triathlete 8 MAKE YOU FASTER FIND PERFECT BIKE SPRING 2013 BESTGEAROF2013 151

hydration

Camelbak Arc Quick Grip

\$20, Camelbak.com

The draw: Hand-held for quick sips
If running with added bulk around your
waist sounds cumbersome, the Arc Quick
Grip offers another option. The small
10-ounce bottle sits in your palm and
doesn't rub or chafe. Running with two
felt more natural and balanced than using
just one. Since the bottle only holds 10
ounces, be prepared to bring two or find
refills along the way.

