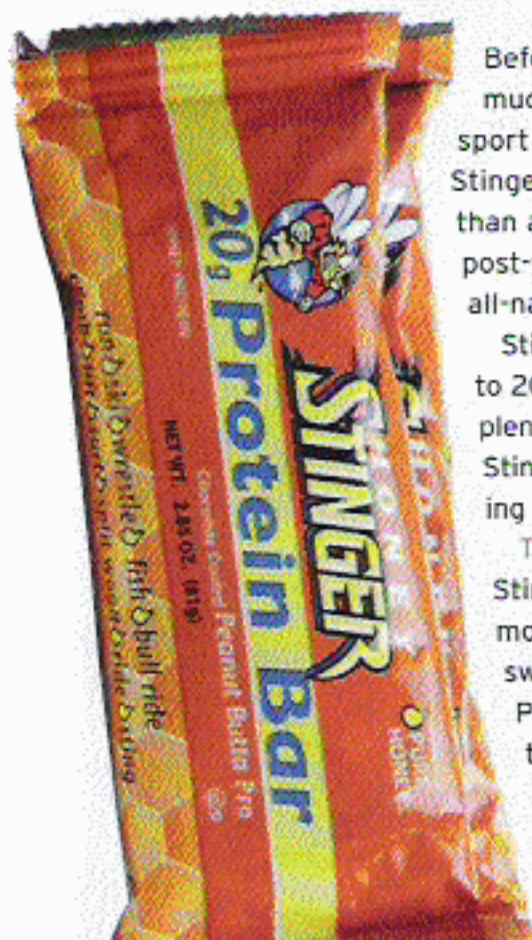


ROAD TEST

Honey Stinger Protein Bar



Before the advent of complicated proteins and high-tech polymers, eating was much more simple. After all, when our tribal ancestors wanted to get their sport on, they sucked down some honey and took to the fields. And while Honey Stinger's new 20g Protein Bar is much more advanced—and ten times tastier—than anything you'll find straight out of the hive, the premise behind this pre- or post-workout energy bar is the same: Organic honey is a darn good source of all-natural energy.

Still, honey's not the only thing you'll find in this new gluten-free bar. In addition to 20 grams of protein and 15 grams of healthy, trans-free fats, you'll also get plenty of vitamins, minerals and other nourishing goodies that come from Honey Stinger's use of whole food ingredients. The calorie count comes in at 350, making this bar a substantial snack or meal replacement.

THE VERDICT: Since taste is what really counts, we're happy to report that Stinger's only flavor, the chocolate-covered Peanut Butter Pro, is like a divine mouth-dive into chocolate-dipped, peanut butter pie. Although it may be too sweet for some, the Stinger was just perfect for our buds, and the box of Peanut Butter Pro bars brought the staff drones out of their cubes faster than, well, bears to honey.

The cost of the Honey Stinger 20g Protein Bar is \$1.99 a bar or \$23.88 for a box of 12. Find them online or hit up your favorite health store or sports shop for a Peanut Butter Pro of your own. (honeystinger.com) —SARAH TOLAND

HOW TO: Install, adjust pedal cleats

Clipless pedal systems vary in their installation specs, but getting a read on how your bike shoe meets with the pedal is crucial. Lennard Zinn tells you how in *Zinn and the Art of Road Bike Maintenance* from VeloPress. (\$24.95, velopress.com)

1. Put the shoe on and mark the position of the ball of your foot on the outside of the shoe. This will help you position the cleat so that the ball of your foot will be straight above or just ahead of or behind the pedal spindle. Draw a line straight across the bottom of the shoe.
2. Grease the cleat screw threads and install the cleat. Position the cleat. Temporarily place it in the middle of its lateral- and rotational-adjustment range. When the shoe is

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"Thanks to Andy, my strength on the bike has increased a lot. He improved and optimized my position on the bike to produce more power and place less strain on my back, hamstrings, and knees. His expertise will help you get as much out of your bike rides as possible."

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—Chris Carmichael