

WOMEN'S SWIM SUITS – GET ONE TO FIT ALL YOUR NEEDS

By Susan Farago

I am a functional swimsuit type of gal. I want coverage with no "peek-a-boo" moments, and I want support so parts of me don't go one way while I go the other. Function and support along with style can coexist so consider your options when purchasing a new swimsuit:

- 1 Purpose – Are you going to train in the suit or race in it? Does it need to fit without chafing on the bike or run? Will it be used in a swimming pool or a lake? Determine how you plan to use the suit and that will help determine important features and proper care.
- 2 Fit – Whether it's a one or two piece, the suit should cover what you want covered. The two key "coverage areas" are the rear end and the chest. Try the suit on to make sure it not only covers the lower part of your rear-end but the upper part too as some suits are cut low in the back. Check the chest by bending half way over and then looking up into a mirror to identify any cleavage issues. If you are between sizes, choose the smaller fit since the suit will stretch out with use.
- 3 Sizing – Many suits use European sizing: 28 (3/4); 30 (5/6); 32 (7/8); 34 (9/10); 36 (11/12); 38 (13/14); 40 (15/16). However this standard guide varies between manufacturers. Several companies also offer long sizes if you need the extra length through the torso. Some online companies have a "virtual model" which allows you to enter in your body shape information and virtually see how certain suits will fit. But there is no substitute for trying on the suit yourself.
- 4 Straps – Straps that crisscross in the back provide the best support for the chest area of the suit. Thicker straps are better because there is more fabric to help maintain elasticity, better

comfort over the shoulders and under arms, and the straps last longer.

- 5 Lining – Look for suits that are either entirely double lined OR have double lining in the rear end where the suit typically stretches the most. Double lining provides double coverage and better supports the spandex resulting in extended life and wear of the suit.
- 6 Color/Pattern – The darker the color or the more pattern on the fabric, the more it will conceal. This also means fading may become noticeable after many trips to the pool.
- 7 Care – Caring for your suit doesn't require special soaps or treatments. Thoroughly rinse the suit in cool clean water after every use, roll it in a towel to get most of the water out, and let hang dry (no heat dryers). Periodically wash with a mild soap or baby detergent.
- 8 Cost – You can easily find a well-made suit for less than \$40. Look for sales, last year's models, or go to discount sporting stores. If you know your size and brand, buy online. The latest trends in swimsuits include: reversible fabric, custom fit top and bottoms, one piece race suits, and compression suits. Ultimately the suit should fit your needs and your budget because the best piece of gear is the one you don't have to think about. ■

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In addition to providing a more aerodynamic advantage, the OPTIMA is designed to allow the sit bones (fig 1) to rest on the saddle base instead of the bones sitting toward the saddle nose where support is not provided (fig.2).

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DESIGNED TO PROVIDE COMFORT AND AERODYNAMICS.

The factor that has the greatest influence on the efficiency of a cyclist's pedal stroke and thus on a cyclist's aerodynamic efficiency is the "CX" aerodynamic penetration. The OPTIMA is the result of rigorous aerodynamic and performance studies that achieve a better "CX" - more than any other saddle design! The special shape and setback position of the OPTIMA rail enable the cyclist to improve performance in the struggle against the clock. The OPTIMA features a carbon shell and rail with an integrated water bottle cage. A special lightweight EVA padding and waterproof Microfiber cover are added for comfort during competition and weight saving.



The OPTIMA saddle (fig. A) with the integrated water bottle cage improves the aerodynamic penetration "CX" saving up to 20 seconds when compared with cages mounted in other areas (fig. B-C-D)**.

**Test Method: In wind gallery with average speed of 45 Km/h for 60 minutes with rpm 95 and 360 watt.

