurance sports. The weekend will end with the 2015 Endurance Awards, which honors the best endurance athletes and performances of 2014. Visit [Tri-palooza.com](http://Tri-palooza.com) for more information and to register.



## THE RIGHT STUFF

NASA-developed and astronaut-tested, The Right Stuff takes hydration to a galactic level. Each packet of highly concentrated liquid combines with 16 ounces of water to create a sports drink that fights dehydration, increases endurance and improves core thermoregulation. It's the same patented zero-carb formula astronauts use when reintegrating to the earth's atmosphere—surely helpful for anyone tackling the moon-like landscape and hot and humid conditions of a race like Kona. [TheRightStuff-usa.com](http://TheRightStuff-usa.com) — HOLLY BENNETT



Is there a bigger romance killer than a long ride-induced saddle sore? [Endurance Shield's Chamois Crème](http://EnduranceShield.com), crafted with all-natural skin-soothing anti-bacterial ingredients and a refreshing scent, will protect your loved one's undercarriage in cool comfort. \$25 for a 4-ounce tub, [Enduranceshield.com](http://Enduranceshield.com)

Consider a bottle of [100th Monkey](http://100thMonkey.com) from The Infinite Monkey Theorem, Denver's eclectic urban winery and longtime sponsor of Kona silver medalist Ben Hoffman. The premium Cabernet Franc, Syrah, Petite Syrah and Malbec blend will leave you enough budget for a perfectly paired picnic feast. \$50 per bottle, [Theinfinitemonkeytheorem.com](http://Theinfinitemonkeytheorem.com) — H.B.



3 GIFTS \$50 OR LESS FOR YOUR *triathlete valentine*

Contrary to popular belief, there is room for a relationship in a triathlon-obsessed life. These three gift ideas help rev up the romance, triathlon-style:

Chocolate is always appreciated, but add athletic flair to this tried and true trend with a gift basket of assorted chocolate-flavored sports nutrition products. Include GU's Chocolate Raspberry Roctane Ultra Endurance Energy Gel, Clif Bar's Dark Chocolate Almond Sea Salt Mojo Bar, PowerBar's Double Chocolate Crisp Harvest Energy Bar and Honey Stinger's Chocolate Organic Stinger Waffle.