

Camelbak Flow Meter

By Harlan Price

As a regular in the endurance mountain biking world, I get a lot of questions from people about nutrition and hydration. Usually those questions revolve around what, how often, and how much do I eat and drink. Each person's nutritional needs are mostly a personal decision, but if you don't drink, you are sure to be doing yourself some harm. Hydrating during a four-hour or more race or ride can be difficult since we tend to get caught up in the moment and forget to consume properly.

Unlike a bottle, with a Camelback Hydration pack you traditionally haven't been able to easily gauge your fluid consumption. That lack of visual information has left many people empty before their activity is done, or, at the other end, dehydrated despite having plenty of water. The new Flow Meter from Camelback is a small digital meter that can help you track your hydration activities. About the size of a small bicycle computer, the Flow Meter can be retrofitted directly to your existing Camelback bladder hose. It's actually very easy to attach. Cut your hose between 2-8 inches from the bite, insert barbed ends snugly into the hose, then attach the computer head.

I choose to attach closer to the bite so it would be easier to see the readout, which has two modes of use. The "Simple" mode reads only the total amount used from the amount you start with. To set it up is easy, but you have to be sure to measure the amount you put in carefully.

The "Advanced" mode gives a lot more information based on weight and sets a PHG (personal hydration goal). With the advanced mode you can track elapsed time and estimated time to empty. The PHG is adjustable in case you find that you need something different than what the Flow Meter estimates.

Overall the system was very easy to use, as long as you got your beginning volume correct, and can be a very useful device for people who have trouble keeping track of their fluid consumption. For \$30 the Flow Meter is an inexpensive way to keep you hydrated and to help you better understand what your drinking needs might be. One drawback would be the temperature rating for above 30 degrees. It is recommended that you use only water, unless you are very diligent about cleaning your hose post-ride. www.camelbak.com



FOGGLE: Anti-fog Towelettes

By Bruckner Chase

No matter how great you are at "sighting" in open water, you cannot swim towards what you cannot see. FOGGLE wipes make sure the only things keeping you from zeroing in on that turn buoy are the competitors around you.

FOGGLE works for me in open water swims with water temperatures from 37 to 85 degrees. Even if your swims take you outside of that temperature range, SBR Sports, Inc is confident that everyone will love the wipes and never go back to drops. The added bonus to the wipes is that they clean your goggles with each anti-fog treatment. Just removing built up scum, goggles get a second life, and you get a better field of vision. In addition to treating swim goggles, the wipes work well on any sport goggle, dive mask, or even sunglasses.

By using towelettes to apply the anti-fog treatment there is no need to wipe away excess liquid. You just apply and hit the water. The FOGGLE packets are also easy to keep stashed in a gear bag. By resealing opened wipes in an airtight bag, you can get six or more applications from each wipe.

FOGGLE is available in packs of six (MSRP \$6.89) or boxes of forty-eight (MSRP \$34.56). You can find all of their products in local specialty stores or on their website at www.tri-swim.com.

While you are focused on the buoy, SBR Sports, Inc is focused on helping the community. Check out their website for a wealth of information including swim workouts, drills and videos. SBR Sports, Inc. also supports the Challenged Athletes Foundation (CAF), and a portion of each product sale goes to the CAF cause. Go to www.tri-swim.com to find out more.

