

## CSK Black Soul Arrives

This beautiful carbon CSK Black Soul [www.csk-bikes.com](http://www.csk-bikes.com) will be my weapon of choice for road and draft legal races in 2008. It is super light, super fast and has me really excited about the bike leg for the year ahead.

Training has progressed very well the past few weeks after a few niggling calf problems through January my training is now indicating my running will be the same as 2007 and my bike should pick up 5-10%. The cycling this year should really help set me up to be a better all round duathlete and have more opportunities to be aggressive in any format of racing.

In other news the Front Runner Asics Performance T-Shirts and Ryders Eyewear Caps and Visors will be available soon so keep a look out in March for them in the lead up to Busselton

Train Hard  
Radar

