

OCT  
26  
2015

## FITTER RADIO EPISODE 082

### ONE STEP AHEAD

Breakfast Cereals.

### WORKOUT OF THE WEEK

We bring back Cam Brown and Dylan McNeice to talk about Ironman Taupo 70.3 and what they do in their build phase leading into an event.

### HOT PROPERTY INTERVIEW - MICHELLE VESTERBY

Michelle Vesterby of Denmark came 4<sup>th</sup> in Kona this year with a finish time of 9:18:50. She qualified only 7 weeks out from the race with a sub-9 win at Ironman Copenhagen, after 2 DNF's at both Frankfurt with dehydration and the UK having gone the wrong way on the bike course! Her next race, Ironman Arizona, is in 3 weeks and Michelle is ready to go. Her goals for next year? Back to Copenhagen again and then a podium in Kona 2016.



### GEEK OUT

The joy of running.

### 5 MINUTE FOCUS

Bev talks to Shannon Rae, Regional Sales Representative for Garmin Australasia about their new Varia™ Rearview Radar. The world's first cycling radar, Varia helps create a safer cycling environment by warning cyclists of vehicles approaching from behind up to 153 yards (140 meters). The radar tail light also warns approaching vehicles of a cyclist ahead. Works independently or integrates seamlessly with compatible Edge cycling computers. The Edge computer or Varia head unit can show multiple approaching vehicles and indicates the relative speed of approach and threat level.



### LINKS

More about Michelle Vesterby at <http://michellevesterby.com/>

Follow Michelle on Facebook at <https://www.facebook.com/MichelleVesterby> and on

Twitter at <https://twitter.com/vesterbytri>

Ironman 70.3 Taupo at <http://www.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo>

Buy the Garmin Varia Rearview at Kiwivelo in Auckland at <http://www.kiwivelo.co.nz/catalogsearch/result/?q=varia>

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