

BEAT STRESS!

World's Leading Bike Magazine

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BICYCLING.COM

Bicycling

SIMPLE WAYS TO:

- Find More Time to Ride
- End Aches and Pains
- Recover Right

STOP WASTING
YOUR WATTS

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TESTED: **10** BIKES
WE LOVE

Never
Bonk

WHAT TO
DRINK WHEN

OUR
FAVORITE
SHOES

PAGE 102

RICHARD SACHS ON
PERFECTION

PAGE 80

True Grit

HOW DEPLOYED
SOLDIERS KEEP RIDING

THE MERCKX CHM MAKES YOU FORGET ALL YOUR WORRIES: TESTED p. 92.



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