

2009 Holiday Gift Guide

Looking for something this holiday season for the person who has it all? We've got a few suggestions ...

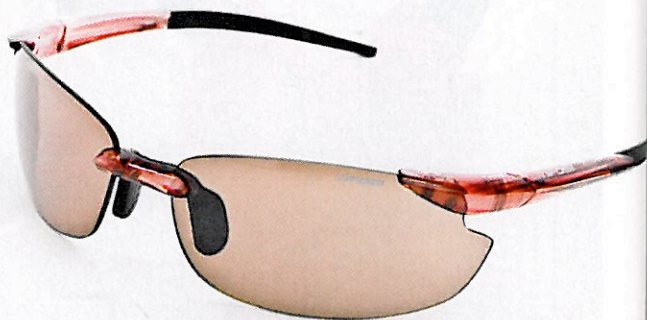
BY JAY PRASUHN



The stylish BC-1000 is one of Tanita's finest; the unit not only measures nine different attributes of body composition, but it also allows wireless data transmission to Garmin's line of FR60 fitness wrist watches, as well as PCs using software programs that track, measure and analyze readings. **Tanita BC-1000 \$280 Tanita.com**



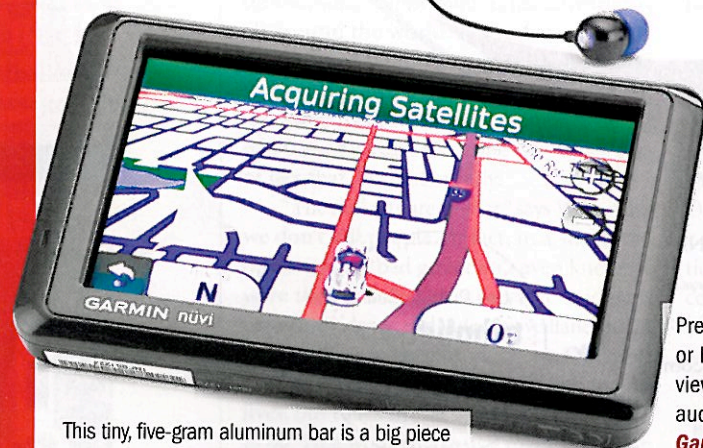
These are the perfect après-training sunnies, with optically-sharp and impact-resistant SR91 polarized lens. **Kaenon Lewi \$210 Kaenon.com**



The Scatto FX's wide, frameless design is perfect for cycling (with unobstructed view at the browline). **Tifosi Scatto FX \$40 Tifosioptics.com**



Compatible with Apple's third-generation Shuffle, the new Surge clips to your goggle strap, playing your tunes through the attached earbuds. **H2O Audio Interval Waterproof Headphones \$80 H2oaudio.com**



Pre-loaded with street maps for North America or Europe, features include a variety of map views, estimated arrival times, turn-by-turn audio cues and free traffic alerts. **Garmin nüvi 1370 \$450 Garmin.com**

This tiny, five-gram aluminum bar is a big piece of insurance. Installed with the front derailleur on a braze-on mount, the guide rests along the inside of the front chainring, preventing chain drop inside to the bottom bracket. **Rotor Front Derailleur Guide \$35 Rotorbike.com**

