WHAT WE'RE READING...



active.com | Michael Nystrom | Fitness

NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.

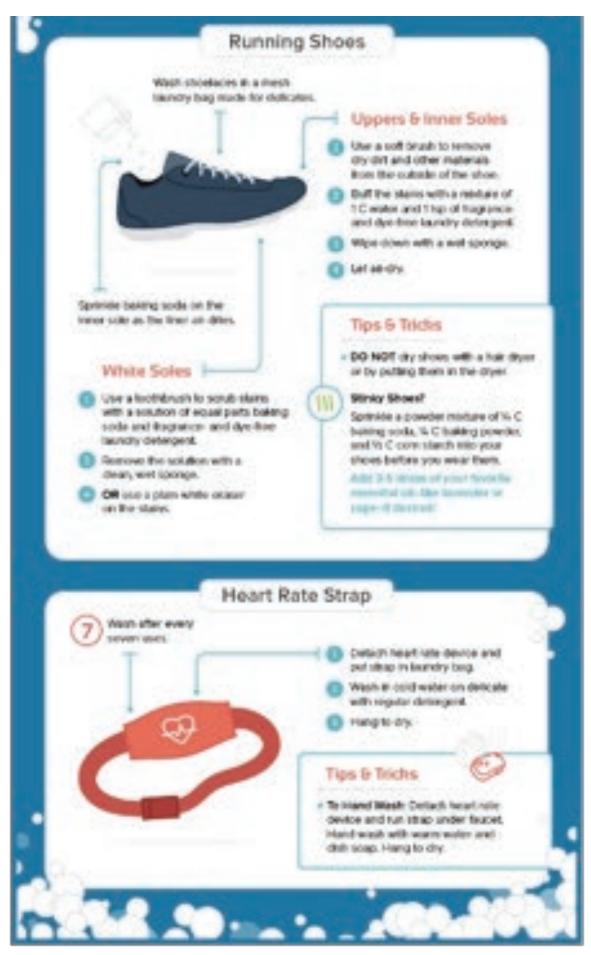
How to Wash Your Triathlon Gear

With three sports rolled into one, triathlon can leave you with a lot of dirty gear. When your bike is no longer white, or your heart rate monitor is covered in salt, it may be time to give them a wash.

While these items are durable enough to withstand an IRONMAN, each needs to be washed in a specific manner. It can get confusing, but don't worry-- we'll have you grime-free in no time.



Helmet Take the holmet with you telo. the shower. Use a bank: shartpoo to week you had and the helmet. Use a tooffdman or nat brush to sout: straps and have to reach proces. Left at dig Wetsuit Drose debris off with thesh. contivator after each use. Soak in a motore of treat-water and being sods for 8 mission. Entire squeri. Hang made out on a soft webuilt. flanges, or plactic hanges. Raso out of direct sunlight. Tips & Tricles When hanging. Fold the suit over the hanger at the worst, **BO NOT** hang by the shoulders. Fito after a few hours. Swim Cap Sunglasses fitnise sweet and did off with COOL Walne. Clean with tens oldfly or towell designed for sunglessers. Sione in peolective case, lenses up. Rinse cap off in fresh water. howelf-dry and having up-Apply bidby provider relate to swep sides from stoking together. (Born away from anything sharp or lough.



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