

WE'RE OBSESSED!

* | When we're on the run, these products are tops for energy and hydration.

1. Flavors reminiscent of a tropical blondie make **Kate's Tiki Bars** (\$3, katesrealfood.com) obsession-worthy—and the fact that they are gluten-, dairy- and soy-free means they're easy to digest. With 300 calories from almonds, cashews, mango, lemon and coconut, one bar keeps me satiated on long trail runs. —Allison Pattillo, gear editor

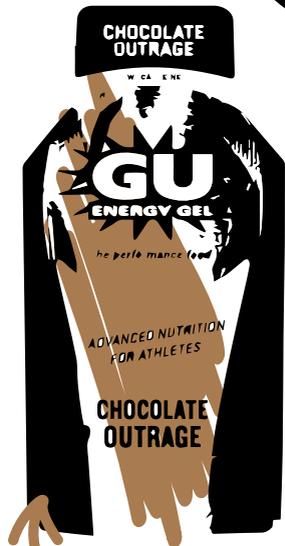
2. When I first started training for half marathons, I wasn't sure what my stomach could handle mid-workout. But on one long run, a friend of mine gave me a **Gu Energy Gel** (\$12 for eight, guenergy.com) and it seemed to work. I didn't feel full and could easily carry a bunch in my pockets. Chocolate Outrage is the one I live by. —Erin Douglas, art director

3. I'd always opted for water only during my half marathons, but when I signed up for my first full, I knew I needed more than H₂O. When I discovered **Osmo Active Hydration for Women** (\$20, osmonutrition.com), it left me totally giddy—literally—on my long runs. I was hyper, both from the effects of the sports powder and the fact that I grabbed a fuel item that didn't upset my feisty GI tract. —Caitlyn Pilkington, associate editor

4. I love the convenience of running with a sleeve of **Clif Shot Bloks** (\$2, clifbar.com). I tend to eat one every 20 minutes or so and often have leftovers, but when I recently found myself hungry at the start of a half marathon, I was happy for the extras. I also appreciate the caffeine boost in the Black Cherry flavor. —Nicki Miller, managing editor

5. I drop a tab of **Nuun Energy Lemon+Lime** (\$8, nuun.com) into my water bottle before every event. I love that the drink delivers electrolytes without sugar—I have my pre-race Pop Tarts for that. And the kick of caffeine wakes me up before the gun goes off. —Jessie Sebor, editor in chief

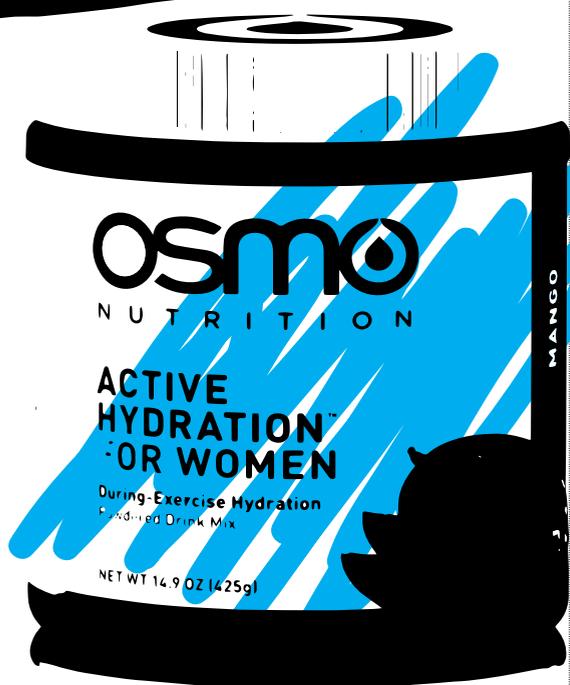
1.



2.



4.



3.



5.