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## Running waist pack

**#13 FlipBelt Zipper #44 Nike Heritage Hip Pack** Photo: Kyle FitzgeraldYour guideAmy RobertsA running belt allows you to bring your phone, keys and even water to run while keeping your hands and pockets unencumbered. Good does his job with a zero jumper or discomfort. We tested 31 belts and straps to find those you'll notice at least when registering miles. We recommend SPiBelt Large Pocket for everyday driving. If you need more capacity or other features, we also have a choice for you. SPiBelt Large Pocket is our choice for carrying your essentials on everyday rides. One pocket of stretched fabric can contain a large-format phone, cards and keys. It will not bounce through normal running with adjustable tape tightening snugly. The belt can be adjustable from about 25 to 47 inches or more and does not have annoying dangling tapes, unlike many such bags on belt-style belts. Its synthetic fabric paints sweat well, which should keep you cooler, but it is not waterproof- the contents may get a little soggy. And everything is compressed into one stretched pocket, which means that you need to pull something out of the middle to run, chances are other things can fall out as well. But if you're looking for a comfortable, comfortable, affordable way to bring must-haves with you, that's all. This handy waist band keeps things safe and organized in four pockets, so it's easy to grab what you need in the middle, but for some runners it may feel hot.\*The cost of publishing was \$30.We felt very little movement from Nathan Zipster with XL smartphone, ID and credit cards, keys and gels distributed between the four pockets. Since it completely surrounds the waist, it may feel hotter to wear than a simple single pocket spibelt, but it can also have more. Divided sections do not allow objects to move inside (problem with similar competitors of waist style). The two zipper sections are covered inside the water resistance measure, although they are not large enough to use a large-format smartphone. We put inside one of the uncovered flap pockets. Like all continuous waist belts, Zipster is not adjustable; You have five sizes to choose from, which fits the waist ranges from about 26 to 40 inches. Plan to wear around your lowest perimeter – it's most likely a slide to sit there anyway. Good for long-distance runners or always ready types, this almost detached waist band has a pocket, loop and clip to tuck your belongings, but it costs a lot.\$50 from the Naked Sports Innovations! organization and capacity is at the top of your list, the stretched grid Naked Running Band can be worth a big price. We were at how safe it stayed in place when we loaded our three pockets with a smartphone, cards, keys, two gels, and naked soft 500 ml Running Flask (about 17 ounces sold separately). It is also convenient when it adheres to stuff, too, and it didn't chafe naked skin in comparison, other eye ones feel rough. Additional useful features include a key clip, racing bib clips and silicone-based loops to protect the jacket easily. Like other waist-style belts, it is not adjustable. It is available in 12 sizes (three times more than others); these fit waist ranges from about 28 to 39 inches (but not larger). With two 10-ounce bottles of water, this belt allows you to carry water and sports drink separately and it was the most stable and comfortable two-bottle belt we tested.\$50 from Road Runner SportsThe slightly stretched Nathan Trail Mix Plus tape made it the most stable of any two bottle belts we tested, style for maximum irrigation. This is our choice for runners living in hot or arid environments or often driving where water fountains do not reach. Bottles containing 10 ounces (about 300 ml) of each water or sports drink are easily pushed into and out of trays, which are next to a large spacious split package (it contains an XL phone, cards, keys and gels). But with all that weight in the back (or front), the belt can bounce or glide up, unless worn snugly around your body's smallest circumference. It adjusts from about 26 to 44 inches, although the smaller waist long strap ends up flap around. This complex waist band stores things and is organized in four pockets, so it's easy to grab what you need in the middle of the run, but it can feel hot to some runners.\*At the time of publishing, the price was \$30.Good for long-distance runners or always ready types, it's almost a bounce-free lap pocket, loop, and clip stowing your stuff, but it costs a lot.\$50 from Naked Sports InnovationsIncorporating two 10-ounce water bottles This belt allows you to make your own water and sports drink alone and it was the most stable and comfortable two-bottle belt that we tested.\$50 from Road Runner SportsAs Wirecutter staff fitness writer, I review gear runners, from shoes (for men and women) to GPS watches. As a semi-competitive runner and someone who rarely leaves his apartment without his phone, I have tried umpteen running belts and lap packs and have opinions about what makes it good. I also interviewed runners on my local running team, Hellgate Road Runners, based in Astoria, New York, about what items they want to bring with them their runs. I'm a certified running coach (USATF and RRCA), but I emailed with Alice Holland, DPT, acting physical therapist and director of Stride Strong Physical Therapy in Portland, Oregon, to discuss detail the body mechanics involved with carrying stuff while on the run. In addition, I spoke to spibelt founder and Nathan Rep - two brands which are well liked by the runners I interviewed to get the idea of the most searched attributes in the running belt. (No wonder: tops carry Although we were going to review the products of these companies, we tested them as rigorously as we tried other products to earn places between our choices. The running belt provides the most convenient and least annoying means to carry your belongings when you go on a run. As long as you may have to run free, hitting the road without keys, ID and smartphone are not always practical: you may have to lock your house or car, you may want your ID and phone to be an emergency, and even if your shorts or pants have pockets, they don't always cut it. During longer workouts or races, you may want to safely carry water and/or nutrition; experts recommend at least 15 ounces of water and 30 to 60 grams of carbohydrates (often energy gel, such as GU) per hour effort. Phone ligaments and pocket water bottles are two solutions, but they are not ideal if they cause you to change your natural running shape (neither is simply a clutch of your phone in your hand). It's not necessarily the weight of [a hand bottle or ligament], but a change in posture and behaviour due to the runner's perception of [them], which affects them during their time, physical therapist Alice Holland explained in an email. The point when it comes to extra gear is that [it] has to completely disappear from the tracker's consciousness. The armband of your phone may suffice, especially if you're using a Bluetooth headset – there is no cord on one side that can cause unnatural grip on your neck or shoulders, but if you feel uneven pain in these muscles after running with the ligament, the ligament can affect your shape. Lopsided weight loss and sloshing from a hand water bottle and needing to arrest him is more of a problem. Carry-up can cause pain, cramps, and, over time, damage to shoulder muscles (from changing your arm swing) and forearm muscles (from adhesion), and even hip, knee, or hamstring issues associated with these changes in upper body shape. A well-designed, well-fitting running belt that protects the drive around the core should eliminate ergonomic problems while inhabiting all your belongings. Running belts come in different styles and capabilities. Photo: Kyle FitzgeraldA's excellent running belt should fit safely so that he won't bounce, ride up, shift, or otherwise be a nuisance to the wearer. Secondly, tools such as water bottles and gels should be easy to stack and reach. Running belts are available in two main styles, adjustable belts and continuous waist bands. Adjustable belt with bag(s) Adjustable belts offer a variety of containers and functions for minimalist and brings everything to runners. Photo: Kyle FitzgeraldThese consists of at least one zipper bag and buckle tape that allows them to be quickly and easily inserted and removed. The straps are most suitable for one size and have a wide size 24 to 46 inches or more and their adjustability allows you to wear them with different thicknesses of clothing or different stains on the body and tighten or loosen them while you run. Continuous waist fabric waist has pockets around and without buckles, so you have to pull them over your hips. Photo: Kyle FitzgeraldMade of stretched mesh or spandex fabric, waist-style belts have flat storage pockets all over, beaten between layers of fabric. Some have zippers or key clips for safety, others close with fabric flaps and use fabric tension to keep things inside. Waist belts stretch some, but are not adjustable, so you have to choose the size. This requires measuring or (ideally) testing them to be suitable. And without a buckle, the group can be harder to get to and from; you have to pull it over your hips. They are also often smaller in size, up to about 40 inches. To narrow down the myriad options – Amazon Search runs lap packages yielding more than 1,000 results, many of the unfamiliar brands I've consulted with other editorial sources, such as Runner's World, analyze hundreds of buyer reviews, and interview my running team for their members to belt favorites and failures. Some runners have different needs and preferences, we decided to look at belts with various storage options - one pocket, many pockets, with additional organizational functions such as key clips and bungee loops, as well as hydration options (two bottles and one bottle belts, with bottles made of hard or soft plastic). We mixed any list of brands without set records or internet, except Amazon. We also reviewed products that didn't make sure they had large-sized smartphones, such as iPhone and Samsung Galaxy versions plus. When the dust settled, our final test pool consisted of 31 manufacturers from 17 manufacturers. We started with model 31, which we assessed according to fitness, capacity and, most importantly, comfort. Photo: Kyle FitzgeraldOnce had all the belts, I evaluated them according to the following criteria:Capacity: Can the belt hold the iPhone 8 Plus, clad in a solid case? (We used speck presidio case, our pick for more phone protection.) Fit: How good is the belt fit when it's holding an iPhone, three IDs or credit cards, and home keys as well as any filled water bottles? Can adjustable belts fit well enough? Does anyone - belt or its contents - poke or sit strange? Does the belt bounce, ride, chafe, dig, or otherwise become uncomfortable? Accessibility: How easy (or not) is it to access the contents of pockets or remove water bottles? Breathing: Does the belt feel exceptionally hotter or sweaty during running? Since no runner has the same body shape or size, I handed out eight finalists a dozen runners in New York City including Wirecutter editor-in-chief Ben Frumin, who was training for half a marathon. These people, whose waist size ranges from 27 to 49 inches, ran on the treadmill and track (up to 20 miles of running, in the case of a single marathoner). Their feedback removed three more belts from, er, runs, and solidified our five picks. Photo: Rozette RagoThe SPiBelt Large Pocket is the best choice for conveniently bringing basics – phone, ID, keys - to run. When it was tightened properly our testers experienced very little, if any, bouncing, whether they wore it on the front or back of their body. What makes SPiBelt better than many similar belts is that the strap easily shortens and lengthens, even when flying, without dangling the ends of the strap. You clip it - don't step into it as you have to do with the waist style and customize it to fit above or under any layers of clothing you're wearing that day. It includes a wide range of size: In our tests it is suitable for wearers with waists with dimensions ranging from 25 to 49 inches, although the company claims that the range is only 25 to 47 inches. And larger lap runners can buy a belt extension separately, which adds up to 12 inches in length. Soft synthetic materials also did not bother our skin. SPiBelt bottles (sold separately) are securely attached to the belt with large hooks. Photo: Rozette Horn Super stretched fabric pocket expands to fit XL phone. Photo: Rozette RagoSPiBelt (sold separately) securely attach to the belt with large hooks. Photo: Rozette Horn Super stretched fabric pocket expands to fit XL phone. Photo: Rozette Horn One Pocket, which measures approximately 8 inches by 4 inches, stretches to fit XL phones with enough extra to give squeeze keys and cards. If you just want to carry things with you and keep your hands and pockets loose, it's an ideal solution, although you can easily spin it from back to front if you need to get something out of the middle of the run. Long-term tester reports: It's a little awkward when I try to put non-flat things like keys with the phone, but it's a very low profile and doesn't bounce at all as soon as you get fit. If you need tote water, the squirt-capped SPiBelt H2O Companion bottles (sold separately) fit the tape safely. When I pair located just inside my hip points with pockets in the back, I had no problem with bouncing or sloshing, nor any unpleasant pressure from inches wide of the bar or bottle hooks. Two bottles get you 16 ounces of water or a sports drink (or both), but if you need more, see our max hydration pick. If you just want to carry things with you and keep your hands and pockets free, this is the ideal solution. SPiBelt Large Pocket contains dozens of colors, including hard materials, prints hard materials with contrasting zippers. You can win to win gel or two on your other items, but because this belt has only one pocket, without fragmentation, getting things while driving can be fussy. The disadvantage of pocket sweat evil fabric is that it does not offer water resistance, so if you are worried about the fact that your things get wet, you should wrap it in a plastic bag before packing it. Photo: Rozette RagoThis comfy waist keeps items safe and organized in four pockets, so it's easy to grab what you need for a mid-run, but it may feel hot that some runners.\*The price at the time of publication was \$30.If you need to carry more items than SPiBelt can have or need to easily access items as you run, or can't find SPiBelt, Nathan Zipster is a good choice. However, like all waist-style belts, you will not be able to adjust its size and on a warm day it can feel like too much fabric. It is also not available in larger sizes. Zipster has four pockets that alternate between the zipper and slightly larger flap-topped ones. In zipper pockets, you can safely freeze cards and keys, in the next zipper a smartphone or flap (depending on the size of the phone) and gels, snack bars or other gear into the remaining pockets. On the contrary, other waist-style belts, such as the popular FlipBelt, have very little structure, so your belongings can move inside, making it difficult to fish when you need it. In addition, zipper zippers located toward the top of the tape are easily accessible in the middle, because the pulls are not buried in the fabric, a problem we had with other bands. Zipster zipper pockets are covered inside water resistance, but the plus-size phone does not fit inside them. We put our iPhone 8 Plus, which itself is water resistant, into one of the flap pockets. Zipper pockets have a waterproof coating to better protect the contents from sweat and weather conditions. Photo: Rozette RagoThe Zipster's lapel top pockets are larger and stretch more than zippered ones to fit large format phones. Photo: Rozette Horn Belt sliding some of my smooth top pants, but there was very little movement otherwise to wear a wide strip rather than a thin belt benefit. The long-term tester, who has used this belt for about a year, has quibbles with his proper. I keep pushing it down on my hips, but of course it slides up, she says. Since it was not expensive, I basically like it, but I want it to somehow fit more. The fabric is soft, so it is less likely that and the belt revolves around easily you should access anything back in the pockets to run. Its edges remain smoother than the edges of the other lap belts we tested – it does not have a thick edge of the seam curling under or above (another FlipBelt annoyance). While it works well when minimally filled, extra layers of fabric around the waist can feel hot and sweaty, although the problem with most running belts is this type. Zipster comes in five sizes from XS to XL, covering the waist from about 26 to 40 inches. It is black and several other colors. Photo: Rozette RagoGood for long-distance runners or always ready types, this almost free bounce waist has a pocket, loop and clip that can stack her belongings, but it costs a lot.\$50 from Naked Sports InnovationsThe Naked Running Band wowed us with how much it can hold and keep stable. It was a comfortable run as well, whether it was full or having only a few items. It comes at a high price though, and like all waist belts, is not adjustable. The waist style consists of two layers of soft mesh fabric, divided into three long upper pockets with vertical seams. The outer layer of the eye stretches to fit much more items than any other choice: the company's 500 ml running flask (about 17 ounces; sold separately), the iPhone 8 Plus, two gels, three cards, my keys (on the built-in hook), plus a racing bib on the front elastic and my wrapped windbreaker through the rear loops. And no one jumped, moved, or got into my arm swing way while I ran. The belt remains just as tight in place, even if there is not much in it, although if you don't often need to bring much, it may be too much to belt. We felt no chafing on bare skin anyway. Sweat (and rain) goes completely through the eye tissue, your phone or other contents will get wet unless you also use a plastic bag. On the flip side, the mesh felt cooler to me than made thicker fabric by Nathan Zipster and others alike. Naked Band can hook things that you don't have to immediately access in the back pocket of the running. Photo: Rozette RagoBecause's top and bottom elastic remains firmly in place, you can't spin this belt around as easily as you can in a smooth fabric zipper, but yellow stripes pull the tabs to make the pockets quite easy to open, even back. Soft running flasks (500 ml, about 17 ounces) do not leak and compress when sipping. The built-in clip keeps the keys from flying out of your pocket. Photo: Rozette RagoThe Naked Band has 12 sizes- three times more than other waist bands - from about 28 to 39 inches. We found that the most convenient to wear around, where we are the narrowest. I tested a size 2 to fit my 29-inch lower waist, but I ended up wearing it a little higher (closer 25 inches natural waist) and probably would have been good with a size 1. Order a couple of sizes and return anything work for you. The Naked Band also costs more than most belts, especially if it also has a spring bottle and company shipping fees, although it offsets the cost of returning unwanted items. Naked Band comes in only one color (black with yellow accents). Photo: Rozette RagoIncorporating two 10-ounce water bottles, this belt allows you to make your own water and sports drink alone and it was the most stable and comfortable two-bottle belt that we tested.\$50 from Road Runner SportsOf seven two-bottle belts we tested, the adjustable Nathan Trail Mix Plus jumped at least because of its wide, slightly stretched band that flexes movement. If you're looking for a way to carry a lot of liquid and especially want to bring water and sports drinks, consider this belt, which has two 10-ounce plastic flasks. They are easier to grab and re-grab than others, and they are safer than bottles that you can buy in SPiBelt, which also contains less fluids. This does not interfere with the swing of your hand, a problem with which I encountered similar belts. In order to keep the snug of the belt and less likely to bounce, I had to wear it near my natural waist (about 25 inches, or one inch smaller than the smallest size it should fit). This meant pulling the tape into the strictest setting; although the belt remained put, having a belt in its strictest designed very long belt ends that flapped around. There was no way for me to insert them into elastic bands to prevent this. (I ended up tying them, uncomfortably, in front of the belt buckle.) In addition, the belt is designed to fit only up to 44 inches in the waist, and my 49-inch waist tester couldn't put it. As shown, two elastic actions have excess ends of the belt from flaking, unless it is necessary to shorten the belt to the end, and elastic to get lost under the edges of the buckle. Photo: Rozette Horn Belt has plenty of storage of other items in her central multi-pocket pack, including a large format smartphone, cards (Velcroed pocket for security), keys and gels or other food. But the more you fill it, the heavier and more lopsided the belt gets, which can lead to bouncing, moving, or riding up. Trail Mix Plus has a delicate stretch that allows the belt to flex with you with way less bounce than other belts of this type. Video: Rozette RagoIts plastic bottles are securely sealed so as not to leak, but you can quickly open the rubber tops with your teeth or fingers to quickly get away. You can also squeeze and exude them so that you can use your head in hot weather. Trail Mix Plus is available in several colors. Aqua Quest Kona Pouch, the previous choice, looks like a supersized version of SPiBelt. Its extra spacious pocket has a waterproof coating, but it feels hotter to wear. In addition, thin wearers not being able to get fit enough. New Balance Performance Waist Pack Let spot me and my testers, but we struggled to think about the reason the runner would need a belt with so much boxing, unspecialized storage space, especially as the belt's big size can make him feel too hot. The amphibious AirFlow MicroStretch Plus and AirFlow MicroStretch Plus Luxe, identical to the aloof from their mesh and nylon/polyester fabric, have several drawbacks. Their strips are difficult to adjust and too stretched, so the pocket is more likely to bounce off. We also accidentally hit the front button buckle, which sent a flying belt. The structured Amphipod AirFlow Lite pocket feels heavier and firmer when it's packed with phone, ID and keys than the softer pockets of others, and the ultra-stretched belt can't prevent bouncing. The very flat, non-stretch pocket of Asics Large Waist Pouch is not as functional as other belts. I did not find it comfortable or comfortable to wear, because the belt doesn't stretch, I had to turn around and buckle it again to get back into place when I twisted it around. Amazon's best seller Sport2People Running Belt consists of two long pockets and an adjustable elastic belt. It seems like a nice idea for the organization, but she sat uncomfortably with a big phone in one of the pockets. He also didn't fit snugly and he jumped a lot. Permanent waistWe liked the feel of the Salomon Pulse hydration belt, which has an eye spin and a light nylon front. However, storage pockets run the length of each side without splits, and the inside of the items tended to migrate to the ends and become difficult to reach. Popular Classic FlipBelt and FlipBelt Zipper are not bad or uncomfortable, but we liked other belts more. We found that our iPhone 8 Plus with speck tray is tight. More annoying, because the inner space is very wide open from the hip to the hip, things can be difficult to fish, and the edges of the edges of the tape tend to curl and roll. Thicker than most material can also be hot. Soft fabric Stashbandz is wider than many belts, and especially large phones fit into his zipper pocket, but the zipper is inset with a small zipper, which gets lost in the fabric. Ultraspire Equipped Racing Belt is similar to the Naked Band, but not as user-friendly: Pockets are not as versatile as traction loops so easy to grab, and the belt can pile back if that pocket is empty. In addition, the size rises to 36 inches. We found that the bottom edge of the Ultimate Direction Comfort Belt curled under the front and back pile up a lot, if not filled with stuff, but if we filled it too full, it jumped a lot. In addition, pocket openings can be difficult to find, since there are no pull loops. The Ultimate Direction Utility Belt consists of two layers of eyes, the front of which is taller than the inner one. It seems to be good for security, but even with the use of traction loops, really if I was getting things into my pockets or putting them completely behind the bar. The belt also drove a lot, and the eye material felt rough. Adjustable belts with double hydration bottles Amphipod Profile Lite Breeze has a stretched strap lined with two silicone strips to help keep it safe. This will also make adjusting the length of the belt difficult to do, and the belt still jumped. I struggled to get the bottles back into the trays and in the middle of the run I accidentally hit and opened the front-facing buckle, which made the bottle fly out. Amazon's best-selling UPower Running Belt looks cheaper than most of our tested belts (as it is), and one bottle of water leaked badly until I got the cap on the right. Belt the rod up to a ton, with a heavy part of the package fell to the back. Bottles are also smaller than most: 6 1/2 ounces each. Filetlic Ergo comes in a male and female fit and has bottles almost horizontally on one side, with a phone pocket on the other side, which in theory should balance the weight better than most. Unfortunately, none of my test phones fit in my pocket. Neither phone fits the Nike Double Flask running belt either, and the bottles have been hard to get in and out. Adjustable belts with separate hydration bottlesItems fit well in the pockets of the UltraAspire Essential Bottle Pack, and the tape felt safe, but the buckle strangely landed on my right hip point and I could feel the pack sideways when I ran. Given that it has less water than two bottles of Nathan Trail Mix Plus, we recommend you go with that instead. Amphipod Profile Lite High-Five K Belt is difficult to adjust and ride up. On top of me, the group cut awkwardly through my intestines. the iPhone 8 Plus is also really tight in your pocket. Osprey Duro Solo and Dyna Solo's waist belts for men and women respectively have an odd triangular pocket with a window for your phone screen. To access the tools in the inner pocket, you need to tear off and lift the flap of the phone and pocket - it is not very functional. The loop of the bottle tip complicates the removal of the bottle and hooks again. I couldn't get an iPhone 8 Plus to fit into Nathan Peak Waist Pak in your pocket. Because belt belt There is no stretch, it rides up a lot and it is impossible to return to the place without unhooking it. The Ultimate Direction Race Belt 4.0 has its own pockets and a 500 ml (17 ounce) bottle all on one side, causing it to balance off. I couldn't fit our Speck-case-clad iPhone 8 Plus inside the phone pocket, which, because it is right behind a bottle of water, you can not get into without also taking a bottle out.by Ben FruminIf you are set to staple your iPhone in hand, we found that tune belt sport armband is the best armband for most runners.by Wirecutter StaffAfter 90 hours of research and testing with the most passionate runners in our staff This is the gear that we recommend.by Lauren DraganOffering safely fits, simple controls, and unplanned design positioning perception, Plantronics 3150 is our favorite pair of running headphones.by Shannon Paland and Ingrid SkjongWe logged 50 miles of 16 treadmills and found the ProForm 505 CST handy and reliable, with features similar to those on the tracks at double price. Price.

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