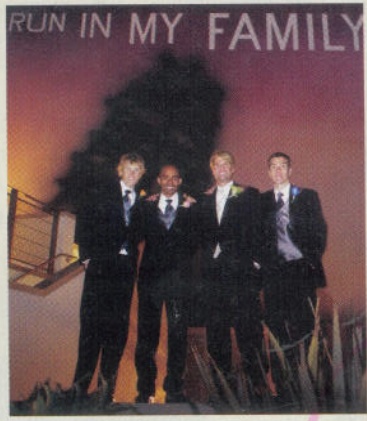


THE FOUR AMIGOS

Marathoner Josh Cox (second from right) was married to the lovely Carrie in La Jolla, California, on Saturday December 13, 2007. Believe it or not, with a marathon personal best of 2:13, Cox was actually the slowest guy in his own wedding party! From left to right, the others are Ryan Hall (2:08), Meb Keflezighi (2:09) and Dan Browne (2:11). Photo by Sara France.



➤ New Triathlon Book Now Available

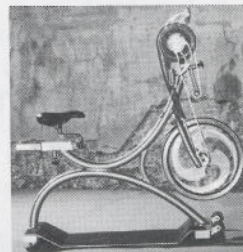
Cutting Edge Performance Inc. is proud to announce the launch of a brand new triathlon training book by renowned british coach, Gareth Thomas. Simply titled, "TRIATHLON," the book is the work of a coach who has spent the past 13 years working with some of the top triathletes in the world and guiding thousands of age-groupers to their goals.



With the foreword written by Ironman Hall of Fame Inductee and Competitor Magazine Publisher Bob Babbitt, the 112-page book includes full-season training programs, chapters on nutrition, Ironman, strength training, lactate testing, periodization and more. It is available in two formats: paperback (\$35.00) and for downloading (\$19.95).

To preview and purchase, go to <http://www.lulu.com/content/1528415>.

➤ New Krankcycle™ Gives the Arms a Turn



From the inventor of Spinning® comes the latest innovation in fitness training — Kranking. Performed on a Krankcycle, an upper-body, stationary hand cycle that utilizes an adjustable, variable-resistance mechanism connected to a floating flywheel, Kranking is a new training system that focuses on upper-body cardiovascular training. Krankcycles provide a form of speed cycling from the waist up, a fast power workout for the upper body and core, and a great way to retain cardiovascular fitness when the legs need a rest. The Krankcycle was initially inspired at the Challenged Athletes Foundation annual fundraiser, the Tour de Cove in La Jolla, and is the result of five years of planning, development and hands-on engineering by Johnny Goldberg ("Johnny G"). In competing alongside challenged athletes during the five-hour spin-a-thon, Johnny G. found creative inspiration by sampling the arm-crank tricycles used to keep in turn with able-bodied competitors. Feeling the fatigue after just 10 minutes, he was amazed at the endurance necessary from these athletes to turn resistance for hours with their upper bodies — matching the pace and effort of the rest of the cyclists working their legs. Now Johnny G. is ready to introduce Kranking to the world.

Krankcycles will be offered at select Club One locations and at a few Frog's Fitness locations, including Carmel Mountain Ranch, Encinitas, Solana Beach and Long Beach. For more info, visit [www.frogsfit.com/franking](http://www.frogsfit.com/franking), [www.clubone.com/franking](http://www.clubone.com/franking), [www.krankcycle.com](http://www.krankcycle.com).

Avia Named Official Running Shoe of USAT

USA Triathlon (USAT) has recently announced that Avia has joined on as a corporate partner and will be designated as the official running shoe of USAT.

"Not only did USAT select Avia as our running shoe partner because of their commitment to the sport, but we were especially impressed with the fact that its triathlon-inspired footwear collections are all approved by the American Podiatric Medical Association (APMA)," says Bryan Doerer, USAT national sales manager. "Proper equipment plays a critical role in maintaining the health of our athlete members. Avia earning the seal of approval from the APMA means their footwear is designed to prevent running-related injuries and ensure successful training."

For more details, visit [www.usatriathlon.org](http://www.usatriathlon.org) or [www.avia.com](http://www.avia.com).

AFAA Presents APEX

In February, AFAA presents APEX — the premier annual fitness event of the Aerobics and Fitness Association of America — a dynamic weekend filled with valuable workshops offered at a discounted rate. APEX provides an opportunity to stay on top of fitness education and health trends. AFAA also provides educational materials for fitness professionals, consumers and corporate wellness programs.



For a location near you, call 800-225-2322 or check out the AFAA Web site at [www.afaa.com](http://www.afaa.com).

➤ NEW! Baja Epic 4-Stage MT Bike Race



Too Much Fun Promotions, a Rosarito Beach-based promotional company has announced the formation of the Baja Epic,

a four-day mountain bike stage race scheduled for November 5-8. The event starts in Rosarito Beach and travels east to Tecate on day 1, Tecate to Ensenada on day 2, Ensenada to Mike's Sky Ranch on day 3, and then Ensenada back to Rosarito Beach on day 4. The course will be approximately 300 miles with 24,000 feet of climbing and will showcase the area's incredible diversity in terrain. The event is sanctioned by the Baja Department of Tourism and the State of Baja California.

Registration is open at [www.bajaepic.com](http://www.bajaepic.com) and handled through the secure channels of [www.active.com](http://www.active.com).

➤ Woman From Colorado Wins Land Rover LR3 Displayed at 2007 Muddy Buddy Ride & Run Series

There were over 15,000 participants in the eight-city 2007 Muddy Buddy Ride and Run Series and every one was automatically placed in the running to win the pre-owned certified Land Rover LR3 that was on display at every event. The chosen one turned out to be Dani Wanner from Longmont, Colorado, shown here with her son Jackson and Ed Dobbs from the Land Rover Flatirons dealership. Dani competed in the Muddy Buddy Boulder event on August 19, 2007, with her brother on Team Super Sibs.

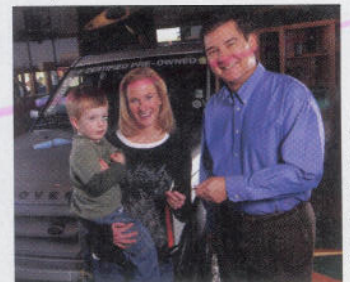


Photo by Tim Carlsson.

For more information on Muddy Buddy, go to [www.muddybuddy.com](http://www.muddybuddy.com).

