

# Tech Briefs

## Muscle Stimulator Helps Pro Racers Recover

MINNEAPOLIS, MN—When they finish a race the Kelly Benefit Strategies pro team riders quickly break out their Contour M2 electronic muscle stimulator kits to get their legs ready for the next race. The team also uses the Contour M2 to warm up before races. “Muscle stimulation works like a pump to get waste and lactic acid out of your muscles as well as bring fresh nutrients into the muscles. Thirty minutes of muscle stimulation brings the same results as three days of recovery,” said Dale Henn, who founded Contour with Ken Sherman. “In Europe muscle stimulation is used by most pro cyclists, but it is little known here.” Contour partnered with KBS to get the word out about its M2. The team will explain the benefits of electric muscle stimulation at dealer nights. The \$99 M2 power unit delivers an electronic impulse via electrodes to targeted muscles to cause contraction and relaxation of muscle fibers. A user can set M2 to pulse from one to 120 times a minute. Low pulse rates help recovery while higher frequencies build strength, Henn said. M2 kits run from \$199 to \$299 depending on the number of gel pack electrodes and accessories a user wants.



## Boom Box Brings Tunes from Bike to Cubicle

BLOOMINGTON, MN—Tommyca's small handlebar boom box with two gigs of music memory has twin LED headlights for the commute to the office and a quick release so it can be clicked off and toted to the cubicle. The small, handlebar-mounted unit includes stereo speakers, a USB port, auxiliary input jack, FM tuner, 1.8-inch LCD screen, headphone jack and external power jack. “The stereo speakers provide great sound but still allow you to hear what is happening around you in traffic,” said Karine Chambonneau, Tommyca's marketing manager. All the controls are designed to be easy for cyclists to manipulate, and as long as the player is plugged in at the office, the lights are fully charged for the ride home, she added. Tommyca has three units in its TCS line—the TCS3200 two-gig and TCA3100 one-gig memory models, and a memory free TSA3000 unit that plays music from a user's cell phone. Quality Bicycle Products is Tommyca's U.S. distributor.



## FSA Offers Revamped Double Mountain Crank

KENMORE, WA—With the availability of wide-range cassettes, more riders are opting for double cranks. The move to two chainrings in front simplifies shifting, drops weight by shortening chains and allows a short-cage rear derailleur to be used. FSA is meeting the demands of this new wave of riders with a completely redesigned double mountain bike crank. The company's K-Force Light and Afterburner 386 combine a three-arm spider with an 86-millimeter bolt circle with options for 27/40 or 27/42 chainring combos. Compatible with 9-speed and 10-speed drivetrains, the 386 K-Force Light crankset weighs in at 630 grams in MegaExo or BB30 bottom bracket spec; both sell for \$770. The hollow forged aluminum Afterburner 386 weighs 750 grams in BB30 guise, or 776 grams in a MegaExo version. Both Afterburner 386 options sell for \$370. FSA's K-Force Light 2X9, a mountain double with a 29/44 chainring combo, remains in the line. Its larger 94-millimeter bolt circle works better with larger rings.