



Bodibeat

Fitness freaks addicted to tunes during workouts: We bring you Yamaha BODiBEAT. This audio player does more than cycle through your playlist. Upload songs as normal, and this smart machine will choose songs that match your running or walking tempo, work with your heart-rate monitor to choose songs that encourage you to move at your optimal aerobic fitness level, or tell you to change pace according to a pre-set music plan. Or you can just use it to listen to tunes in Music mode. Your playlist never gets old because BODiBEAT is always mixing it up according to what you're doing. \$300. Yamaha.com/bodibeat



Sweat Off Your Back

Keep cranking all day with the Camelbak H.O.S.S. The 100-oz. reservoir helps you stay hydrated, while the new D.V.I.S. back panel promotes better ventilation than previous incarnations by lifting the pack farther off the back, making it ideal for a hot-weather epic. The new wide design also helps keep your gear distributed evenly across the back for better stability. \$140. Camelbak.com



Affordable Optics

Serfas Optics' new line of eyewear offers bold looks on a budget. The company, known for its background in bike accessories, has produced 81 high-performance and active-fashion glasses, many with up to four interchangeable lenses. The Mirador (\$50) combines four full-wrap lens options with a durable, sleek frame. Head out on your road bike with the Pavement (\$50), which sports a top half-frame to improve field of vision when checking your bike computer. Serfasoptics.com



Winning Smell



this month's magazine

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The Birth of a Superhero



By day, they are government workers, computer analysts and lawyers. After 7 p.m., this league of men and women morph into quasi-superheroes. At Primal Fitness's Parkour Boot Camp in Washington D.C., gym short-clad participants

cat-leap on to 8-foot boxes with the ease of lemurs.

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BALTIMORE RUNNING FESTIVAL
MARATHON | HALF MARATHON | 5K | 4 PERSON R... | KID'S FUN RUN
OCTOBER 11, 2008