

Hydration -- bottles, belts, and/or...



waw3runner 2 posts since

Dec 6, 2007

Another newbie here -- but I've been scouring the threads and haven't found much for those who want/need to carry along some fluids and not just count on the water/Powerade stops.

Anyway, I've been training all summer in sunny Florida with an old 70 oz Camelbak Rogue backpack -- and on long runs a 32 oz Camelbak Catalyst waistpak, too! Recently I tried out a midsize 50 oz Hydrobak that's a little lower profile and lighter. I tried carrying a 16 or 20 oz bottle, but the sloshing just really bugs me for some reason.

I know there will be water/Powerade stops ever 2ish miles and VA/DC **definitely** won't be as hot and humid next Sunday as FL has been all summer(!), but I've gotten used to having my own water w/me for whenever I want/need a little.

So, whaddya think? See many Camelbaks on the MCM course?

Tags: hydration, marine_corps_marathon, rookie, first-timer



HALOjen 1,261 posts since

Dec 14, 2007 1. Re: Hydration -- bottles, belts, and/or Camelbaks Oct 18, 2008 6:55 PM

I definitely saw them on the course last year, but there was plenty of fluids for the runners.

After the 2007 Chicago marathon debacle, I always pack my camelbak just in case the weather forecast calls for hot and humid weather. It never hurts to be prepared. You can decide on race morning if you want to take it with you.

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[KarlID_Navy84](#) 738 posts since

Jan 19, 2008 2. **Re: Hydration -- bottles, belts, and/or Camelbaks** Oct 19, 2008 7:20 AM

I never could get used to the fuel belts. The Camelbak has always worked well for me. I used one in last year's MCM and plan to do so again this year. Mine says it holds 70 ounces.

I usually fill it up to about 55 - 60 ounces (with Cytomax) for my long runs. My plan is to drink about 5 ounces every couple of miles. I'll use the water they provide to wash down my gels and pour on my head during the later miles to try and stay refreshed. Talk to you soon.

Karl