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magazine



**TD Bank**  
*Philadelphia*  
**INDIVIDUAL NATIONAL CHAMPIONSHIP**



2009 OFFICIAL RACE PROGRAM  
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**PCT**  
 PRO CYCLING TOUR

**PLUS!**



**Accelerating on the Road**



**Just Tri and Stop Them**

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Your local guide to Cycling, Running, Swimming & Triathlons

## LARABAR

By Dan Lavelle

LARABAR is a company founded in natural, whole foods without smoke in mirrors. The name of the company itself comes from the ancient belief that food falls into two categories; junk foods that sap you of energy and Humm foods, like Larabar, that are vibrant and energetic because of their natural state. They are also delicious! Our office ate an entire box of 18 bars in less than a week, every flavor is equally mouth watering and they make a perfect mid-afternoon snack.



### Our favorites:

**Cherry Pie** – Great cherry flavor, excellent texture with a bit of crunch from the almonds. Extremely satisfying, nice balance of sweet from the dates and the sour from the cherries mixed with the nuttiness of the almonds.

**Lemon Bar** – This one is basically a slice of lemon meringue pie, it's very sour without being overpowering. Lemon Bar was our choice for calories during a long ride and run because it has a great kick. Without the cashews the bar would be too sour, their addition completes the taste and texture of the entire bar. This is the surprise winner among our staff.

**Cashew** – Splendid combination of creamy cashews and chewy date nuts, it is very rich without being too sweet. Our staff's choice for a breakfast bar because of the high fiber content and omega-6 fats, it will get you going out the door. Six grams of protein in a little package is intense, and this bar has the most simple mixture and taste of all the Larabar line. Our associate publisher's favorite, in fact he stole all of them and wouldn't share. We had to buy our own.

Check out [www.larabar.com](http://www.larabar.com) or stop into your local health food store to try one out for yourself. Be prepared to guard your stash, they are good enough to fight over!



## Atayne 4Rs Performance Top

By Bruckner Chase

Maximizing performance by reducing impact - Atayne is not just making an extremely comfortable, highly functional training top, they are focused on minimizing the environmental impact of their products from inception to recycling. The 4Rs Performance Top is just the start of their growing technical line for outdoor athletes with a purpose and a passion. (\$38 in both Men's & Women's styles)

Atayne's top is extremely comfortable with the soft feel of your favorite old cotton t-shirt. At the same time, the shirt excels at breathability, moisture management and temperature control in a wide range of conditions. During jaunts in weather from 50 degrees to almost 80 the shirt felt great without getting the cold, clammy feel of cotton. Although the weight of the shirt is heavier than some wicking tops it still feels airy and breathable on warmer runs. I am also pleased to report that the odor controlling properties of the fabrics really work. After several wears without washing or rinsing the shirt didn't have the day old locker smell often found in other supposedly "technical" tops.

In this new sustainability focused world, the real story behind the top is the mission that Atayne has embarked on to make things "Better for performance," "Better for people" and "Better for the planet." The technical apparel uses recycled polyester and renewable Cocona (activated carbon from coconut shells), and the company's core mantra is to operate under a model to reduce, re-use and recycle in all their functions. Check out their website at [www.atayne.com](http://www.atayne.com) to learn more about what they are doing to produce a better product, improve performance and give you one more thing to feel great about.

