

**ROAD TEST:
iPOD VS.
THE REST**

**Find Out How To
Jump-Start Your
FITNESS HIGH**

**THE TOP FOUR
SPRING BREAK
HOT SPOTS**

Outside

MARCH 2005
WWW.OUTSIDEONLINE.COM

TOP 10

DISPATCHES FITNESS & RECOVERY

Get Well Soon

Sore and suffering after a long day? Flush away the pain and restore your mojo with these eight feel-better tools.



IN YOUR DREAMS: Half the fun of amping up is coming down.

ALL TERRAIN'S RECOVERY RUB
made from arnica and kava
kava, delivers relief to aching
joints. \$10; 603-763-8800.
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THE RADICAL
CAPITALIST GUIDE
TO SAVING
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HAWAIIAN SURFER
SONYA BALMORES
ON MAKENA
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