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FuelBelt named a “Top 10 Long Run Essential” on Woman.ca blog:

About FuelBelt, Inc.

FuelBelt is the world leader in hydration belts and accessories to the tri, run and cycling markets. Founded in 1997 by 6-time Ironman World Championship participant, Vinu Malik. FuelBelts have been used to break world records, personal bests, and have even been used at the Olympic world stage, where every effort and every second counts. For more information, please visit www.fuelbelt.com.



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Top 10 Long Run Essentials

VINGNATION Breaks it Down Before You Break a Sweat

When out running 37K Sunday morning, I got to thinking about the items I take along with me that are of great necessity. When I say of great necessity I mean such items that mean the difference between a plain, disappointing run to a killer, get excited run! The top ten essentials items for a million dollar run:

6. My pink fuel belt—not only adorably cute but useful too.



This handy dandy little belt not only holds two bottles of water that I use to hydrate but it also has a convenient little pouch. In said pouch I carry a quarter—for an emerge phone call and all my gels. The belt fits tightly on my waist and once I get going I can hardly even

tell it's there! I love my fuel belt not only because of its practicality but because it comes in pink, obvi!



Sarah Vingoe, VingNation:
Welcome To My World

ABOUT THE CONTRIBUTOR:

Vingoe's column will share her perspective on the everyday things that enlighten her, the people in her life that inspire her and the places and products that motivate and excite her. An avid blogger, Vingoe is to the point, sincere and always looking for a way to learn a lesson, shed some light or discover something new about herself or others.

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