

EAT, SLEEP, DRINK, SHOOT

by Mike Deme and Josh Tack

Cateye INOU

(\$250, cateye.com/en/products, 800-522-8393)

The INOU from Cateye is a still camera and GPS video recorder that you can mount to your helmet or handlebars. I've toyed around with a few helmet cams before but, so far, the INOU has been the easiest to use, mostly because the versatile mounting strap actually fits many styles of bike helmets and was not intended for helmets with few vents. Not only is the INOU an easy way to record your rides, you can also upload and share them using the INOU Sync software (available for PC and Mac) in conjunction with INOUAtlas (inouatlas.com).

The recording process is pretty simple. You mount the INOU to your helmet (preferable to the handlebars, which provides a bit shakier picture) and press the power button. The INOU will show a solid red light while it acquires your position via GPS and will switch to a flashing red light once it has. It's now ready for action and, when you're ready, you press the video record button. That's it. When your ride is over, you press the power button again and the recording stops. A 1GB Micro SD is included.

When you're ready to upload the video or pictures, you pull the Micro SD card from the INOU and plug it into a data card reader. (There is no mini USB port built into the INOU so you'll need a separate reader.) You then fire up the sync software and follow the on screen instructions to



upload your route(s). You

will need to start a free account to complete the process. You can also access the video and photos without uploading by clicking on the Details button and then the

Display data folders button, but be careful, if you alter the data that's been downloaded to your computer before you send it to the INOUAtlas site, the upload may not work properly. The INOUAtlas website allows you to share your data via Google Maps and also through both Facebook and Twitter.

The INOU runs on two AAA batteries and will run for about six hours. It can handle a Micro SD card up to 32GB and the camera

records at 640 x 480 pixels. The camera and mounting strap weigh in at 5 oz.

One odd thing is that the INOU doesn't record sound, which may or may not be a big deal to some.

The INOU offers an easy way to

record your rides, and if you like to share what you've been up to on your bike, it makes it easy to do so.

REI Quarter Dome T2 Plus

(\$299, rei.com/product/761893/rei-quarter-dome-t2-tent, 800-426-4840)

In many ways a tent is like a touring bike — when you find the right one, it feels special. That's the way I felt about a Quarter Dome I had for few years. But that tent is now somewhere in Oregon — I know not where — so I decided to see what REI had done with the Quarter Dome. Much like Travis was at first with Young Yeller, I thought I'd be disappointed, but I'm actually pleasantly surprised.

REI offers five models of the Quarter

Dome and I decided to try out the T2 Plus version. This freestanding model boasts 35.2 square feet of rectangular floor space (94" x 54" with a peak height of 41"), five pockets, two air-flow chimneys, two entry ways, and a seam-sealed, waterproof, coated ripstop nylon floor. The Tension Truss architecture provides excellent stability



and the preassembled poles, which are color coded to match the tent, allow for easy setup, and there are no annoying pole sleeves as the tent body clips to the frame. When packed up, the T2 Plus measures 7.5" x 20" and weighs in at a packed weight of just under 5 pounds.

While the vestibules may not be big enough to allow an entire bike under them, they easily accommodate panniers and, if you use this as a one-person tent, there's plenty of room inside to store gear. I found that staking out the rainfly at the corners was a better option than using the tent pole grommets when it rained, allowing the



water to drain further from the main tent body.

Another option with the T2 Plus is to use the rainfly, poles, and footprint (additional \$30.50) to pitch a quick, minimalist shelter. If you're looking for a tent for bike camping (especially if you're tall), the Quarter Dome T2 Plus is a very good option.

Snow Peak Hybrid Summit Solo Cookset + Titanium Spork

(\$4.95/\$8.95, snowpeak.com/hybrid-summit-cookset-scs-004th.html, 503-697-3330)

If you're planning to knockout a few bike overnights (check out bikeovernights.org) or have plans for a solo, week-long, ultralight bikepacking trip, you might want to consider taking along the titanium Hybrid Summit Solo cookset and spork. These weight savers are perfect for short trips, weighing in at a



combined 6.8 ounces. The cookset consists of a 28-ounce pot, a silicone lid/pot-holder, and a silicone base that doubles as a cup or small bowl. Yup, that's it. An ultralighter's dream. And the spork? Well, it's hard to wax eloquent about such a utilitarian device, but Snow Peak at least allows you to choose a color: green, blue, or purple. And the dang thing works well — it pierced all sorts of fruit and allowed me to shovel all forms of edible materials into my melon (hardy har har).

If weight is your chief concern and you're looking for a simple cooking solution, check out the Hybrid Summit Solo cookset and spork.

Showers Pass VelEau 42

(\$80, showerspass.com/veleau-42, 800-557-5780)

Showers Pass is a company that is well known for doing a great job of keeping you dry, however, their new VelEau 42 saddle bag is focused on keeping you hydrated.

The VelEau 42 saddle bag is a unique way to add some extra water capacity to your bike that doesn't require carrying any extra weight on your back, like you would with a hydration backpack. The large saddle bag has a 42 ounce reservoir

that easily attaches to your bike through a Velcro strap that wraps around your seatpost, and a ratcheting strap that loops around the rails of your saddle for a secure fit. On the top of the bag is a wide mouth bottle opening, which makes it very easy to not only fill up, but also to clean.

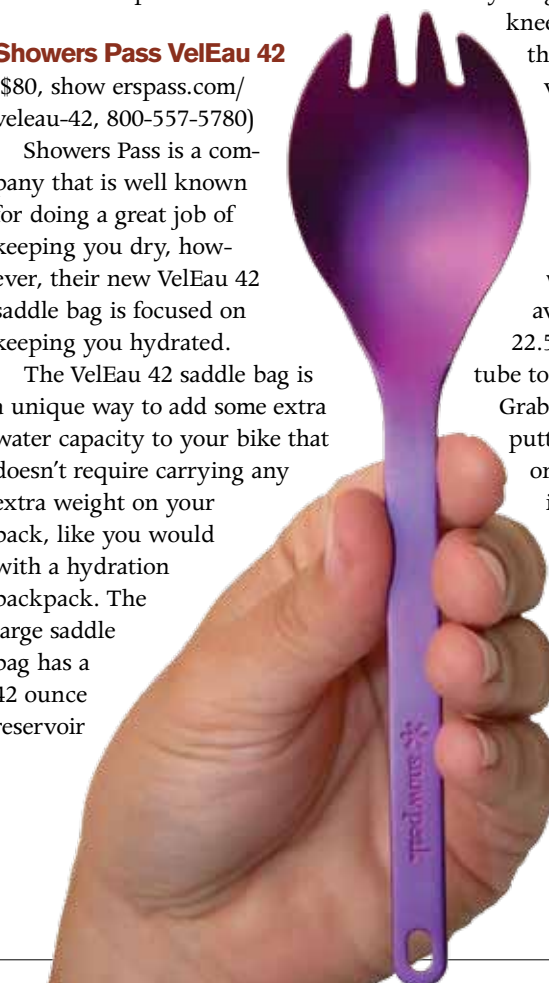
To get the water from the reservoir to your mouth, there is a long drinking tube that is routed between the rails of your bike saddle, along the top tube, and up to your stem. There are three small clips that Velcro to your frame and keep the tube in place, so you don't have to worry about it getting caught on anything, or getting in the way of your

knees as you pedal. At the end of the drinking tube there is a bite valve, which allows water to flow freely when you bite down on it. It also prevents water from leaking when you are not drinking from it. If you have a very large bike frame, don't worry, as there is plenty of tube available. My top tube measures 22.5", and I ended up cutting 4" of tube to get the length just right.

Grabbing the drinking valve and putting it back is nearly effortless on the fly. Two of the clips holding the hose have retractable reels, which mean that if you drop the tube unexpectedly, it will reel back to where it originally was. Each clip also has a magnet that helps secure the clip back onto its respective Velcro strap, so you can concentrate on hydrating and riding, and not getting everything put back in a neat order.

After all of this, you may

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be wondering where you're supposed to put your tool kit if your saddle bag is full of water. It wouldn't make much sense to take the water off your back if you're just going to transfer your tools over to your jersey pockets, and Showers Pass is on top of this. In a wedge shaped space underneath the water reservoir, there is a compartment plenty large to house a multitool, tube, patch kit, and tire irons. With a durable build, and thoughtful design, this is ideal for long stretches between watering holes.

-Josh Tack



Pacific Outdoor Equipment LTW Small Bike Pannier

(\$150/set, pacoutdoor.com/bike-gear/view/ltw-small-pannier, 406-586-5258)

Also perfect for the quick overnighiter or ultralight tour, the LTW small panniers are a lightweight solution for those who like to carry gear the traditional way. The waterproof roll-top panniers weigh just 18 ounces each, offer an internal volume of 19 quarts (18 liters), and are made of 50 denier Diamond Ripstop recycled P.E.T. fabric.

The attachment hardware consists of an auto adjustable bottom connector and two top clamp connectors that shut to prevent the pannier from popping off while riding on rocky terrain. The top connectors are also adjustable so they can accommodate many standard racks, but you'll need to keep a Phillips head screwdriver handy.

The main body of the LTW small pannier is simply a roll-top dry bag — there are no pockets, and the backside offers two stiffeners at the top

and bottom. This leaves the middle of the bag with no stiffener but, because the bag is so light, I didn't find this to be a problem on short trips. If you want to travel light and use quality, simple panniers, the LTW small pannier could be a good fit for you.

Park PRS-25

(\$245, parktool.com/product/team-issue-repair-stand-prs-25, 651-777-6868)

I was recently looking for a new repair stand and my chief concern was portability. I don't always work on my bike in the same place; sometimes I'm upstairs in the kitchen, other times I'm in the garage or the basement, so I wanted a stand I could eas-

ily carry and move around that wouldn't always be knocking into doorways and other pesky objects, like a refrigerator. In the PRS-25, I've found the stand for me.

The PRS-25 weighs just 13 pounds and, while folded, measures 47" high. In this state, the professional macro-adjust clamp is stored upright between the clamp bracket and leg brace, and the legs are folded together. To employ the stand, you loosen the top quick release and remove the clamp, then install it by cranking it into the bracket. You then release a second quick release and push the legs apart a bit. After that you push down on the leg bracket and the legs unfold easily.

The PRS-25's clamp is extremely adjustable, able to clamp vertically onto your seat tube or horizontally on to your cross tube, and it can be adjusted up to 60" high.

There are some nice options available from Park Tool that make using the PRS-25 even better: the 106 work tray, the TS-25 wheel-truing mechanism, and the PTH-1 paper towel holder, which doubles as a wheel hanger. All together, the PRS-25 package makes working on your bike a snap. For a preview, check out their demonstration video online. **AC**

pace varies according to how you feel. Anywhere from 7 to 25 MPH. The speed is enough to get you there — even hefty distances — and slow enough to experience the journey through all your senses."

One cycling event that Marugg took particular pride in was the Mono Lake Bike-A-Thon, which took place from 1980 through 1995. The six-day, 350-mile annual ride raised money to help protect the lake from being drained by the people of Los Angeles and was ultimately successful in achieving its aim. Marugg said it was her first bike ride used to earn money for a good cause. Along for the ride was Jim Sayer, now Adventure Cycling's Executive Director.

Cycling itself has remained a good cause to Marugg, who later joined Adventure Cycling Association as a Life Member in 1983.

A cyclist for 54 years, the love of riding influenced Marugg profoundly in many ways. Politically, she has been a Green Party Member since its founding. Environmentally, she defines herself as a lifelong ecologist. Physically, cycling was a large part of her life when she faced a bout with breast cancer while she was training for the Adventure Cycling's Leadership Training Course.

Marugg dreams one day of setting out on a 10-year tour around the U.S. But, no matter how close to home or far afoot, cycling remains a journey for Marugg.

"The whole point of cycling is that every ride can become an adventure, even if it's just to work. It's just about getting in the saddle and doing it; chances are you'll run, smack-dab, into an adventure each time you hop on the saddle." **AC**

Dan Schwartzman is a Bikram Yoga instructor and avid bicycle tourist. He is currently planning a tour of the West Coast and will be teaching yoga along the way.

