

Subject: : Tips and Tricks

Topic: : What do you eat while your are on the water?

Re: What do you eat while your are on the water?

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URL:

Someone said to me that bagels have just as many complex carbohydrates as those high-falutin' energy bars that cost \$2or3. So I carried those when I was biking, hiking, fishing or what have you. I like to cut them into quarters too, so it was easier to scarf 'em down quick when I wanted to do that. I'm real big on carrying oranges as snacks too.