

## Two videos you have to see

The first video is a slickly-done Rapha/Team Sky promo on... rice cakes. Apparently that's what fuels their team. Rice cakes and annoying piano solos.

The second video? Let's just say it has a good time with the first and leave it at that. Choke your way through the first, then make sure you're not eating anything that's going to harm your keyboard when you gag on the second.

I found these videos on [Joe V's blogsite](#) (Joe V is the head of all-things product at Trek Bicycles).