

gear review

ROAD TEST

SaltStick Dispenser



If PEZ was your favorite way to suck down sugar when you were a kid, get ready for some salty, adult fun in the form of the new SaltStick Dispenser from Toker Engineering. This handy, PEZ-like contraption mounts to your mountain, road or triathlon bike bars and dispenses electrolyte tablets at the simple spin of a plastic knob. The product is lightweight (20 grams), water-resistant, simple to mount and easy to use with one hand, holding up to six electrolyte tablets and/or other handy capsules of choice. A dozen or so pro triathletes, including Joanna Zeiger, Heather Fuhr and Luke Bell, have used SaltStick products in races, and, in addition to a standard-sized dispenser, the company also makes a line of electrolyte capsules, aptly named SaltStick Caps, and a smaller, 15-gram Mini Dispenser.

THE VERDICT: Although our testers had some jiggling problems with the dispenser during one three-hour ride, the tool still proved a great way to keep electrolyte tablets dry, intact and easy-to-access. Whether the product is a good fit for every pair of aero bars remains to be seen, but mounted to most tri, road and mountain bikes, SaltStick serves as an easy reminder for athletes, especially Iron-people, that they need to consume electrolytes on a regular basis. Best of all, if you really want to relive the glory days, the dispenser gives you a childhood chance to replace good-for-you electrolyte capsules with good ol' PEZ candy. For the true sugar addict, the value of unbroken, strawberry PEZ mid-ride make it worth the \$24 retail price. Find SaltStick online or at a limited number of specialty athletic stores. (saltstick.com) —SARAH TOLAND