

IN GEAR

Marcel Wüst gives an old rival's steed a thorough workout in Bike Test while we get excited about Shimano's new digital gear-shifting system and a whole host of other useful cycling implements in First Look and Wish List



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Pete Cossins, Editor
Lovedean granola

"Toast and granola are my preferred foods on the morning of a long ride, serving up both fast- and slow-release energy to get, and keep, me going. My problem with most granola is its shrapnel-like quality, but the wide range from Lovedean is easy on the roof of the mouth and tasty too."

www.lovedeanfoods.com



Ellis Bacon, Deputy Editor
Catlike Whisper Plus

"The Whisper Plus's unusual vent design will certainly get you noticed. It works, too, and is the helmet of choice for new Olympic champ Samuel Sánchez and his orange-clad Euskaltel boys. Our white version is arguably the best-looking colour choice – plus it'll go with all your kit!"

www.catlike.es



Paul Godfrey, Art Editor
Garmin Edge 705

"Never again will I get lost after being dropped by my riding mates. With full European street mapping and built-in GPS, the Edge 705 has more functions than the Starship Enterprise. It's even compatible with a variety of power meters. I love this gadget (almost) as much as my bike."

www.garmin.com



Daniel Friebe, Features Editor
Gatorade Lemon Flavour 500ml

"Any energy drink that's endorsed by Maria Sharapova is always going to get my vote – for predictably ignoble reasons – but Gatorade even tastes good. With six grams of sugar to every 100ml, as compared to say, Coca Cola's 26.g grams, it's not even too sweet, either. Unlike Miss Sharapova..."

www.gatorade.com



Paul Godfrey, Rob Monk