

I'LL TAKE IT TO GO

By Jay Prasuhn

For some of us, the on-course offerings sometimes don't sit well with our tummies—meaning that when it comes to nutrition we have to take it with us on the bike and run.



TNI Bento Box \$16

The top-tube nutrition box is not only an ideal place to stash your gels and cut-up bars but, lo and behold, MIT testers have found them to provide an aero advantage, cleaning up the airflow behind the steerer. tniusa.com

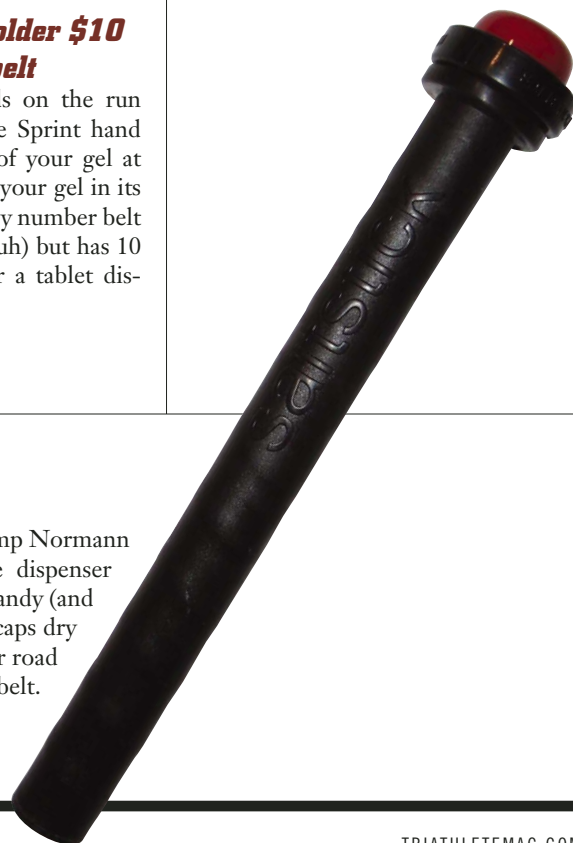


Fuel Belt Sprint palm holder \$10 and Gel-ready number belt

Say goodbye to sticky hands on the run with Fuel Belt's new adjustable Sprint hand strap, which keeps 10 ounces of your gel at hand on the run. Want to keep your gel in its standard packets? The Gel-ready number belt holds not only your number (duh) but has 10 elastic loops for gel packets or a tablet dispenser. fuelbelt.com

SaltStick \$24

Instantly embraced by scores of pros including 2006 Ironman world champ Normann Stadler when introduced over a year ago, the SaltStick, a salt-capsule dispenser designed to fit inside aerobar extensions, has proven to be one of the most handy (and safest at speed) salt capsule-dispensing systems for the bike, keeping your caps dry and at the ready per the twist of the dial. Also available in a mini version for road drop bars, and both include mounts for use on other bars or on your run belt. saltstick.com



Photos courtesy the manufacturers