

# hydration gear on long runs: what to use

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[La M2](#) 18 posts since

Oct 24, 2007

Triathlete training for her first marathon and would like any advice on hydration gear during long training runs:

have a 2-bottle hydration belt, but those little curved bottles really don't hold much

also experimented with a camelbak, but it bounces around alot event when I tighten the straps.

What do you do when you're going long?? (9 miles and above)

Thx to all responses in advance.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 **1. Re: hydration gear on long runs: what to use** Jul 25, 2008 1:56 PM

What I have done lately is arrange my route to return to my car every 5 or 6 miles. I use a hand-held 20 oz. bottle that I refill from a cooler in the trunk.

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Len



[hydrateme](#) 11 posts since

Dec 14, 2007 2. **Re: hydration gear on long runs: what to use** Jul 26, 2008 8:33 PM

You should check out a new hydration tool that's being advertised in the Triathlete & Inside Tri marketplace section called 'AquaJoe'. It's a sports drink powder holder/dispenser for athletes. It's ideal for routes where there is access to clean water. Returning to the car or hiding bottles of sports drink along the route seem kind of silly. There is a video of it on [www.aquajoe.com](http://www.aquajoe.com).



[joy52](#) 3 posts since


Apr 14, 2008 3. **Re: hydration gear on long runs: what to use** Jul 27, 2008 12:36 AM

I use a fanny pack camel back that holds about 28oz it works well and has a clip you can hook to your top. I like it better than the bottles and it has little pockets for gu or jelly beans whatever you use for fuel. good luck!



[MaryB26](#) 84 posts since

Mar 14, 2008 4. **Re: hydration gear on long runs: what to use** Jul 29, 2008 9:47 AM

 in response to: [joy52](#)

Joy-

Where did you purchase the fanny camel pack? I think I have seen one somewhere online.

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Thanks,

Mary



[joy52](#) 3 posts since

Apr 14, 2008 5. **Re: hydration gear on long runs: what to use** Jul 29, 2008 10:33 AM

 in response to: [MaryB26](#)

Hey Mary,

I bought my camelback at the airforce base near our house but I have seen them at sporting goods stores. It works really well and I like it so much better than the one I have that goes over the shoulders. Joy



[La M2](#) 18 posts since

Oct 24, 2007 6. **Re: hydration gear on long runs: what to use** Jul 29, 2008 10:37 AM

 in response to: [joy52](#)

Mary and Joy,

hydration gear on long runs: what to use


I have seen something like the hydration belt referred to at [www.fuelbelt.com](http://www.fuelbelt.com) under active gear-&gt; waistpacks.

Laura



[MaryB26](#) 84 posts since

Mar 14, 2008 7. **Re: hydration gear on long runs: what to use** Jul 29, 2008 10:50 AM

 in response to: [La M2](#)

Thanks Laura! Those are actually cheaper than the online one I saw. I am ordering one now!