

# Men's Health

## HIT THE TRAILS!

We've got the best new mountain bike gear of the year

By Billy Brown, Posted Date: May 6, 2013



Thanks to a slew of cool advances in mountain bike gear, it's becoming easier and easier for weekend warriors to ride harder and faster on their local trails. Take the new 29-inch wheels—these beasts will help you roll over obstacles that no 26-incher could handle. “They’ve really changed people’s perception of mountain biking,” said pro rider Darren Berrecloth, an event podium regular and one of the most talented downhill mountain bikers in the world. “It turns your bike into a monster truck.” When your newfound confidence gets you in trouble, newfound body armor with reactive plating helps keep your bones intact. Check out some of the gear that’s getting us excited about hitting the trails this spring.

### Hydration tactics

If you're going to be on the trail all day, you'll want to stay hydrated. Camelbak's Volt 13L (\$125, [camelbak.com](http://camelbak.com)) hydration pack has a 3-liter reservoir that sits in the lumbar region of the pack and has enough room to carry additional layers, food, bike tools, and a helmet. For long rides, you'll also want to toss a scoop of Tailwind Nutrition's Race Fuel electrolyte drink mix ([tailwindnutrition.com](http://tailwindnutrition.com)) into the reservoir



—it doesn't mess with digestion and keeps cramping and bonking at bay. For shorter rides, Hydrapak's Woolly Mammoth 20oz. insulated bottle (\$18, [hydrapak.com](http://hydrapak.com)) fits in a bike cage and uses a layer of Primaloft insulation (the stuff that makes your jacket puffy) to keep your drinks cold.