

GIANT

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ROAD SHOW WANT TO TOUR AND STAY SANE? ASK MAROON 5.



FOOD FOR THOUGHT

"We carry a juice machine and a table full of vegetables. I do celery, greens and carrots with some orange, a little lemon and ginger."
— Guitarist James Valentine

"[Your bunk] is like a fucking coffin. It can be scary if you're claustrophobic, like I am, which is the direct result of my older brother, who used to zip me up in a sleeping bag and roll me down the stairs!"
— Valentine

"I love kombucha [tea]. It's this weird, raw, fermented, nasty shit. Knowing you're putting something into your body that's healthy makes it taste better, but the detail makes me nauseous."
— Levine

SHAPING UP

"Kundalini yoga is about breath work and being aware of the energy in your body. I do a half hour every morning."
— Carmichael

"I'm a recovering fast-food addict, but there's [also] a special place in my heart for 'Taco Bell!'"
— Valentine

SCIENCE OF SLEEP

"If you're in a three-bunk [four bus], the middle is best. The one on the bottom is louder because it's next to the engine, and the top bunk aways a bit!"
— Keyboardist Jesse Carmichael

STAGE BEAUTY

"No matter how exhausted or how sick I've been—pretty deathly ill—as soon as the crowd hits you, everything just melts away."
— Valentine



Maroon 5 frontman Adam Levine

may be fascinated with Mötley Crüe's autobiography, *The Dirt*, but his group's on-the-road behavior hardly mirrors that of the infamous metal band. "On tour, I'm a saint," Levine professes. For the clean-living Los Angeles quintet, sipping fermented tea tops swigging whiskey, fresh vegetables win shelf space over Twinkies and practicing yoga takes precedence over workshopping. On the road to promote their sophomore studio album, *It Won't Be Soon Before Long*, the Maroon 5 members share their thoughts on long months spent on cramped buses away from the comforts of home. **ARND RICHTER**

Maroon 5 at *Beck's Ales*. (A) Fans scream in anticipation. (B) Levine before the show. (C) Stretching before showtime. (D) Performing the hits. (E) Levine relaxes himself against a fence. (F) Party time. (G) Waiting for an encore. (H) Levine rocks out.