

# CANADIAN Cycling MAGAZINE

## CLARA HUGHES

THE INSIDE STORY  
ON CANADA'S  
OLYMPIC HERO

## Why you need to know the name **MAX PLAXTON**

Four tips to survive a

## GranFondo

Ride stunning

## Newfoundland

# 6

Steps  
to better  
recovery

### READY TO LAUNCH

New 2012 gear  
from **Norco**,  
**Shimano**,  
**Giant** and  
more!

**EXCLUSIVE  
AERO  
BIKE TEST**

Scott Foil and  
Specialized Venge

**PLUS** Cyclocross  
bikes, wheels and tires

