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FITTER RADIO EPISODE 182

ONE STEP AHEAD

Savory snacks for the endurance athlete.

- Clif Organic Energy Food: Pizza Margarita and Sweet Potato with Sea Salt at <http://www.clifbar.com/products/clif/organic-energy-food/>
- Mediterra Savory Bars: Kale Pomegranate Quinoa Almond and Kale Apple Quinoa Almond at <http://mediterranutrition.com/products/>
- Kind Bars: Sweet and Spicy Roasted Jalapeno at <https://www.kindsnacks.com/products>
- Lara Bars: Turmeric Ginger Beet at <http://www.larabar.com/our-products/larabar-organic-with-superfoods/turmeric-ginger-beet>
- Epic bars at <https://www.epicbar.com/>
- Chief bars at <https://eatlikeachief.com/>

HOT PROPERTY INTERVIEW: LAUREN GOSS

Fresh from her win at Lake Geneva, American Lauren Goss, currently living in Boulder, tells us about her triathlon career to date and her plans for the future.



SID TALKS

Laura 'Sid' Siddall's back with us and this week we talk Kona, Super League, Collins Cup and Major League Triathlon!



LINKS

More about Lauren Goss at <http://laurengoss.com/>

Follow Lauren on Facebook at <https://www.facebook.com/laurengosstriathlete>

More about Laura Siddall at <http://laurasiddall.com/>

Super League at <https://superleaguetriathlon.com/>

The Collins Cup at <http://www.thecollinscup.com/>

Major League Triathlon at <https://majorleaguetri.com/>

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