

QUICK HITS

Go-fast nutritional goodies

By Jay Prasuhn

It invariably happens on a long ride: the convenience-store fuel-up for, pretty much, whatever they've got. Which is often just Coke and pretzels. However, some companies have solved for this with MRE nutrition—as in the new convenient instant nutrition tabs and capsules—and gone are the days of having to settle for a junk-food-induced sugar rush to get you home.

SaltStick \$24

Salt tablets are the tried-and-true electrolyte bailout for the multisport masses, but easy stashing and ingesting on the bike (especially on wet days) has been tricky until SaltStick, which mounts inside your aerobar extensions (or the drops of road bars with the \$20 SaltStick mini) to dispense electrolyte capsules (available for \$18 per bottle). saltstick.com



All images courtesy of the manufacturers

