

OUTSIDE ONLINE FRIDAY, MARCH 01, 2013

CAMELBAK PODIUM ARC BELT: HYDRATION PACKS DESIGNED WITH YOU IN MIND

This new line is made specifically so you don't have to fumble around in your pack while out on a run ${\bf r}$

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Arc 4. Photo: Courtesy of CamelBak

The Gear Shed
Berne Broudy writes
regularly on the
latest and greatest
gear.

Calling all Spartan Racers, Tough Mudderers, and other barbed wire-crawling, mud-slogging, ropes-course-loving ass-kickers as well as ultrarunners and extreme adventure record-setters. As you know, staying hydrated while you're exercising or out on the field is critical for peak performance. That's why CamelBak created a new series of waistbelt hydration/nutrition packs with you in mind.

CamelBak's Podium Arc Belt Hydration series carries water and food—both in solid and gel form—for competitive running and training. The backbone of the Arc system is a Velcro-close belt with stiff, integrated bottle cages that look something like climbing harness gear loops but are designed to hold miniature Podium bottles. The bottles, also from CamelBak, are clear 8- and 10-ounce flasks with a downsized CamelBak Jet Valve cap.

The bottles have wings that click into the nylon cages with a push so they won't fall out when you're sprinting through a course. This way, there's no messing around trying to retrieve your water bottle from a pack while running, no sweaty back from wearing gear, no reservoir hose and valve flapping about as you stumble through the course. The Arc belt perfectly distributes your water and food weight around your waist for maximum comfort and efficiency.

The Arc 4 comes with four easy-to-squeeze, BPA-free 8-ounce polypropylene bottles that lock closed so they won't accidentally spill. The elastic webbing belt has front and back reflectivity, cages, and an essentials pocket big enough for a key, a phone, some cash, and a couple of energy bars. The belt seals around your waist and stayed comfortably snug, even on an all day run. Available now, \$60; camelbak.com.

When four 8-ounce bottles are overkill, CamelBak has two smaller capacity Arc belts, the Arc 2, which carries two 10-ounce bottles, and the Arc 1, which holds one 10-ounce bottle. And if you insist on carrying your water in your hand instead of on your waist, the Arc Quick Grip has one 10-ounce bottle and a pocket. Available now; \$45, \$35, and \$20, respectively; camelbak.com.