



# Product Workbook

Spring / Summer 2017







# Hydration

Race Vests.....	12
Handhelds.....	30
Hydration Belts .....	36
Waist Paks .....	40
H <sub>2</sub> O To Go .....	44



# Gear

Smartphone Carriers.....	54
Training Paks.....	58
Performance Essentials .....	62



# Visibility

Run Longer™ Series.....	66
Reflective .....	80

3M™ and Scotchlite™ are trademarks of 3M™  
iPhone is a registered trademark of Apple, Inc.  
Samsung and Galaxy S are both registered trademarks of Samsung Electronics Co., Ltd.  
VELCRO® is a registered trademark of Velcro Industries B.V.  
Tritan™ is a trademark of Eastman Chemical Company

Images and specifications provided may  
not be representative of final production.



# Merchandising Tips

## Turn accessories into ESSENTIALS!

- >> Create an essentials destination.
- >> Organize products by size, color, and category. Remember, a confused mind says “no”.
- >> Use signage, displays, mannequins, and seasonal campaign elements to add to the story.
- >> Cross-merchandise with other categories.
- >> Tell big stories at key times of the year.

## Create an essentials destination.



## Organize products by size, color, and category. Remember, a confused mind says “no”.



## Use signage, displays, and seasonal campaign elements to add to the story.



## Tell big stories at key times of the year.



## Cross-merchandise with other categories.







2017 Spring/Summer

# KEY STORIES



## ATHLETE-DEVELOPED VAPOR SERIES INOVATIONS

Nathan innovations have always been developed by athletes, for athletes. This year, we took it a step further and invited Nathan team members and world-class ultra runners Rob Krar and Stephanie Howe to collaborate with us on a special product development project.

The mission: Take our highly successful Vapor Series lineup to the next level of comfort and functionality with zero waste. The end result is a newly imagined series of body-mapped, lightweight, and durable race vests and training paks designed to meet their incredibly demanding and precise specifications, while also benefiting runners of all levels and pedigree. The new VaporKrar and VaporHowe lineup epitomizes smart hydration combined with minimalism, and are built for the long haul.





2017 Spring/Summer

## KEY STORIES

### HYDRATION BELTS, REDEFINED

Every runner is different and what works for one may not work for another. That's why dialed-in customization is one of the biggest trends driving our product evolution. Keeping pace with this trend is the exciting new hydration belt lineup that is lightweight, race-ready and (you-guessed-it) customizable.

The Switchblade 12 oz & 24 oz hydration belts combine classic features such as a large storage pocket and a bounce-free ride, with the ability to customize the location of flask – or flasks. Throw in gel loops and stash pockets, and you have the most customizable, race-ready hydration belt on the market.

The Swift Plus name says it all, offering minimalist hydration on your hips, a pocket large enough for your crazy-big smartphone, and race-ready features that won't slow you down.

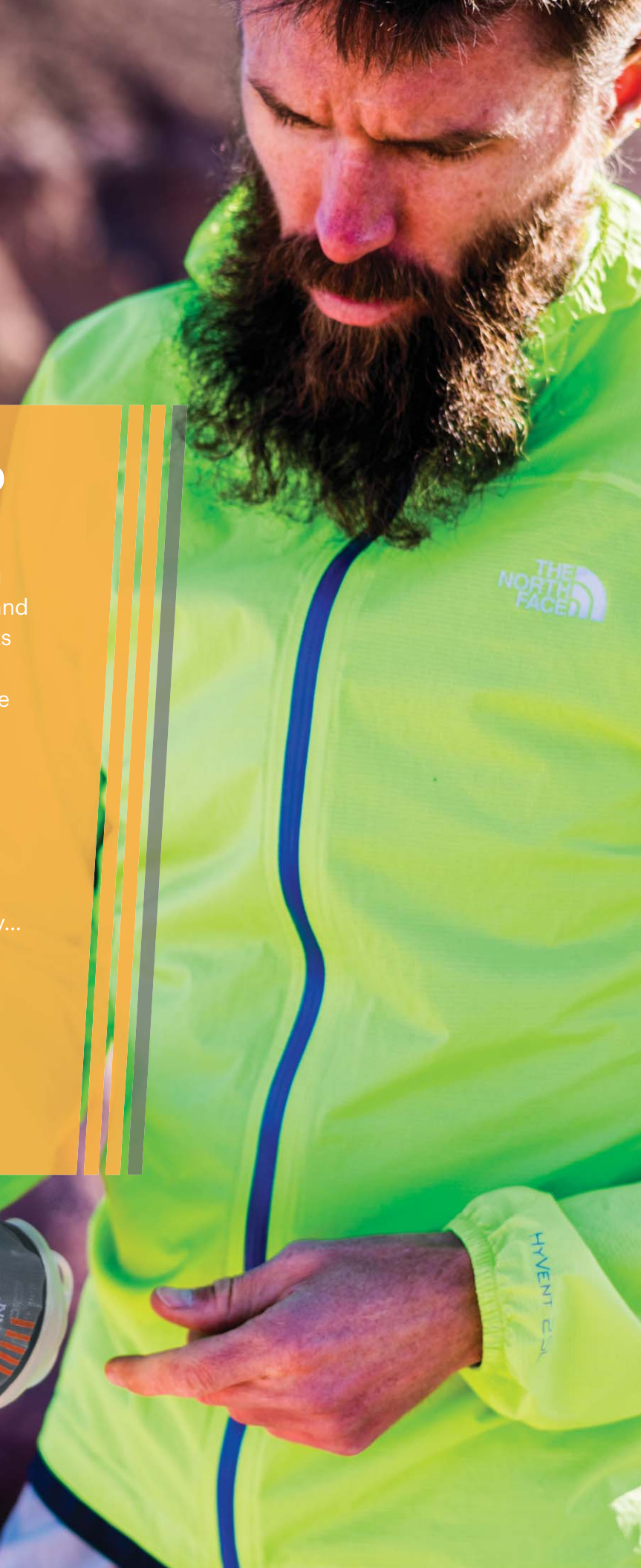


### HYDRATION HANDHELD INNOVATION

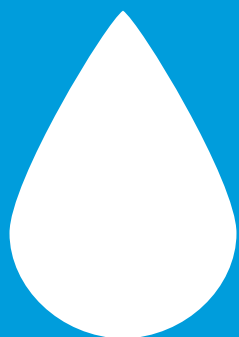
Funny how our best innovations end up being our best sellers. That's why we're combining and expanding some of our most popular products to update our hydration handheld series. Our newest entrants are destined to become some of 2017's must-haves!

The game-changing 12 oz ExoShot soft flask took runners by storm, simply by being the most ergonomic way to carry fluids in your hand. Now for longer runs, we offer the larger 18 oz ExoDraw, which feels just as great in the hand as the ExoShot, but offers more capacity... (6 oz more, to be exact).

There's also the SpeedView Plus Insulated, which combines the first-ever insulated running flask with the ability to hold – and use – large format smartphones.







# Hydration

Building a hydration plan is essential for success. Your body is 60-65% water and **even a 2% loss in body weight due to dehydration can impact performance.** Your body needs fluids pre, during, and post-run in order to **fuel, perform, and recover properly.** No matter what part of the plan you're on, Nathan helps you hydrate and run stronger with a range of products designed to hold up every sip of the way. Check out our **award-winning hydration solutions** in these key sub-categories:

**RACE VESTS**

**HANDHELDS**

**HYDRATION BELTS**

**WAIST PAKS**

**BOTTLES**

**Fuel. Perform. Recover.**





# Race Vests

Nathan continues to lead the pack in hydration for **BOTH MEN AND WOMEN** who need to carry more and run longer. Our **body-mapped designs** hug your torso in all the right places while providing **lightweight storage, a breathable, bounce-free ride, and on-the-fly adjustability for a stable load and a smooth stride.**

Our lineup of gender-specific vests now includes the **VaporKrar** and **VaporHowe** 4L and 12L options. These lightweight, snug, and sized-to-fit race ready vests were **designed in collaboration with world-class champion ultrarunners Rob Krar and Stephanie Howe**, and are geared to meet their demands, as well as the varied needs of runners at every level.

Living up to our reputation for offering a vest for every adventure, we introduce the **25L Journey fastpack**, a large, versatile, and lightweight solution for multi-day escapes.

VaporHowe 4L / VaporKrar 4L / VaporHowe 12L / VaporKrar 12L / VaporAiress / VaporAir / Fireball / Moxy / Grit  
Firestorm / HPL #020 / Intensity / Journey / Replacement Bladders











## GENDER-SPECIFIC FIT GUIDE

A vest for every run and everyone

To help pick the right vest for your various types of long runs, use the handy chart below to compare key product specs of all Nathan vests:

VaporHowe	 <div>10.4 oz 295g</div> <div>FIT FOR WOMEN</div>	<div>STORAGE CAPACITY</div> <div>4L / 244 cu in</div> <div>1.5 Liter bladder compatible"</div> <div>Athlete signature series</div>	 <div>10.4 oz 295g</div> <div>FIT FOR MEN</div>	VaporKrar
Firestorm	 <div>7.4 oz 210 g</div> <div>UNISEX</div>	<div>STORAGE CAPACITY</div> <div>5.5L / 335 cu in</div> <div>2 Liter</div> <div>Great for cycling</div>	 <div>7.4 oz 210 g</div> <div>UNISEX</div>	Firestorm
Intensity	 <div>14.4 oz 408.2 g</div> <div>FIT FOR WOMEN</div>	<div>STORAGE CAPACITY</div> <div>6L / 366 cu in</div> <div>2 Liter</div> <div>The originals</div>	 <div>14.6 oz 413.9 g</div> <div>FIT FOR MEN</div>	HPL #020
Moxy	 <div>9.3 oz 263.7 g</div> <div>FIT FOR WOMEN</div>	<div>STORAGE CAPACITY</div> <div>6L / 366 cu in</div> <div>2 Liter</div> <div>Updated classic</div>	 <div>9.3 oz 263.7 g</div> <div>FIT FOR MEN</div>	Grit

Fireball	 <div>13.3 oz 377 g</div> <div>UNISEX</div>	<div>STORAGE CAPACITY</div> <div>7L / 427 cu in</div> <div>1.5 Liter bladder compatible</div> <div>Includes two insulated 12 oz flasks</div>	 <div>13.3 oz 377 g</div> <div>UNISEX</div>	Fireball
VaporAiress	 <div>13.2 oz 374g</div> <div>FIT FOR WOMEN</div>	<div>STORAGE CAPACITY</div> <div>7L / 427 cu in</div> <div>2 Liter</div> <div>A fan favorite</div>	 <div>14 oz 397 g</div> <div>FIT FOR MEN</div>	VaporAir
VaporHowe	 <div>12oz 340g</div> <div>FIT FOR WOMEN</div>	<div>STORAGE CAPACITY</div> <div>12L / 732 cu in</div> <div>1.8 Liter</div> <div>Athlete signature series</div>	 <div>12 oz 340 g</div> <div>FIT FOR MEN</div>	VaporKrar
Journey	 <div>11lb 14 oz 850g</div> <div>UNISEX</div>	<div>STORAGE CAPACITY</div> <div>25L / 1526 cu in</div> <div>2 Liter</div> <div>High-capacity fast pack</div>	 <div>11lb 14 oz 850g</div> <div>UNISEX</div>	Journey



# STEPHANIE HOWE



**How many world-class athletes do you know who have a doctorate degree?** This is just one way that **Stephanie Howe** shatters expectations for what it means to be a professional athlete. For a self-proclaimed **“type triple-A personality”**, achieving this pinnacle in Nutrition & Exercise Physiology was a no-brainer... a way for her to build on her expertise in a field that she’s passionate about. It’s this level of commitment and drive that fuels her successful coaching and sports nutrition business; not to mention her mind and body when she’s out on the trails. Despite her cheerful and unassuming demeanor, Stephanie is a fierce competitor who has had wild success since bursting onto the ultra scene. Yet, she’s had to learn (sometimes the hard way) just how far and how hard she can push herself before her body pushes back. The balance is delicate, and everything she does off of the trails helps her find it. Her studies, her business, her athletic career and her relationships all play a part in keeping her motivated, energized, and strong in all that she does. We can’t wait to see what her next chapter brings.

# ROB KRAR



**There’s much more to Rob Krar than his world-famous beard** (it has its own twitter account) and amazing ultramarathoning stat sheet. Ever at home on the trails, Rob is constantly seeking new passions and challenges. His affection for outdoor activities such as fly-fishing, rock climbing, and his off-season training sport of choice, ski mountaineering, are what keep him finely tuned both physically and mentally year after year, enabling him to eat up the trails each season with renewed vigor. Yes, Rob has had to fight through injuries. Yes, ultra’s have taken a toll on his body. Yes, 100 miles is a long time for him to be in his own head, even at his ridiculously fast pace. But it’s what he does when he’s not running that fortifies his spirit and motivates him to chase the next “how-the-heck-did-he?” moment. And we’re all fortunate to be along for the ride.



VaporHowe 4L (Compatible with 1.5L Bladder)

NEW

Designed with the demanding specifications of speedy champion ultra runner, Stephanie Howe, this lightweight runner's race vest is snug-fitting yet breathable, designed specifically to fit the female form, and features front hydration bottle pockets.

- >> Includes two 12oz ExoShot soft flasks, with extended straw tubes to easily sip fluids without removing flasks from the front pockets
- >> Apparel-like fit with a lightweight, breathable structure
- >> Front storage for soft flasks, nutrition, smartphones sized up to iPhone 6 Plus, and other essentials
- >> Adjustable sternum straps attach for maximum flexibility and personalized comfort
- >> Rear main pocket with internal bladder pocket is compatible with our patented 1.5L Vapor hydration bladder, with a new design to reduce sloshing
- >> Multiple stash pockets for on-the-go access to essentials

Size: XXS, XS, S, M, L, XL

Weight without Soft Flasks: 6.4 oz / 181g  
Weight with Soft Flasks: 10.4 oz / 295g  
Storage Capacity: 244 cu in / 4 Liter



"Go far AND fast!"



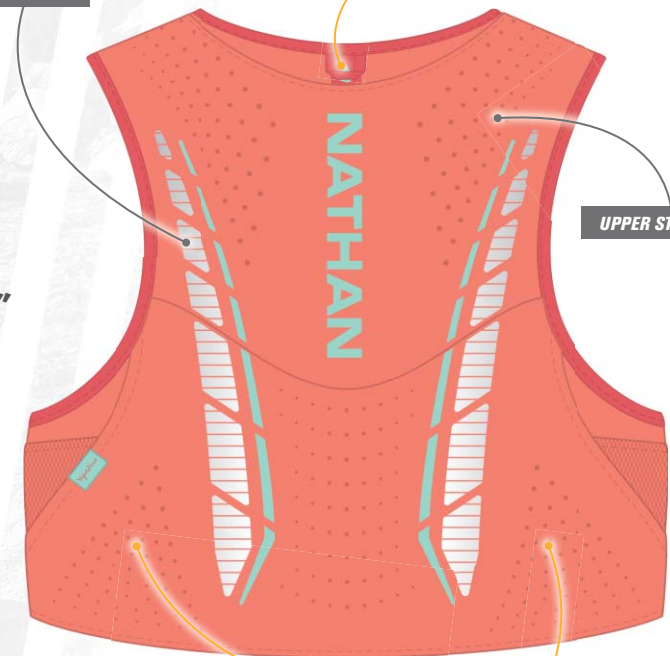
12oz SOFT FLASKS WITH STRAW TUBES

UP TO 22 oz / 650 mL BOTTLE POCKET

REFLECTIVE TRIMS

MAIN POCKET

UPPER STASH



BACK STASH POCKET

FUSION CORAL  
XX-SMALL - NS4537-0253-29  
X-SMALL - NS4537-0253-31  
SMALL - NS4537-0253-32  
MEDIUM - NS4537-0253-33  
LARGE - NS4537-0253-34  
X-LARGE - NS4537-0253-35

VaporKrar 4L (Compatible with 1.5L Bladder)

NEW

Designed in collaboration with champion ultra runner and renowned minimalist, Rob Krar, this lightweight runner's race vest is form-fitting yet breathable, designed specifically to fit the male torso, and features front hydration bottle pockets.



"Eat up trails like a Krarnivore!"



12oz SOFT FLASKS WITH STRAW TUBES

UP TO 22 oz / 650 mL BOTTLE POCKET

REFLECTIVE TRIMS

MAIN POCKET

UPPER STASH



BACK STASH POCKET

STEEL GRAY  
X-SMALL - NS4535-0198-31  
SMALL - NS4535-0198-32  
MEDIUM - NS4535-0198-33  
LARGE - NS4535-0198-34  
X-LARGE - NS4535-0198-35

- >> Equipped with two 12oz ExoShot soft flasks, with extended straw tubes to easily sip fluids without removing flasks from the front pockets
- >> Apparel-like fit with a lightweight, breathable structure
- >> Front storage for soft flasks, nutrition, smartphones sized up to iPhone 6 Plus, and other essentials
- >> Adjustable sternum straps attach for maximum flexibility and personalized comfort
- >> Rear main pocket with internal bladder pocket is compatible with our patented 1.5L Vapor hydration bladder, with a new design to reduce sloshing
- >> Multiple stash pockets for on-the-go access to essentials

Size: XS, S, M, L, XL

Weight w/o Soft Flasks: 6.4 oz / 181g  
Weight with Soft Flasks: 10.4 oz / 295g  
Storage Capacity: 244 cu in / 4 Liters



VaporHowe 12L (1.8L Bladder)

NEW

Developed with the precise specifications and endurance testing of record-setting ultra runner, Stephanie Howe, this women's-specific, body-mapped runners' vest is race-ready and built for the long haul

- >> Includes our new 1.8L Vapor hydration bladder, with a new design to reduce sloshing
- >> Apparel-like fit with a lightweight, breathable structure
- >> Compression system tightens the load against your back for stability
- >> Front storage for soft flasks, nutrition, smartphones sized up to iPhone 6 Plus, and other essentials
- >> Adjustable sternum straps attach for maximum flexibility and personalized comfort
- >> Rear bladder pocket is easy to access on-the-go
- >> Main rear zippered pocket with internal stash pocket
- >> Multiple stash pockets for quick on-the-go access to essentials

Size: XXS, XS, S, M, L, XL

Weight: 12 oz / 340g (weight includes bladder)  
Storage Capacity: 732 cu in / 12 Liters



"Be your own aid station"



ZIPPERED PHONE POCKET

UP TO 22 oz / 650 mL BOTTLE POCKET



BLADDER POCKET

LARGE EXTERNAL STASH POCKET

REFLECTIVE TRIMS

COMPRESSION SYSTEM

BLUE RADIANCE  
XX-SMALL - NS4538-0042-29  
X-SMALL - NS4538-0042-31  
SMALL - NS4538-0042-32  
MEDIUM - NS4538-0042-33  
LARGE - NS4538-0042-34  
X-LARGE - NS4538-0042-35

NEW

VaporKrar 12L (1.8L Bladder)

Developed with the demanding specifications and endurance testing of world-class ultra runner, Rob Krar, this men's-specific, body-mapped runners' vest is the ideal companion for those longer adventures and training days where there are no aid stations.



ZIPPERED PHONE POCKET

UP TO 22 oz / 650 mL BOTTLE POCKET

"Fits like a glove"

- >> Includes our patented 1.8L Vapor hydration bladder, with a new design to reduce sloshing
- >> Apparel-like fit with a lightweight, breathable structure
- >> Compression system tightens the load against your back for stability
- >> Front storage for soft flasks, nutrition, smartphones sized up to iPhone 6 Plus, and other essentials
- >> Adjustable sternum straps attach for maximum flexibility and personalized comfort
- >> Rear bladder pocket is easy to access on-the-go
- >> Main rear zippered pocket with internal stash pocket
- >> Multiple stash pockets for quick on-the-go access to essentials

Size: XS, S, M, L, XL

Weight: 12 oz / 340g (weight includes bladder)  
Storage Capacity: 732 cu in / 12 Liters



BLADDER POCKET

LARGE EXTERNAL STASH POCKET

REFLECTIVE TRIMS

COMPRESSION SYSTEM

BLUE STONE  
X-SMALL - NS4536-0045-31  
SMALL - NS4536-0045-32  
MEDIUM - NS4536-0045-33  
LARGE - NS4536-0045-34  
X-LARGE - NS4536-0045-35



VaporAiress 7L (With 2L Bladder)

The lightest-weight women’s Race Vest option in our red-hot Vapor Series lineup brings the ideal balance of storage capacity, functionality, and weight to even the most demanding endurance athletes we work with. Trust us, our ladies tell it like it is!



“Super lightweight women’s race vest”



**+** BLACK / FUSION CORAL  
XX-SMALL - NS4527-0248-29  
X-SMALL - NS4527-0248-31  
SMALL / MEDIUM - NS4527-0248-10  
LARGE / XL - NS4527-0248-30



**COCKATOO**  
XX-SMALL - NS4527-0067-29  
X-SMALL - NS4527-0067-31  
SMALL / MEDIUM - NS4527-0067-10  
LARGE / XL - NS4527-0067-30

**CORE**

Weight: 13.2 oz / 374 g (weight includes bladder)  
Storage Capacity: 427 cu in / 7 Liters without bladder  
305 cu in / 5 Liters with bladder

VaporAir 7L (With 2L Bladder)

The lightest-weight men’s Race Vest in the award-winning Vapor Series brings an ideal balance of weight, storage capacity, and durability to even the most weight-conscious distance runners.



“Super lightweight men’s race vest”



- >> Over-the-shoulder load lifters keep water and gear close to the body for maximum no-bounce comfort
- >> Body-mapped, super-breathable materials for maximum comfort
- >> Equipped with a 2L bladder with quick-release valve
- >> Two easy-access front bottle pockets
- >> Front right stretch mesh stash pocket holds several gels
- >> Front left pocket with “wipe clean” surface for easy storing of gel empties
- >> Water-resistant pill pocket
- >> Front zip smart phone-compatible pocket
- >> Side stretch mesh pockets fit most smart phones
- >> Soft-touch, no-chafe elastic perimeter binding
- >> Reflective hits for runs that last from dusk to dawn
- >> Rear external shock cord for increased capacity

**Size: XS (30 in to 35 in chest)**  
**(76 cm to 89 cm)**  
**S/M (33 in to 39 in chest)**  
**(84 cm to 99 cm)**  
**L/XL (37 in to 44 in chest)**  
**(94 cm to 112 cm)**



**+** BLACK / SAFETY YELLOW  
X-SMALL - NS4532-0028-31  
SMALL / MEDIUM - NS4532-0028-10  
LARGE / XL - NS4532-0028-30

**CORE**

Weight: 14 oz / 397 g (weight includes bladder)  
Storage Capacity: 427 cu in / 7 Liters without bladder  
305 cu in / 5 Liters with bladder



**ELECTRIC BLUE LEMONADE**  
X-SMALL - NS4532-0077-31  
SMALL / MEDIUM - NS4532-0077-10  
LARGE / XL - NS4532-0077-30



# Fireball



## Ultralight Race Vest



### Fireball 7L (Compatible with 1.5L Bladder)

Ultra-lightweight Race Vest designed for the long-distance runner with minimalist sensibilities. Comes with two 12 oz / 355 mL insulated SpeedShot™ Flasks for the front pockets, and is compatible with a 1.5L bladder.

“Like the Firecatcher, only bigger”



“Includes two 12 oz Insulated SpeedShot flasks”

COCKATOO  
NS5036-0067-00  
**CORE**



BLUESTONE  
NS5036-0045-00  
**CORE**

- >> Comes with two 12 oz insulated SpeedShot Flasks with Push-Pull Blast Valves
- >> 1.5L bladder compatible (not included)
- >> Expandable main zippered pocket for easy access to your gear
- >> Phone Pocket fits up to iPhone 6
- >> Large pill pocket
- >> Front expandable mesh pockets provide storage for gels, nutrition, and other running essentials
- >> Reflective trims for greater visibility
- >> Slide-adjustable chest strap for perfect placement and bounce-free ride

Weight: 13.3 oz / 377 g (w/ bottles), 8.3 oz / 235 g (without bottles)  
Storage Capacity: 427 cu in / 7 Liters

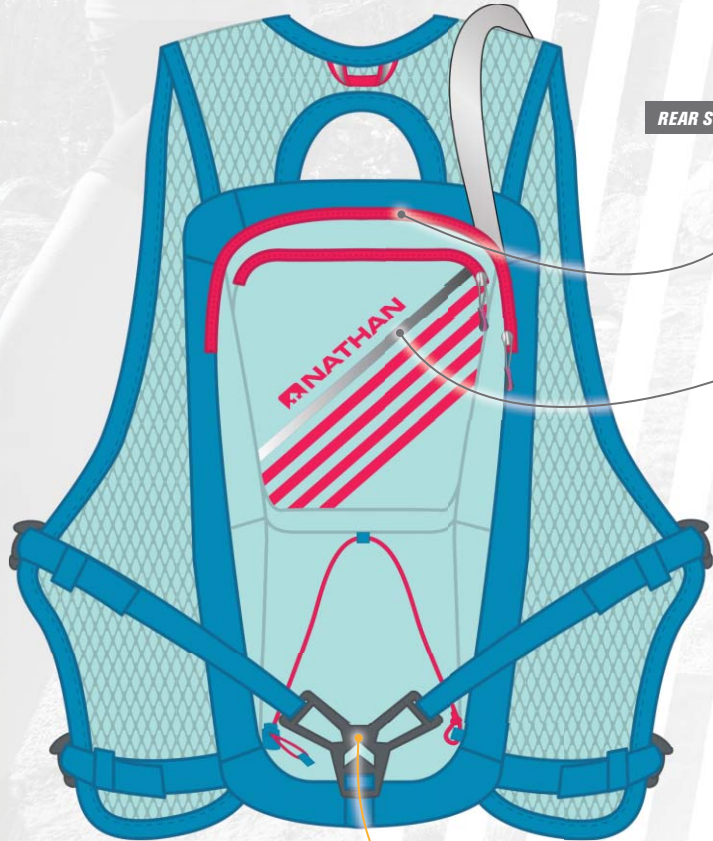
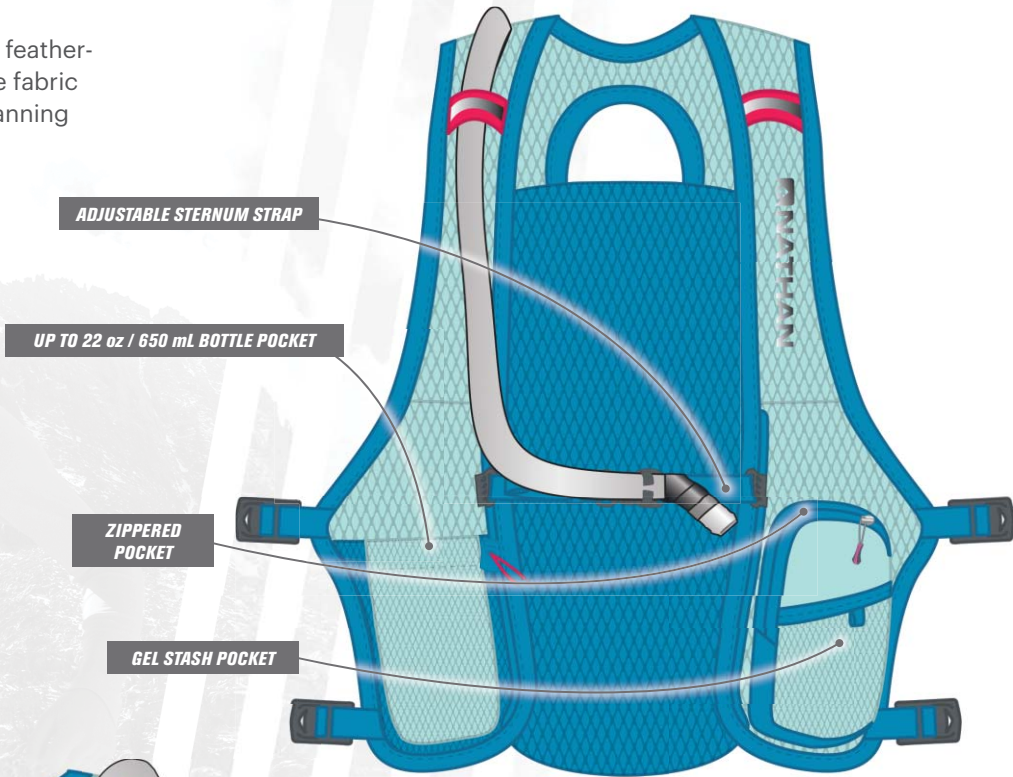
Size: OSFM

00-001



Moxy 6L (With 2L Bladder)

Designed for female runners, this feather-weight hydration vest has durable fabric and strategic storage for runs spanning from 10 to 100 miles.



BLUE LIGHT / BLUE DANUBE  
NS5035-0040-00

3-WAY PROPULSION HARNESS

- >> Designed specifically to fit the female form
- >> Patented 3-way Propulsion Harness™ stabilizes side-to-side / up-down movement of bladder and other contents for a bounce-free ride
- >> Equipped with a 2L bladder with quick-release valve
- >> Highly breathable wall mesh shoulder straps
- >> Slide-adjustable chest strap for perfect placement and bounce-free ride
- >> Front bottle pocket and front zip smart phone-compatible pocket
- >> Mesh stash pocket over left front pocket fits several gels
- >> Rear external shock cord for increased capacity
- >> Internal rear stash pocket and key ring clip
- >> Easy on / off with full side adjustability
- >> Reflective trims

Weight: 9.3 oz / 263.7 g (weight includes bladder)  
Storage Capacity: 366 cu in / 6 Liters without bladder  
269 cu in / 4.4 Liters with bladder

Size: OSFM

Grit 6L (With 2L Bladder)

Built upon the classic Nathan HPL #020, the Grit offers all the fabulous features of the iconic Nathan best-seller, now updated with lighter-weight materials and a new shape.



- >> Patented 3-way Propulsion Harness™ stabilizes side-to-side / up-down movement of bladder and other contents for a bounce-free ride
- >> Equipped with a 2L bladder with quick-release valve
- >> Highly breathable wall mesh shoulder straps
- >> Slide-adjustable chest strap for perfect placement and bounce-free ride
- >> Front bottle pocket and front zip smart phone-compatible pocket
- >> Mesh stash pocket over left front pocket fits several gels
- >> Rear external shock cord for increased capacity
- >> Internal rear stash pocket and key ring clip
- >> Easy on / off with full side adjustability
- >> Reflective trims

Weight: 9.3 oz / 263.7 g (weight includes bladder)  
Storage Capacity: 366 cu in / 6 Liters without bladder  
269 cu in / 4.4 Liters with bladder

Size: OSFM



ELECTRIC BLUE LEMONADE  
NS5034-0078-00



# Firestorm



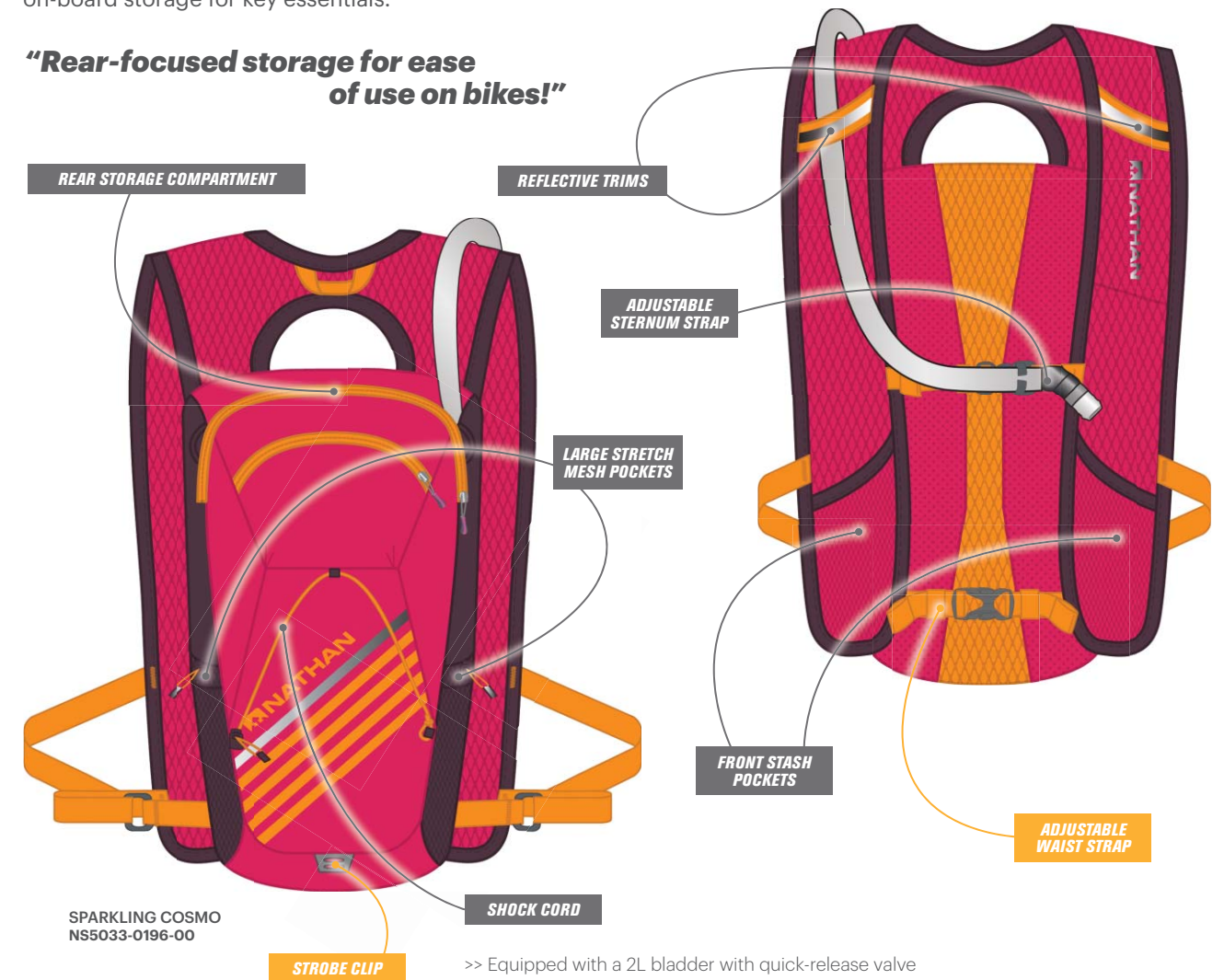
## Run / Bike Vest



### Firestorm 5.5L (With 2L Bladder)

A versatile, lightweight solution for both the runner and cyclist to carry water on the back, with thoughtfully-placed, on-board storage for key essentials.

**“Rear-focused storage for ease of use on bikes!”**



SPARKLING COSMO  
NS5033-0196-00



BLACK  
NS5033-0015-00

00-580

- >> Equipped with a 2L bladder with quick-release valve
- >> Organizer pocket with key ring clip inside upper back pocket
- >> Slide-adjustable chest strap for perfect placement and bounce-free ride
- >> Large side stretch mesh stash pockets hold bottles or gear
- >> Easy on / off with full side adjustability
- >> Front stash pockets with Velcro tab closure fits several gels
- >> Helmet loops at upper side back of vest
- >> Rear external shock cord for increased capacity
- >> Highly breathable wall mesh shoulder straps
- >> Reflective trims
- >> Rear strobe clip for safety

Weight: 7.4 oz / 210 g (weight includes bladder)  
Storage Capacity: 335 cu in / 5.5 Liters

Size: OSFM



HPL #020 6L (With 2L Bladder)

Nathan’s iconic featherweight hydration vest comes with a light and breathable perforated back panel to make your next 100-miler a breeze.

- >> Patented 3-way Propulsion Harness™ stabilizes side-to-side / up-down movement of bladder and other contents for a bounce-free ride
- >> Highly breathable wall mesh shoulder straps
- >> Front bottle pocket and front zip smart phone-compatible pocket
- >> Mesh stash pouch over left front pocket fits several gels or empties
- >> Rear external shock cord for increased capacity
- >> Internal rear stash pocket and key ring clip
- >> Easy on / off with full side adjustability
- >> Reflective trims

Weight: 14.6 oz / 413.9 g (weight includes bladder)  
Storage Capacity: 366 cu in / 6 Liters without bladder,  
269 cu in / 4.4 Liters with bladder

Size: OSFM



00-001

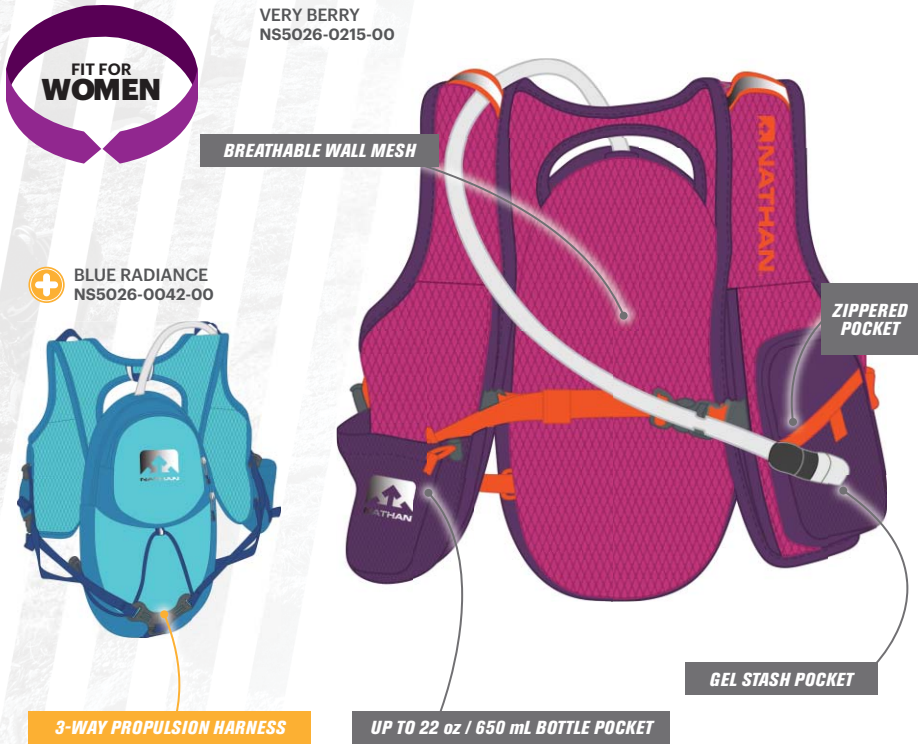
Intensity 6L (With 2L Bladder)

This iconic, female-friendly featherweight hydration vest comes with a light and breathable perforated back panel.

- >> Designed specifically to fit the female form
- >> Patented 3-way Propulsion Harness™ stabilizes side-to-side / up-down movement of bladder and other contents for a bounce-free ride
- >> Highly breathable wall mesh shoulder straps
- >> Front bottle pocket and front zip smart phone-compatible pocket
- >> Stash pocket over left front pocket fits several gels
- >> Rear external shock cord for increased capacity
- >> Internal rear stash pocket and key ring clip
- >> Easy on / off with full side adjustability
- >> Reflective trims

Weight: 14.4 oz / 408.2 g (weight includes bladder)  
Storage Capacity: 366 cu in / 6 Liters without bladder,  
269 cu in / 4.4 Liters with bladder

Size: OSFM



00-001

Journey 25L (With 2L Bladder)

NEW

Our largest-capacity pack is built for explorers! Rugged construction and multiple storage options enables use from the desert to the mountains. Perfect for long treks, unaided ultra races, or even a weekend outdoor getaway. This versatile fastpack adjusts to fit comfortably and provides adventurers with quick access to hydration, gear, and other essentials.

- >> Sized for a comfortable fit, with load lifters, adjustable sternum system, and padded shoulders
- >> Equipped with a 2L bladder with quick-release valve
- >> Pack ends at natural waistline to keep the load positioned high for comfort
- >> Padded and breathable back panel forms to the shape of your back
- >> Side compression straps to stabilize the load
- >> Removable back pad for dialed-in comfort
- >> Front straps feature storage for bottles, nutrition, smartphones sized up to iPhone 6 Plus, and other essentials
- >> Expandable top opening, and top/back access to main compartment
- >> Rear external stash pockets and daisy chain system
- >> Internal organization pockets, including tent pole pouches
- >> Side trekking pole attachments
- >> Pack cover

Weight without bladder: 11lb 10 oz / 737 g  
Weight with bladder: 11lb 14oz / 850 g  
Storage Capacity: 1,525 cu in/25 Liters

Size: XS, S/M, L/XL



BLACK/SAFETY YELLOW  
X-SMALL - NS4534-0028-31  
SMALL / MEDIUM - NS4534-0028-10  
LARGE / XL - NS4534-0028-30



00-002

Replacement Bladders

BPA-free hydration bladders with high-flow bite valves and large, easy-fill openings now come with quick-release hoses for convenient cleaning and faster set-up in your favorite Nathan Race Vest.

Replacement Bladder (1.5 L)



NS4555-0153-015L1

00-030

Replacement Vapor Bladder (1.8 L)



NS4552-0153-020L1

00-530

Replacement Bladder (2 L)



NS4552-0153-020L1

00-230





# Handhelds

We continue to push innovation and technology as we expand our **lightweight, ergonomic, and grip-free handheld lineup.**

The super-ergonomic **12 oz ExoShot** soft flask was a breakout star last season, and its new big brother, the **18oz ExoDraw**, has the same great hand feel and efficient, grip-free carrying strap.

Building on the success of our first-ever double-wall insulated running flask featured in the **SpeedDraw Plus Insulated** and **SpeedShot Plus Insulated**, we now introduce the handy **SpeedView Plus Insulated 18 oz**, allowing you to interact with your smartphone while on a run.

ExoShot / ExoDraw / SpeedDraw Plus Insulated / SpeedShot Plus Insulated / SpeedMax Plus / SpeedShot Plus QuickShot Plus / SpeedView Insulated

*Taking handheld hydration to the next level of comfort and efficiency.*

## ExoShot (12 oz / 355 mL)



Our new soft flask with integrated hand strap creates ideal running efficiency! The grip-free, design features a patented ExoSpine™ to maximize comfort as the water level decreases.

- >> 12 oz / 355 mL BPA-free soft flask with bite valve keeps liquids from escaping
- >> The rigid ExoSpine™ creates superior hand feel and support for the soft flask
- >> Ergo-designed hand strap provides grip-free comfort, and maximizes running efficiency
- >> Hand strap is removable, allowing soft flask to be used in most Nathan hydration vest pockets
- >> Removable neoprene sleeve offers insulation and a tactile, sweat-free grip surface
- >> Expandable stash pocket for nutrition and other small items

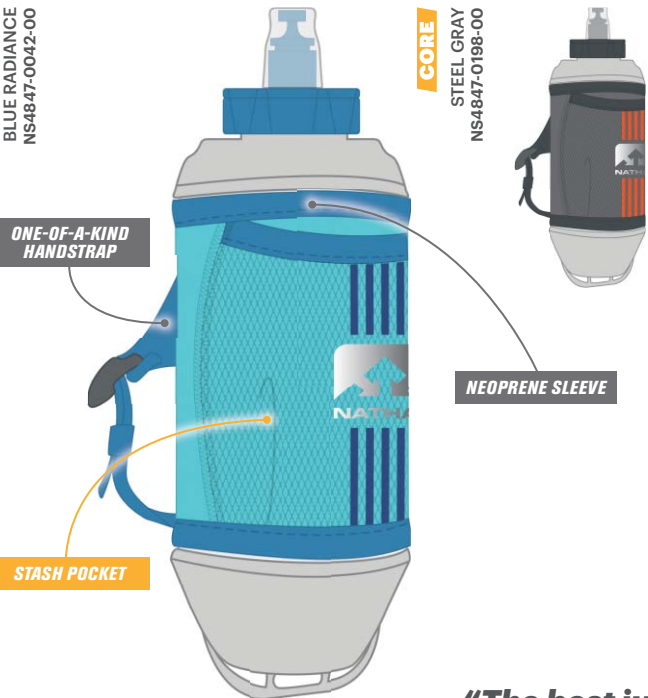
Weight: 2.6 oz / 73 g (w/ bottle)  
Storage Capacity: 3 cu in / 0.05 Liters

*“Superior hand feel and ergo-efficiency”*

00-040

## ExoDraw (18 oz / 535 mL)

NEW



Our game-changing soft flask now holds even more fluid! At 18 ounces, the new ExoDraw features an integrated hand strap for ideal running efficiency, and a rigid ExoSpine™ to maximize comfort as the fluid level decreases.

- >> 18 oz / 532 mL BPA free soft flask with bite valve to keep liquids from escaping
- >> The rigid ExoSpine™ creates superior hand feel and support for the soft flask
- >> Ergo-designed hand strap provides grip-free comfort, and maximizes running efficiency
- >> Hand strap is removable, allowing soft flask to be used in Nathan hydration vest pockets
- >> Removable neoprene sleeve offers insulation and a tactile, sweat-free grip surface
- >> Expandable stash pocket for small items or nutrition

Weight: 3.6 oz/ 102 g (w/ bottle)  
Storage Capacity: 3 cu in/0.05 Liters

*“The best just got bigger”*

00-050



SpeedDraw Plus Insulated (18 oz / 535 mL)



00-530

- The most functional and comfortable insulated Flask ever! Our ergo-shaped SpeedDraw™ Flask with Fire & Ice™ technology allows for both the most natural grip possible and easy-squeeze access to fluids.
- >> 18 oz / 535 mL double-wall insulated and hi-viz reflective SpeedDraw Flask with Race Cap offers quick bursts of fluid and keeps liquids cooler longer
  - >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for visibility in low-light conditions
  - >> Double-wall construction keeps fluids cooler 20% longer than other insulated bottles
  - >> Fully-adjustable hand strap with thumbhole enables grip-free running
  - >> Large, expandable, zippered pocket sized to fit up to an iPhone 6®, keys, cash, food, and more

Weight: 3.9 oz / 110.6 g (w/ bottle)  
Storage Capacity: 12.7 cu in / 0.21 Liters

“18 oz / 535 mL insulated handheld”



SpeedShot Plus Insulated (12 oz / 355 mL)



00-030

- Comfort and safety meet convenience with this new 12 oz insulated flask with Fire & Ice™ technology. Lightweight and grip-free, it's great for shorter to mid-distance runs.
- >> 12 oz / 355 mL double-wall insulated and hi-viz reflective SpeedShot Flask with Push-Pull Blast Valve™ cap
  - >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for visibility in low-light conditions
  - >> Double-wall construction keeps fluids cooler 20% longer than other insulated bottles
  - >> Fully-adjustable hand strap with chafe-free thumbhole enables grip-free running
  - >> Expandable zippered pocket for nutrition, keys, and small essentials

Weight: 3.42 oz / 97 g (w/ bottle)  
Storage Capacity: 8.5 cu in / 0.14 Liters

“12 oz / 355 mL insulated handheld”



PG 32

SpeedShot Plus Insulated

Because Warm Isn't Cool.



- >> Insulated hydration to keep water cooler, longer
- >> Reflective material for greater nighttime visibility



SpeedMax Plus (22 oz / 650 mL)



- Lightweight and ergonomic, our new 22 oz handheld flask is the perfect training partner for longer runs. Add ice easily with the large cap opening and enjoy the high volume flow of the Push-Pull Blast Valve™ cap.
- >> 22 oz / 650 mL ergo SpeedDraw Flask with Push-Pull Blast Valve cap
  - >> Large cap opening to easily add ice-cubes
  - >> Fully-adjustable hand strap with chafe-free thumbhole enables grip-free running
  - >> Expandable zippered pocket for small essentials
  - >> Internal and External stash pockets for small items
  - >> Fits up to iPhone 6

Weight: 4 oz / 115 g (w/ bottle)  
Storage Capacity: 10 cu in / 0.16 Liters

“22 oz / 650 mL flask for longer efforts”



SpeedShot Plus (12 oz / 355 mL)

NEW



- This convenient handheld flask is a great piece of add-on hydration for short to mid-distance runs.
- >> 12 oz / 355 mL Ergo Flask with TPE grip to prevent sweating, and Push-Pull Blast Valve™ cap
  - >> Fully-adjustable hand strap with chafe-free thumbhole enables grip-free running
  - >> Expandable zippered pocket for nutrition, keys, and small essentials

Weight: 3.4 oz / 96 g (w/ bottle) Storage Capacity: 8.5 cu in/0.14 Liters



“Great size for vest front pockets”

QuickShot Plus (10 oz / 300 mL)



- Featherlight zippered pocket allows for on-the-go storage of smaller items like keys, ID, and nutrition.
- >> 10 oz / 300 mL Flask with Race Cap offers quick bursts of fluid for short distances
  - >> Fully-adjustable hand strap with thumbhole enables grip-free running
  - >> Expandable zippered pocket for nutrition, keys, and small essentials

Weight: 2.7 oz / 76.5 g  
Storage Capacity: 8.5 cu in / 0.14 Liters

“QuickShots of color!”

SpeedView Insulated (18 oz / 535 mL)

NEW



- Keep fluids cooler, longer, while easily managing your phone, apps, and music with this versatile smartphone carrier and insulated flask combination.
- >> 18 oz / 535 mL double-wall insulated and hi-viz SpeedDraw Flask with Push-Pull Blast Valve cap offers quick bursts of fluid and keeps liquids cooler longer
  - >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for added visibility in low-light conditions
  - >> Double-wall construction keeps fluids cooler 20% longer than other insulated bottles
  - >> Zippered pocket with see-thru conductive touchscreen technology keeps your phone and other running essentials protected, while allowing you to see your splits, playlist, and incoming messages
  - >> Fully-adjustable hand strap with chafe-free thumbhole enables grip-free running
  - >> Internal and external stash pockets for small items
  - >> Headphone port located at the bottom to accommodate audio jack.
  - >> Fits smartphones sized up to iPhone 6

Weight: 3.8 oz / 108 g  
Storage Capacity: 13.2 cu in / 0.2 Liters

“The coolest way to carry your phone. Literally!”







# Hydration Belts

Our popular and award-winning hydration belts got a makeover!

Building off of the wild success of the **TrailMix series**, the **Switchblade 12 oz and 24 oz belts** offer a bounce-free, chafe-free ride with smartphone storage and easy one-handed access to hydration. But now you can **move the location of the flasks** for a more customized fit. And as a result of new race day features, you'll be even more ready when you toe the line. For those who need just a little hydration and a lot of phone, we bring you the **Swift Plus**, designed with the minimalist runner in mind.

Switchblade 12 oz / Switchblade 24 oz / TrailMix Plus / Swift Plus / TrailMix Plus Insulated



## Switchblade (12 oz / 355 mL)

NEW

BLACK  
NS4524-0015-00



FUSION CORAL  
NS4524-0253-00



“Switch it up!”

KENTUCKY BLUE  
NS4524-0255-00



00-040

Our new race-ready hydration belt lets you choose where to position the 12 oz SpeedShot Flask, for quick one-handed access to your hydration.

- >> 12 oz/355 mL SpeedShot Flask with new TPE hand grip inserts.
- >> Moveable holster allows you to position the flask's ideal location for your own customized, one-handed access to hydration
- >> Zip pocket for running essentials, compatible with iPhone 6 Plus
- >> Race-ready features include gel loops, gel trash stash pocket

Weight: 7.3 oz / 207 g (w/bottle)  
Storage Capacity: 33 cu in/0.5 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)



## Switchblade (24 oz / 709 mL)

NEW

BLUE RADIANCE  
NS4529-0042-00



BLACK **CORE**  
NS4529-0015-00



FUSION CORAL  
NS4529-0253-00



TOMATO  
NS4529-0257-00



“Water where you want it”

00-050

Customize your hydration with two moveable 12 oz SpeedShot Flasks on this race-ready, bounce-free belt.

- >> Two 12 oz/355 mL SpeedShot Flasks with new embedded hand grip inserts.
- >> Moveable holsters allow you to position the ideal flask locations for your own personalized, one-handed access to hydration
- >> Zip pocket for running essentials, compatible with iPhone 6 Plus
- >> Race-ready features include gel loops, gel trash stash pocket

Weight: 9.1 oz/258 g (w/ bottle)  
Storage Capacity: 33 cu in/0.5 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

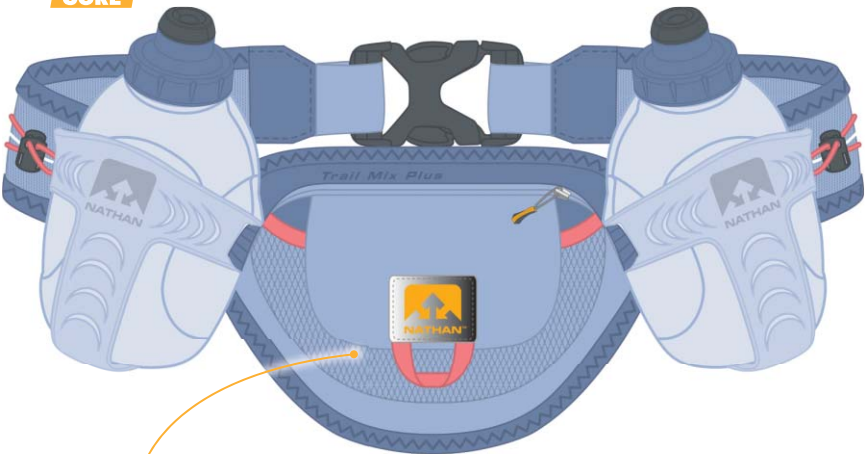




Trail Mix Plus (20 oz / 600 mL)

KENTUCKY BLUE  
NS4637-0255-00  
CORE

“The best just got bigger”



NEW, LARGER STORAGE POCKET

COCKATOO  
NS4637-0067-00



00-050

BLUESTONE  
NS4637-0045-00



BLACK / SAFETY YELLOW  
NS4637-0028-00  
CORE



- The best-selling, fully-adjustable, bounce-free, two-flask hydration belt on the market.
- >> Ergo-shaped, soft monofilament belt offers multi-directional stretch that eliminates bounce
  - >> SpeedFit™ holsters provide easy, one-handed, on-the-fly access to hydration and nutrition
  - >> Two 10 oz / 300 mL Flasks with Push-Pull caps
  - >> Zip pocket with front stash pouch for gels, compatible with iPhone 6 Plus
  - >> Two shock cords with one-pull tension lock at sides for extra capacity
  - >> Reflective trims
  - >> Elastic keepers neatly hold excess straps

Weight: 9.1 oz / 258 g  
Storage Capacity: 33 cu in / 0.5 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)



Swift Plus (10 oz / 300 mL)

NEW

BLUE RADIANCE  
NS4523-0042-00



BLACK  
NS4523-0015-00  
CORE



00-030

TOMATO  
NS4523-0257-00



“Run light, run swift”

Our race-ready, bounce-free belt features one 10oz flask, plus a zippered pocket that fits running essentials and smartphones sized up to iPhone 6 Plus.

- >> 10 oz / 300 mL flask with Push-Pull Cap for quick access to fluids. Angled holster provides easy one-handed access to hydration
- >> Extended side panels hug the body comfortably for a custom fit and bounce-free ride
- >> Zip pocket for running essentials, compatible with iPhone 6 Plus
- >> Race-ready features include gel loops, gel trash stash pocket, and race number attachments

Weight: 7 oz/224 g (w/ bottle)  
Storage Capacity: 33 cu in/0.5 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)



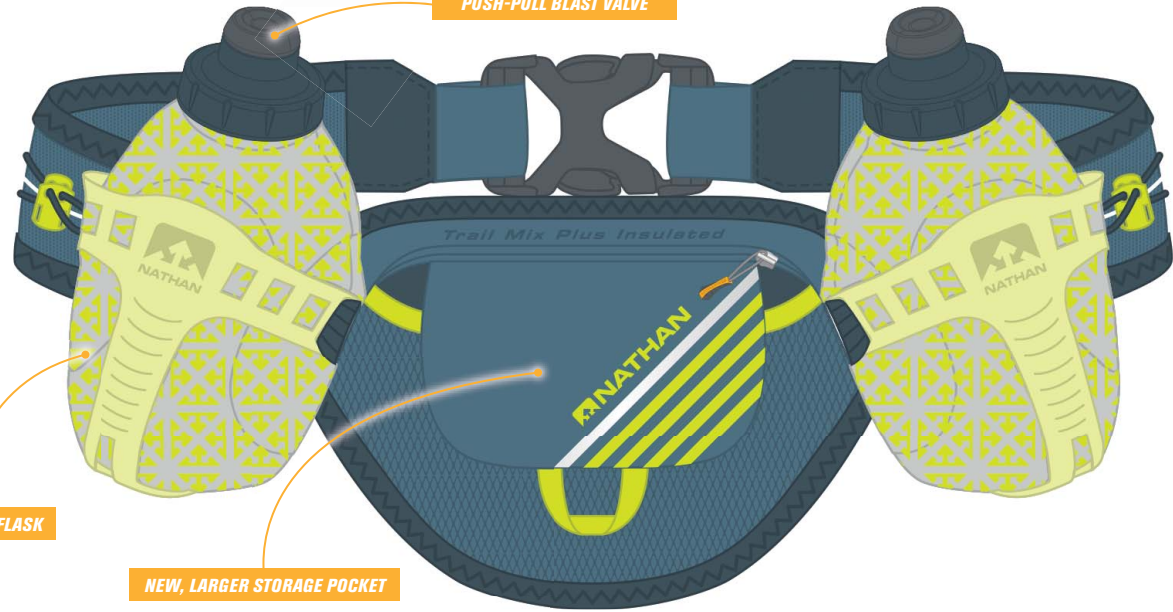
Trail Mix Plus Insulated

BLUESTONE  
NS4638-0045-00



INSULATED FLASK

PUSH-PULL BLAST VALVE



NEW, LARGER STORAGE POCKET

BLACK / SAFETY YELLOW  
NS4638-0028-00  
CORE



VIVACIOUS  
NS4638-0219-00



“The coolest belt - literally”

Our best-selling hydration belt now comes equipped with two 10 oz Fire & Ice Reflective and Insulated Flasks to keep water cooler, longer.

- >> Ergo-shaped, soft monofilament belt offers multi-directional stretch that eliminates bounce
- >> SpeedFit™ holsters provide easy, one-handed, on-the-fly access to hydration and nutrition
- >> Two 10 oz / 300 mL insulated Flasks with Push-pull blast valve
- >> Zip pocket with front stash pouch for gels, compatible with iPhone 6 Plus
- >> Two shock cords with one-pull tension lock at sides for extra capacity
- >> Elastic keepers neatly hold excess straps
- >> Reflective trims for greater visibility

Weight: 10.2 oz / 289 g  
Capacity: 33 cu in / 0.5 Liters







# Waist Paks

Every Nathan waist pak is designed to give you the **ideal combination of easily accessible bounce-free hydration and superior storage options.** Designed with ultra running champion Rob Krar's exacting specifications in mind, we introduce the new VaporKrar Waist Pak... comfortable, lightweight, easy to reach hydration at the small of your back.

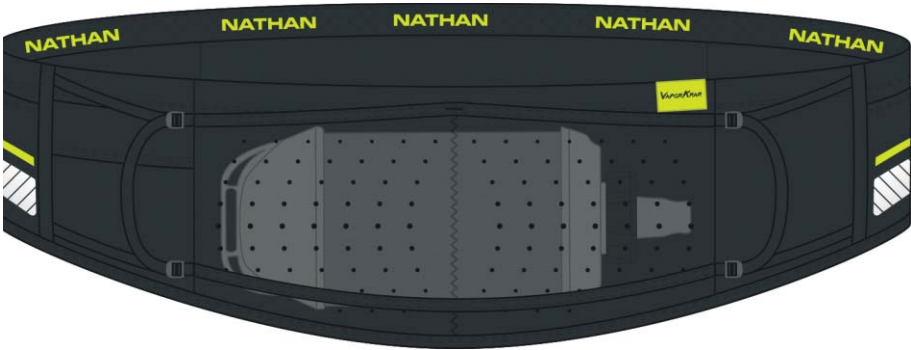
VaporKrar / Peak / Peak Insulated



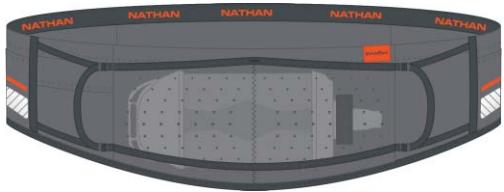
## VaporKrar (18 oz / 500 mL)

NEW

BLACK  
XX-SMALL / X-SMALL - NS4913-0015-05  
SMALL / MEDIUM - NS4913-0015-10  
LARGE / X-LARGE - NS4913-0015-30



*“Even the fastest runners love it”*



STEEL GRAY  
XX-SMALL / X-SMALL - NS4913-0198-05  
SMALL / MEDIUM - NS4913-0198-10  
LARGE / X-LARGE - NS4913-0198-30



00-060

Renowned minimalist ultra runner, Rob Krar, doesn't like to wear anything around his waist. So he helped us develop a waist pak that even he loves to wear. Comfort and high-performance merge with this super lightweight, form-fitting waist pak that features our new 18 oz soft flask.

- >> Includes our new 18 oz soft flask with bite valve to keep liquids from escaping
- >> Step-through design fits comfortably around your waist and provides a bounce-free ride, even at top speed
- >> Top perimeter elastic with gripper ensures a secure fit
- >> Front zippered pocket fits smartphones sized up to iPhone 6 Plus
- >> Center back pocket with lightweight compression system holds included soft flask, plus nutrition, a light jacket, or other essentials.
- >> Expandable side stash pockets for small running essentials
- >> Hidden key pocket

Weight without Soft Flask: 2.1 oz / 59 g  
Weight with Soft Flask: 4.5 oz / 127 g

Size: XXS/XS, S/M, L/XL



HYDRATION



Peak (18 oz / 535 mL)

BLACK **CORE**  
NS4873-0015-00



**“Features 18 oz  
SpeedDraw™  
Flask!”**

**+** BLUE RADIANCE  
NS4873-0042-00



00-040



Keep our SpeedDraw™ Flask close-at-hand and in place with this lightweight pak that sits comfortably on the waist.

- >> 18 oz / 535 mL ergo-shaped SpeedDraw Flask with Push-Pull Cap
- >> Angled bottle holder allows easy one-handed access and bounce-free ride
- >> Extended side panels hug the body comfortably for a perfect fit
- >> Expandable zippered stretch pocket keeps essentials protected
- >> Pocket fits iPhone 6 Plus
- >> External shock cord system for extra storage options

Weight: 6.5 oz / 184 g  
Storage Capacity: 23 cu in / 0.38 Liters

**Size: OSFM (26 in to 44 in) (66 cm to 112 cm)**

Peak Insulated (18 oz / 535 mL)

BLUESTONE **CORE**  
NS4876-0045-00



**“Insulated upgrade”**

COCKATOO **CORE**  
NS4876-0067-00



00-550



Our popular Peak Waist Pak now comes with an 18 oz insulated flask that keeps fluids cooler.

- >> 18 oz / 535 mL double-wall insulated and hi-viz reflective SpeedDraw Flask with Push-Pull Blast Valve™ cap
- >> Double-wall flask construction keeps fluids cooler 20% longer than other insulated flasks
- >> Angled flask holder allows for easy one-handed access and bounce-free ride
- >> Extended side panels hug the body comfortably for a perfect fit
- >> Expandable zippered stretch pocket keeps essentials protected (fits iPhone 6 Plus)
- >> External shock cord system for extra storage options

Weight: 7.3 oz / 207 g (w/ bottle)  
Storage Capacity: 23 cu in / 0.38 Liters

**Size: OSFM (26 in to 44 in) (66 cm to 112 cm)**

# Peak Insulated

Because Warm Isn't Cool



- >> Insulated hydration to keep water cooler, longer
- >> Reflective material for greater nighttime visibility





# H<sub>2</sub>O To Go

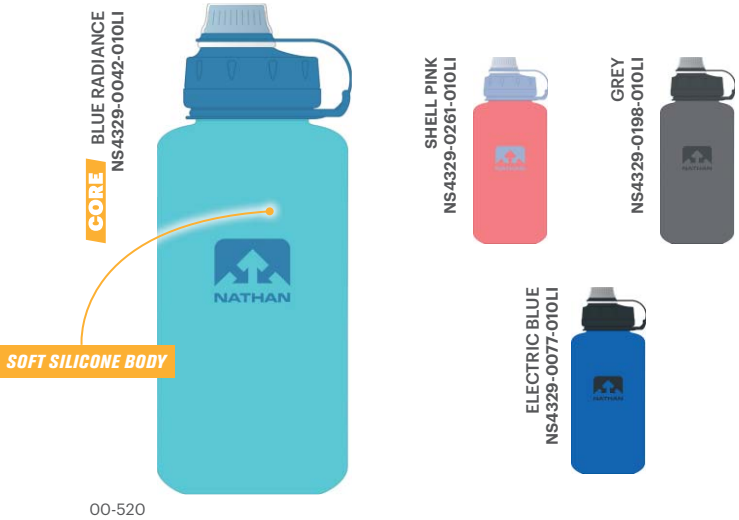
Hydration isn't just about what you're doing on your run – it's about **developing a plan pre, during, and post-run** in order to **fuel, perform, and recover** properly. Our H<sub>2</sub>O to Go collection covers pre and post-run needs with **an array of lifestyle and performance bottles** that offer options on size, lids, insulation, and color, all while remaining **tough, stylish, and easy to bring** everywhere.

FlexShot / BigShot / SuperShot / LittleShot / Flipstream Frosted / Fire & Ice 2  
Fire & Ice Flask / Replacement Caps & Flasks



## FlexShot (34 oz / 1 L)

NEW



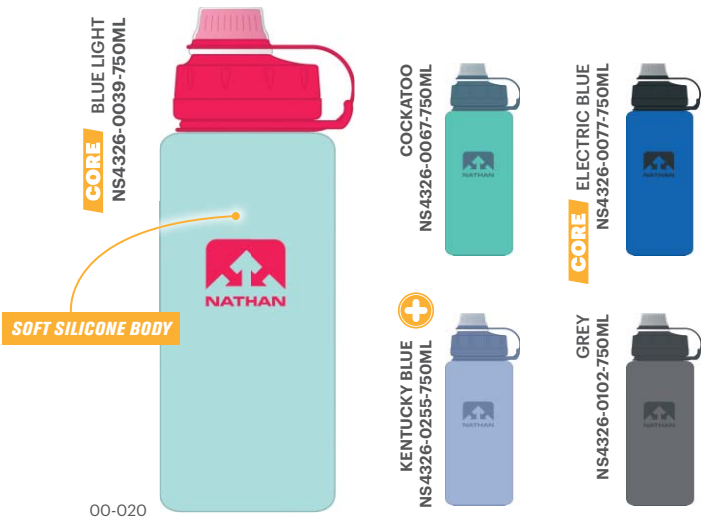
Our biggest silicone bottle holds up to one liter of fluids, yet easily packs down for when you're on the go.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher-safe (top rack only)  
BPA-free with odorless and tasteless technology*

**“Larger capacity, more water”**

## FlexShot (24 oz / 750 mL)



Soft, squeezable, and indestructible, this 750 mL silicone bottle can be packed down for easy transport when empty, and has insulated properties to keep water cooler, longer.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher-safe (top rack only)  
BPA-free with odorless and tasteless technology*

**“Soft silicone bottle is perfect for camping and travel”**

## FlexShot (17 oz / 500 mL)



When pre and post run hydration are critical, this silicone insulated bottle does the trick.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher-safe (top rack only)  
BPA-free with odorless and tasteless technology*

**“Great for kids, too”**



BigShot (34 oz / 1 L)

COCKATOO  
NS4321-0067-010LI



00-310

Hydrate throughout the day with this ice-cube ready bottle, featuring a tethered, screw-top lid with a narrow spout for easy carrying, sipping, and refilling on-the-go.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher safe, top rack*  
*BPA-free Eastman Tritan™ with odorless and tasteless technology*

BLUE RADIANCE  
NS4321-0042-010LI



SHELL PINK  
NS4321-0261-010LI



CORE GREY  
NS4321-0102-010LI



TEAL / CELESTE YELLOW  
NS4321-0207-010LI



CORE BLUE LIGHT  
NS4321-0039-010LI



RED ORANGE  
NS4321-0135-010LI



SAFETY YELLOW  
NS4321-0186-010LI



KENTUCKY BLUE  
NS4321-0255-010LI



LittleShot (24 oz / 750 mL)

KENTUCKY BLUE  
NS4313-0255-750ML



00-210

Stay hydrated in Big Shot style with this easy-to-hold bottle that fits the hand perfectly.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher safe, top rack*  
*BPA-free Eastman Tritan™ with odorless and tasteless technology*

CORE BLUE LIGHT  
NS4313-0041-750ML



CORE CLEAR / COCKATOO  
NS4313-0063-750ML



ELECTRIC BLUE  
NS4313-0077-750ML



GREY  
NS4313-0102-750ML



SuperShot (50 oz / 1.5 L)

ATOMIC BLUE  
NS4314-0245-015LI



00-510

CORE GREY  
NS4314-0102-015LI



EVERGLADE  
NS4314-0252-015LI



SHELL PINK  
NS4314-0253-015LI



Preparing for a big day? Increase your hydration capacity with this 1.5L SuperShot bottle.

- >> Sip-friendly narrow spout features removable silicone nozzle for easy cleaning
- >> Wide mouth for easy cleaning and filling
- >> Tethered lid stays attached to the bottle

*Dishwasher safe, top rack*  
*BPA-free Eastman Tritan™ with odorless and tasteless technology*

FlipStream Frosted

NEW

BLUE RADIANCE  
NS4376-0042-750ML



00-510

Fill it and forget about it - until you need it! A spill-proof, fast lock clip keeps fluids where they belong, while a push-button, quick-flip sip cap keeps it only a touch away.

- >> Push-button, quick-flip sip cap for easy drinking on the go
- >> Touch-right base offers slip-free gripping surface
- >> Leak and spill-proof locking mechanism
- >> Iconic Nathan clip-on performance carabiner

*Dishwasher-safe (top rack only)*  
*BPA-free Eastman Tritan™ with odorless and tasteless technology*

BLUESTONE  
NS4376-0045-750ML



FUSION CORAL  
NS4376-0253-750ML



COCKATOO  
NS4376-0067-750ML



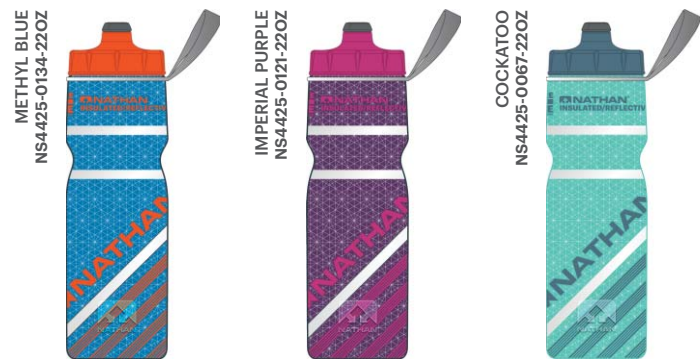


Fire & Ice 2 Bottle (20 oz / 600 mL)



- Keep water cooler, longer, with the insulated, stylish, and fully-reflective Fire & Ice 2 bottles.
- >> Double-wall construction keeps fluids cooler 20% longer than other insulated bottles
  - >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for visibility in low-light conditions
  - >> Reinforced, leak-free, soft-sip, Push-Pull BlastValve Cap offers high fluid flow
  - >> Easy-squeeze, comfort-grip allows for fast access and secure on-bike storage
  - >> Convenient finger loop makes carrying super-easy

Dishwasher-safe (top rack only)  
BPA-free with odorless and tasteless technology



“Updated graphics”

Fire & Ice Flask – 2 pack (8 oz / 235 mL)



The first-ever double-wall insulated Flask with Fire & Ice technology means you’ve found your new favorite flask.

- >> Double-wall construction keeps fluids cooler 20% longer than other insulated bottles
- >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for visibility in low-light conditions
- >> Race Cap offers quick bursts of fluid
- >> Fits all 10 oz Nathan hydration belt SpeedFit holsters and the QuickShot Plus insulated handheld

Dishwasher-safe (top rack only)  
BPA-free with odorless and tasteless technology

Fire & Ice Insulated Bottle

Because Warm Isn’t Cool.



- >> Insulated hydration to keep fluids cooler 20% longer than other insulated bottles
- >> Reflective materials for grater nighttime visibility



**ExoShot Flask**  
(12 oz / 355 mL)

ORANGE  
NS4009-0159-00



Our innovative soft flask bottle that works great as a handheld, or with a hydration vest!

- >> Bite valve keeps liquid from escaping
- >> Integrated spine supports soft flask as water level decreases and enables easier use with race vest front pockets
- >> Works great with all Nathan hydration vests

**“Fits all Nathan race vest pockets”**

00-810

**Push-Pull Cap Flask**  
(10 oz / 300 mL)

SILVER  
NS4586-0190-100Z



2-PACK  
00-010

**Add-On Flask**  
(12 oz / 355 mL)

**NEW**

BLACK  
NS4044-0015-00



Add-on holster and bottle combination allows for the most natural grip possible and easy-squeeze access to fluids.

- >> Features reinforced leak-free, soft-sip, Push-Pull Blast Cap

Dishwasher safe, top rack  
BPA-free Eastman Tritan™ with odorless and tasteless technology

00-510  
PG 50

**ExoDraw Flask**  
(18 oz / 355 mL)

**NEW**

SILVER  
NS4045-0159-00



Our larger soft flask bottle that provides quick, secure access to fluids.

- >> Bite valve keeps liquid from escaping
- >> Integrated spine supports soft flask as water level decreases and enables easier use with race vest front pockets
- >> Works great with all Nathan hydration vests

00-020

**SpeedDraw Insulated Flask**  
(18 oz / 535 mL)

SILVER  
NS4005-0190-00



The first-ever, double-wall insulated flask with Fire & Ice technology means you’ve found your new favorite flask.

- >> Features reinforced leak-free, soft-sip, Push-Pull Cap
- >> Integrated 3M™ reflective fabric offers 360-degree reflectivity for visibility in low-light conditions

Dishwasher safe, top rack  
BPA-free Eastman Tritan™ with odorless and tasteless technology

00-210

**SpeedDraw Flask**  
(18 oz / 535 mL)

SILVER  
NS4003-0190-00



Allows for the most natural grip possible and easy-squeeze access to fluids.

- >> Features reinforced leak-free, soft-sip, Push-Pull Cap

Dishwasher safe, top rack  
BPA-free Eastman Tritan™ with odorless and tasteless technology

00-010

**Tru-Flex Bottle**  
(22 oz / 650 mL)

SILVER  
NS4004-0190-00



A must-have BPA-free bottle featuring taste-free technology in a super-soft and easy-squeeze body.

Dishwasher safe, top rack  
BPA-free Eastman Tritan™ with odorless and tasteless technology

00-800

**Race Caps**  
(3-pack)

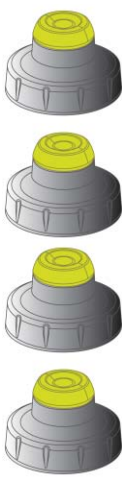
SILVER  
NS4591-0190-00



00-800

**Push-Pull Caps**  
(4-pack)

SILVER  
NS4589-0190-00



00-800







# Gear

**We sweat the details,** because we know they matter in every pursuit. That's why our performance gear is designed with form and function in mind. If it's **purposeful design, moisture-wicking material, smart storage, customizable styles, and fresh color** you want, we've got it. Our gear won't quit through muddy trail runs, competitive triathlons, hard-hitting road racing, or ultra-running adventures. **Check out our:**

**SMARTPHONE CARRIERS**

**TRAINING PAKS**

**PERFORMANCE ESSENTIALS**

**Gear up. Get Going.**






# Smartphone Carriers

Big is in! When it comes to smartphones, that is. More runners than ever are carrying their phones, rocking out, mapping routes, and taking running selfies. Which is why, in addition to the classic **Super 5K** and the water-resistant **SonicStorm**, we're introducing the **StrideSport** carrier, another comfortable and secure way to run with - and access - your large phone. So now there's no excuse not to gear up and get going!

SonicStorm / StrideSport / Super 5k

	iPhone 6/6s Plus	iPhone 6/6s	iPhone 5	Samsung Galaxy S6	Samsung Galaxy S5	Samsung Galaxy S4
 SonicStorm	●	●	●	●	●	●
 StrideSport	●	●	●	●	●	●
 Super 5K		●	●	●	●	●

\* With case

## SonicStorm



BLACK / COCKATOO  
NS4942-0021-00

- Our new universal smartphone carrier fits your phone and other running essentials, and is designed to battle the elements.
- >> Performance fabric provides a comfortable and secure fit
  - >> Water resistant zipper and performance fabrics protect against rain
  - >> Internal storage area plus stash pocket holds running essentials
  - >> Cord management system organizes wire slack
  - >> Fits most large format smartphones
  - >> Fits up to iPhone 6+ sized smartphones with case

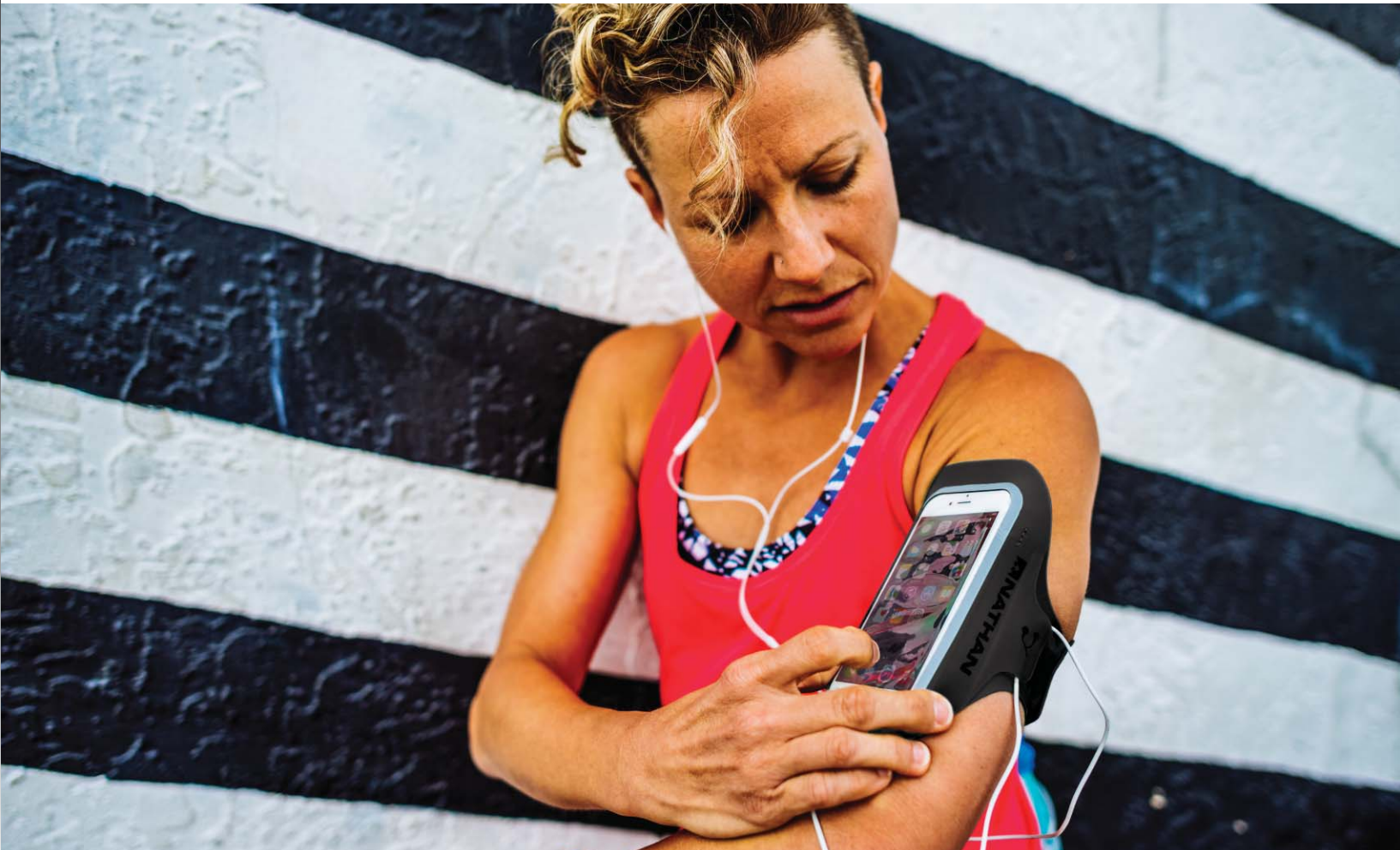
Weight: 2.05 oz / 58 g  
Dimensions: 7.2 in height x 15.4 in width  
Pocket Dimensions: 6.6 in height x 3.5 in width x .78 in depth  
Arm Band Size: OSFM 9 in – 15 in



**CORE**  
SAFETY YELLOW  
NS4942-0028-00



00-040





StrideSport

NEW

CORE  
BLACK  
NS4947-0015-00



- Securely haul your large format smartphone with this durable and comfortable smartphone carrier.
- >> Sized to fit iPhone 6 Plus with most low profile cases
  - >> Performance fabrics provides comfort and a secure fit against arm
  - >> Cord management system organizes wire slack
  - >> Access phone, apps, and music via see-thru window
  - >> Reflective hits for added visibility in low light conditions

Weight: 1.5 oz / 43g  
Dimensions: 6.3 in height x 14.6 in width  
Pouch Dimensions: 6.5 in height x 3.4 in width  
Arm Band Size: OSFM 9 in – 15 in

SAFETY YELLOW  
NS4947-0186-00



VERY BERRY  
NS4947-0215-00



00-030

Super 5k

VERY BERRY  
NS4923-0215-00



- Universal armband offers a lightweight way to carry music on your arm.
- >> Ultra-lightweight, water-resistant neoprene keeps many types of phones or music devices protected
  - >> Reflective hits for visibility under low-light conditions
  - >> Comfort-fit for smooth feel on skin

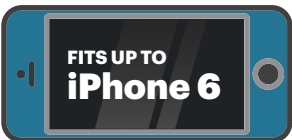
Weight: 1.6 oz / 45.4 g  
Dimensions: 6.5 in height x 17 in width  
Pouch Dimensions: 6 in height x 3 in width

BLACK / SULFUR SPRING  
NS4923-0031-00

CORE



BLACK / COCKATOO  
NS4923-0021-00



00-020

PG 56







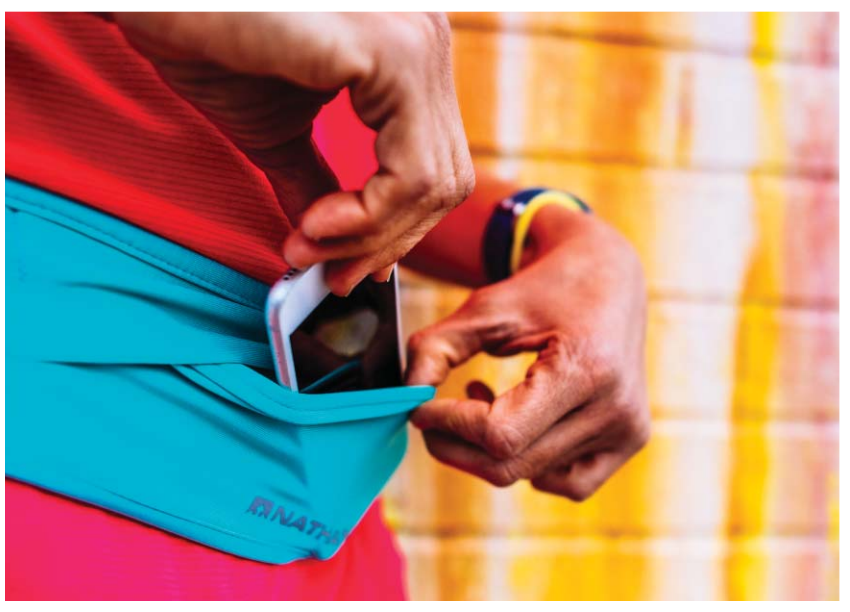
# Training Paks

Nathan's deceptively stretchy and versatile line of Training Paks allow you to comfortably carry more essentials than ever. Whether it's keys or gels, cash or ID, or even your gigantic smartphone, you'll be in for a **bounce-free, chafe-free** ride. **Multiple styles, sizes, and colors** of training paks allow you to choose how you carry your essentials.

The Hipster / The Hipster - Heathered / The Hipster Racer / Mirage Pak / 5k Pak / LightSpeed Pak / Marathon Pak

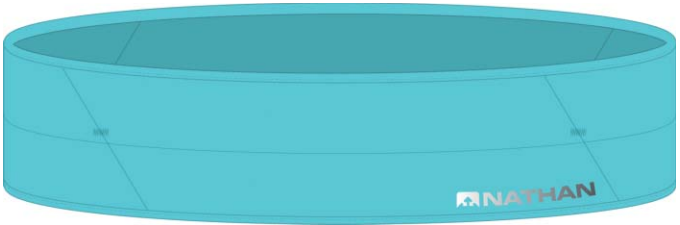
## Bring it.

Nathan waist paks expand to fit more than you think! Sleek, soft, stretchy, and stylish, these comfortable paks allow you to run with all of your essentials...and even a few things that aren't.



### The Hipster

**+ CORE**  
BLUE RADIANCE  
XS - NS7701-0042-31  
S - NS7701-0042-32  
M - NS7701-0042-33  
L - NS7701-0042-34  
XL - NS7701-0042-35



**+ CORE**  
FUSION CORAL  
XS - NS7701-0253-31  
S - NS7701-0253-32  
M - NS7701-0253-33  
L - NS7701-0253-34  
XL - NS7701-0253-35



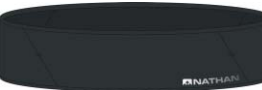
**+ CORE**  
SAFETY YELLOW  
XS - NS7701-0186-31  
S - NS7701-0186-32  
M - NS7701-0186-33  
L - NS7701-0186-34  
XL - NS7701-0186-35



**+ CORE**  
KENTUCKY BLUE  
XS - NS7701-0255-31  
S - NS7701-0255-32  
M - NS7701-0255-33  
L - NS7701-0255-34



**CORE**  
BLACK  
XS - NS7701-0015-31  
S - NS7701-0015-32  
M - NS7701-0015-33  
L - NS7701-0015-34  
XL - NS7701-0015-35



**CORE**  
VERY BERRY  
XS - NS7701-0215-31  
S - NS7701-0215-32  
M - NS7701-0215-33  
L - NS7701-0215-34  
XL - NS7701-0215-35



**CORE**  
COCKATOO  
XS - NS7701-0067-31  
S - NS7701-0067-32  
M - NS7701-0067-33  
L - NS7701-0067-34



The low-profile Hipster belt features multiple pockets and keeps essential items snug and secure around your waist, and stretches to fit your individual contours.

- >> Super-soft stretch belt fits comfortably around your waist
- >> Includes pockets to fit all of your small essentials
- >> Fits up to iPhone 6 Plus

Weight: 1.3 oz / 37 g  
Size: XS, S, M, L, XL (XL in limited colors)

**XS (26 in to 28 in) (66 cm to 72 cm)**  
**S (29 in to 31 in) (73 cm to 80 cm)**  
**M (32 in to 34 in) (81 cm to 87 cm)**  
**L (35 in to 37 in) (88 cm to 94 cm)**  
**XL (38 in to 40 in) (96 cm to 102 cm)**



00-520

### The Hipster - Heathered

NEW

**HEATHERED BLUE**  
XS - NS7701-0249-31  
S - NS7701-0249-32  
M - NS7701-0249-33  
L - NS7701-0249-34



**HEATHERED CORAL**  
XS - NS7701-0254-31  
S - NS7701-0254-32  
M - NS7701-0254-33  
L - NS7701-0254-34



**HEATHERED GREY**  
XS - NS7701-0251-31  
S - NS7701-0251-32  
M - NS7701-0251-33  
L - NS7701-0251-34



Our popular Hipster training pak now features a bold heathered pattern.

- >> Super-soft stretch belt fits comfortably around your waist
- >> Includes pockets to fit all of your small essentials
- >> Fits up to iPhone 6 Plus

Weight: 1.3 oz / 37 g  
Size: XS, S, M, L, XL (XL in limited colors)

**XXS (23 - 25 in) (58 - 65 cm)**  
**XS (26 in to 28 in) (66 cm to 72 cm)**  
**S (29 in to 31 in) (73 cm to 80 cm)**  
**M (32 in to 34 in) (81 cm to 87 cm)**  
**L (35 in to 37 in) (88 cm to 94 cm)**  
**XL (38 in to 40 in) (96 cm to 102 cm)**



00-030



The Hipster Racer

NEW

DARK DENIM  
S - NS7701-0260-32  
M - NS7701-0260-33  
L - NS7701-0260-34  
XL - NS7701-0260-35



POMPEIAN RED  
S - NS7701-0259-32  
M - NS7701-0259-33  
L - NS7701-0259-34



“Perfect for tri’s and guys”



00-520

The Hipster Racer is built for speed and comfort. This soft stretchy training pak has been updated with racing stripes to accentuate your race day mojo.

- >> Super-soft stretch belt fits comfortably around your waist
- >> Includes pockets to fit all of your small essentials
- >> Fits up to iPhone 6 Plus

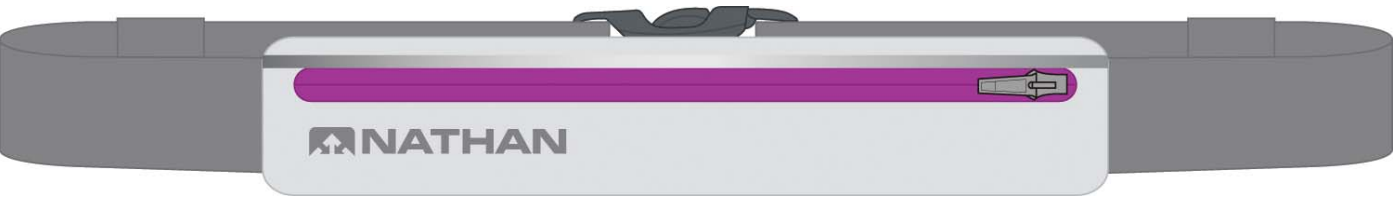
Weight: 1.3 oz / 37 g  
Size: XS, S, M, L, XL (XL in limited colors)

S (29 in to 31 in) (73 cm to 80 cm)  
M (32 in to 34 in) (81 cm to 87 cm)  
L (35 in to 37 in) (88 cm to 94 cm)  
XL (38 in to 40 in) (96 cm to 102 cm)

Mirage Pak

GLACIER / PURPLE CACTUS  
NS4807-0096-00

“Expands to carry more than you think!”



BLACK / SPARKLING COSMO  
NS4807-0030-00



ELECTRIC BLUE CORE  
NS4807-0022-00



COCKATOO  
NS4807-0067-00



00-020

PG 60

BLACK CORE  
NS4807-0015-00



BLUE DANUBE  
NS4807-0020-00



PINK GLO  
NS4807-0166-00



Compact and sleek running pak for those who need to carry the bare essentials – but don’t want to feel them!

- >> Ultrasoft-brushed interior protects smart phones
- >> Fully-adjustable, enhanced, elasticized limited-stretch belt
- >> 3M™ reflective detailing for greater visibility
- >> Internal stash pocket keeps money, credit cards, and ID in place
- >> Internal key ring clip

Weight: 1.0 oz / 28 g  
Pocket Capacity: 22 cu in / 0.35 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

Marathon Pak

NEW

BLUE RADIANCE  
NS4912-0042-00



00-030



FUSION CORAL  
NS4912-0253-00



BLACK CORE  
NS4912-0015-00

Gear up for your next training run or race with this lightweight and versatile training pak.

- >> Large zip pocket with phone divider, compatible with iPhone 6 Plus
- >> Front expandable stretch pockets for running essentials
- >> Race-ready features include gel loops and gel trash stash pocket

Weight: 3.7 oz / 113 g (w/ bottle)  
Pocket Capacity: 33 cu in/0.5 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

5k Pak

BLACK COCKATOO  
NS4808-0021-00



“An expo favorite”

Ultra-lightweight neoprene with reflective belt keepers to reduce excess slack. Stash your essentials in two external, zippered storage pockets.

- >> Larger zippered pocket fits smart phones
- >> Compact zippered pocket carries small essentials
- >> 3M™ Scotchlite™ reflective detail
- >> Adjustable belt

Weight: 3.6 oz / 102 g  
Pocket Capacity: 20.5 cu in / 0.34 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

VERY BERRY  
NS4808-0215-00

00-520



BLACK CORE  
NS4808-0015-00



BLACK CORAL  
NS4808-0247-00

LightSpeed Pak

BLACK  
NS4803-0015-00

“Great racing pak carries gels and a race number!”



00-030



Our speediest athletes tell us that we’ve created the ultimate race day companion...who are we to argue? This lightweight race number pak is equipped with all you need and nothing more, with a well-considered, zippered nutrition storage pocket on a no-bounce, no-chafe belt.

- >> Adjustable race number attachment points to avoid pin pricks
- >> Unique shock cord system carries several energy gels
- >> Adjustable, elasticized no-chafe belt
- >> Weather-resistant, zippered nutrition pocket
- >> 3M™ reflective detailing for greater visibility

Weight: 1.8 oz / 51 g  
Pocket Capacity: 15.2 cu in / 0.25 Liters

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

PG 61





# Performance Essentials

This lineup of performance essentials will ensure that you show up to race day prepared.

Race Number Belt / Training Log Plus + / Power Shower Wipes / Race Number Attachment



## Race Number Belt

ATOMIC BLUE  
NS1128-0006-00

UNIVERSAL RACE NUMBER ATTACHMENT



COCKATOO  
NS1128-0067-00



FUSION CORAL  
NS1128-0253-00



BLACK  
NS1128-0015-00



The lightest, most comfortable, non-chafe race number belt, period.

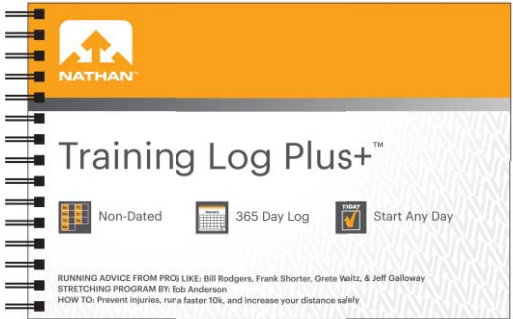
- >> Extra-soft, lightweight, no-chafe elastic performance material
- >> Super-light toggles hold any race number securely
- >> Race number attachments have reflective hits for low-light race conditions

Weight: 0.6 oz / 17 g

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

## Training Log Plus +

NS6001-0153-00



Plan race preparation, track progress, and record injuries with this non-dated, 365-day log. Read advice from Jeff Galloway, Bill Rodgers, and more.

00-010

## Power Shower Wipes

CASE OF 12  
NS1131



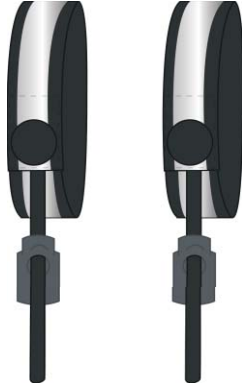
Easiest way to clean up after a workout in a portable, resealable, travel-size pack. Fresh, clean scent.

00-500

## Race Number Attachment

NEW

BLACK  
NS9000



Turn any Nathan belt into a race belt with these nifty race number attachments

- >> Adjustable snaps to fit all Nathan belts

00-510





# Visibility

**Every runner needs a safety plan**, whether on the roads or trails. On the road, runners are vulnerable to cars, especially at night, dusk, and dawn, when 70% of pedestrian fatalities occur. **Both trail and road runners need lighting for seeing the path ahead.** That's why our latest Run Longer Series offerings help all runners to see, be seen, and communicate.

**Check out our:**

**RUN LONGER™ SERIES**

**REFLECTIVE**

**Be Seen. Run Longer.**





# Run Longer™ Series

Effective lighting worn on multiple points of the body allows runners to see the path ahead and be seen by others. Our **Run Longer Series** features powerful headlamps and hand torches that light up the trails and roads, and even communicate to drivers. The series also includes lightweight, colorful, and high-visibility lighting solutions that clip-on or strap-on anywhere. Your best run...now available any time.

Halo Fire / Nebula Fire / Neutron Fire / Zephyr Fire 150 / Zephyr Fire 300 / LightBenderRX / LightSpur RX  
Lux Strobe RX / LightSpur / LightBender / HyperBrite Strobe / Mag Strobe / StrobeLight

## Headlamps Designed For Runners.



### RUNWAVE™

TOUCH-FREE MODE CONTROL

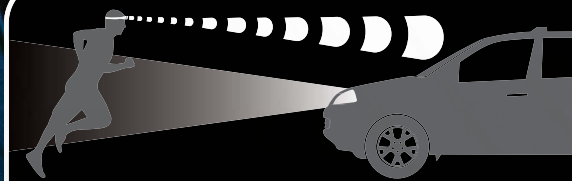
The Halo and Nebula Fire runners' headlamps feature **RunWave™**, a touch-free mode control sensor that allows runners to adjust lighting levels while on-the-run.



### RGB LIGHT™

THREE COLOR OPTIONS

The Neutron Fire features two side-mounted strobes with **RGB Light**, allowing runners to choose between red, green, or blue LED light to adapt to their environment.



### AUTO-STROBE™

REFLEX TECHNOLOGY

The **Auto-Strobe™** sensor on the Halo and Nebula Fire reacts to car headlights and activates the safety strobe mode to communicate runners' presence to drivers. Why runners' headlamps? Because we run at night too.

### NEUTRON FIRE



### NEBULA FIRE



### HALO FIRE



SEE. BE SEEN. COMMUNICATE.™





#### MAX LUMENS / MAX BURN TIME



288Lu

22hrs



IPX4

#### WEATHER RESISTANCE

#### MAX LUMENS / MAX BURN TIME



359Lu

12hrs



IPX4

#### WEATHER RESISTANCE

### Halo Fire Runners' Headlamp

#### MAX LUMENS / MAX BURN TIME



192Lu

25hrs



IPX4

#### WEATHER RESISTANCE

#### MAX LUMENS / MAX BURN TIME



170Lu

40hrs



IPX4

#### WEATHER RESISTANCE

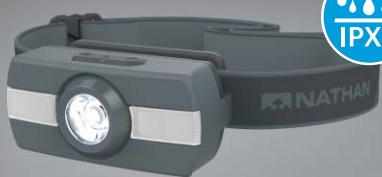
### Nebula Fire Runners' Headlamp

#### MAX LUMENS / MAX BURN TIME



115Lu

40hrs



IPX4

#### WEATHER RESISTANCE



### Hey, What's a Lumen?

A lumen is a measurement of the intensity of the light coming out of your headlamp or flashlight. More lumens means a stronger light output, and better-lit trails and sidewalks at night.

### Neutron Fire Runners' Headlamp

## Halo Fire Runners' Headlamp

BLACK  
NS5104-0223-00



00-021

288  
LUMENS



Illuminate the road or trail ahead with over 280 lumens of clean, eye-pleasing light. The multi-beam, rechargeable Halo Fire features two down-angled proximity LEDs to ensure visibility for sure footing, while a massive 160+ lumen distance beam shines the spotlight on the path ahead to help prepare for what's coming up next. The Halo actively monitors ambient light, such as car headlights, and triggers the Auto-Strobe™ feature to draw attention to your presence in areas of high light pollution. The touch-free RunWave™ sensor allows runners to cycle through lighting modes with just a wave of the hand, without breaking stride!

>> Low-profile design prevents bulk and bounce associated with normal headlamps

>> Auto-Strobe™ Sensor monitors ambient light, such as auto headlights, and signals a flashing strobe to draw attention to your presence

>> RunWave™ Sensor allows touch-free adjustment of light modes with the wave of your hand

>> LED: 3 LEDs – 288+ max Lumens

Battery: Lithium-Ion Polymer Rechargeable with USB  
Burn Time: 22 hours  
Water Resistance: IPX4 – Weather resistant

Size: OSFM

## 3 SETTINGS

### Manual Control

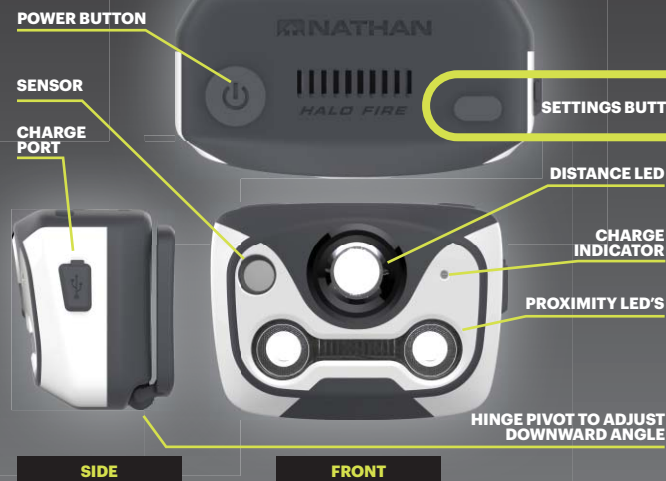
In this setting, RunWave™ and Auto-Strobe™ features are inactive and user must manually cycle through lighting modes. The longest burn times can be achieved in manual setting, all other variables being equal.

### RunWave™

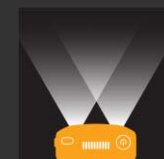
The touch-free RunWave setting allows users to cycle through lighting modes while on-the-run with a simple wave of the hand in front of the headlamp, without breaking stride.

### RunWave™ + Auto-Strobe™

The Auto-Strobe setting senses variable levels of ambient lighting and triggers safety strobe mode. The RunWave feature continues to operate in this setting.

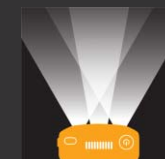


## 5 MODES



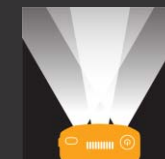
LOW

20 Lumens



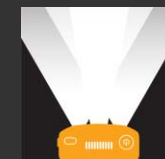
MEDIUM

80 Lumens



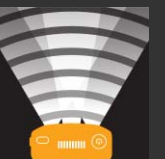
HIGH

240 Lumens



SPRINT

288 Lumens



STROBE

120 Lumens



Nebula Fire Runners' Headlamp

ATOMIC BLUE  
NS5100-0006-00



Fire up Your Run on the street, track, or trail! As with all Nathan headlamps, the Nebula actively monitors ambient light, such as car headlights, and triggers the Auto-Strobe™ safety feature. The touch-free RunWave sensor allows runners to cycle through lighting modes without breaking stride.

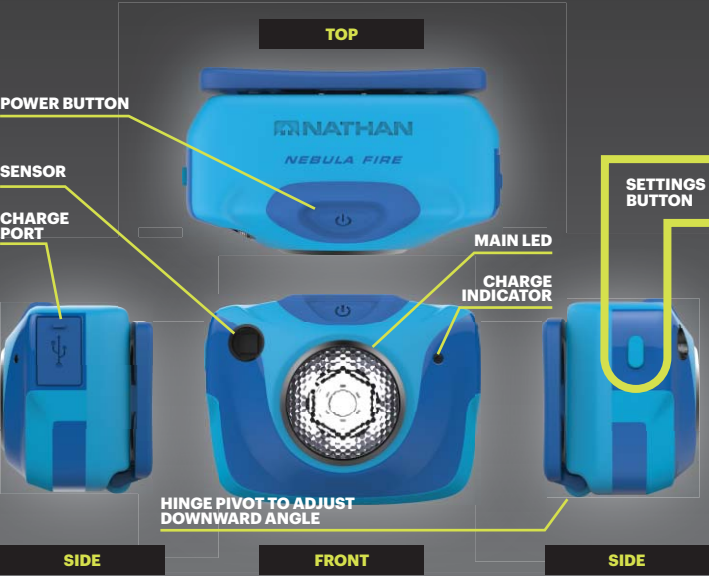
LED: 192+ max Lumens  
Battery: Lithium-ion Polymer Rechargeable via USB  
Burn Time: 25 hours  
Water Resistance: IPX4 – Weather resistant

Size: OSFM

STEEL GREY  
NS5100-0198-00



00-570



3 SETTINGS

Manual Control

In this setting, RunWave™ and Auto-Strobe™ features are inactive and user must manually cycle through lighting modes. The longest burn times can be achieved in manual setting, all other variables being equal.

RunWave™

The touch-free RunWave setting allows users to cycle through lighting modes while on-the-run with a simple wave of the hand in front of the headlamp, without breaking stride.

RunWave™ + Auto-Strobe™

The Auto-Strobe setting senses variable levels of ambient lighting and triggers safety strobe mode. The RunWave feature continues to operate in this setting.

5 MODES



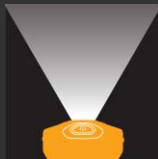
LOW

16 Lumens



MEDIUM

80 Lumens



HIGH

160 Lumens



SPRINT

192 Lumens



STROBE

80 Lumens

Headlamp Crossover Kit

BLACK  
NS5103-0015-00

Kit includes:

Bike Handlebar Mount

The bike mount attaches to the back plate of the Halo and Nebula Fire and fits the handlebars of virtually any road or mountain bike, for bounce-free illumination.



Clip Mount

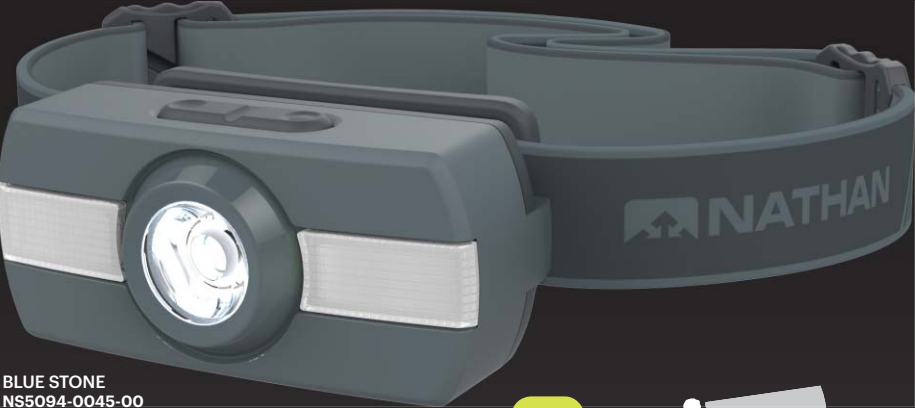
The clip mount attaches to the back plate of the headlamp and allows user to mount either the Halo or Nebula virtually anywhere on the body via belt, strap, band, or pocket.



00-510



Neutron Fire Runners' Headlamp



BLUE STONE  
NS5094-0045-00

00-530



BLACK  
NS5094-0015-00  
**CORE**

WHITE  
NS5094-0222-00

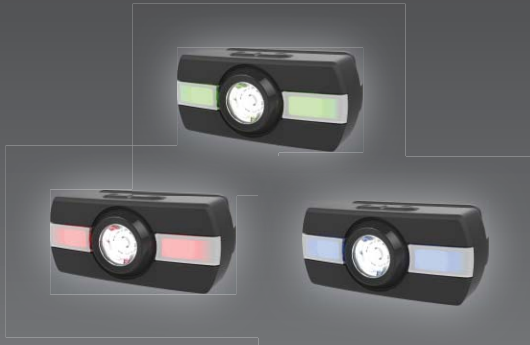
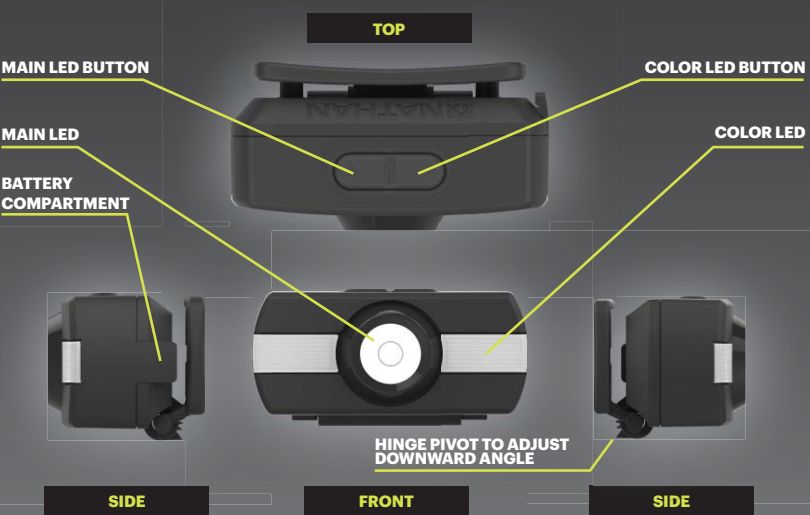
RIO RED  
NS5094-0184-00

BLUE RADIANCE  
NS5094-0042-00

The newest addition to our runners' headlamp family is our most colorful! This lightweight and long-lasting 115-lumen headlamp comes in five colors, and includes RGB Light. Two side-mounted strobes kick out red, green, or blue light that increases overall visibility when used with the white LED spotlight. Add some fun to your night run by changing colors to suit your mood or match your shoes. Be safe and be seen, wherever the night may take you.

- >> Lightweight, low-profile runners' headlamp
- >> Side strobes provide RGB Light - red, green, and blue LED options
- >> 115 Lumens LED spotlight
- >> Replaceable AAA batteries

LEDs: 115 max Lumen distance LED, & two (2) RGB proximity LED's  
Battery: 2xAAA batteries - Replaceable  
Burn Time: 30+ Hours  
Water Resistance: IPX4 - Weather Resistant



**5  
MODES**



**LOW**

25 Lumens



**MEDIUM**

45 Lumens



**HIGH**

90 Lumens



**SPRINT**

115 Lumens



**STROBE**

45 Lumens

VISIBILITY

Zephyr Fire 150 Hand Torch

**NEW**

STEELGRAY / CHARCOAL  
NS5096-0256-00



00-540

The powerful Zephyr Fire runner's flashlight now runs on batteries! This 150+ lumen hand torch features a comfortable hand strap that provides grip-free running along with a 24-degree downward angle that produces the ideal Run-Right Light, whether on road or trails.

LED: 150 Lumen main LED & rear facing red LED  
Battery: 2xAA  
Burn Time: Strobe - 12+ hours, Low - 12 hours, Med - 8 hours, High - 5 hours.  
Water Resistance: IPX4 - Weather resistant



Zephyr Fire 300 Hand Torch

BLACK  
NS5091-0015-00 **CORE**

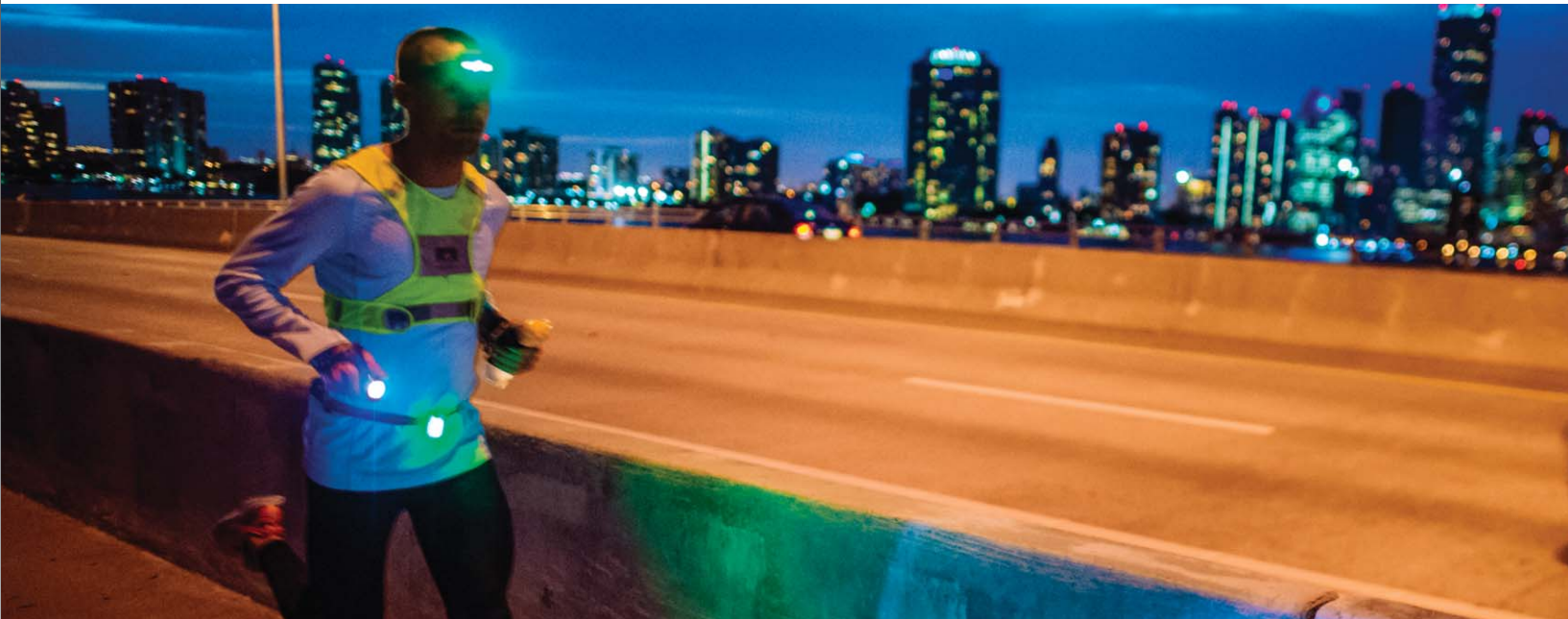


00-060

**"Best hand strap ever"**

This compact but powerful 300 Lumen hand torch features an integrated 24-degree downward projection angle to fully illuminate the path ahead of you during the run. Comes equipped with a comfy and adjustable hand strap that allows for an effortless carry in either hand. Oh...and it has an emergency siren to alert people to your location if help is needed.

LED: 2 LEDs - Front: Cree White LED - 359 max Lumens / Back: Red LED - 8 max Lumens  
Battery: Li-Ion Rechargeable via Micro B USB port  
Burn Time: Hi - 5 hours, Low - 6 hours, Low/Strobe - 12 hours  
Water Resistance: IPX4 - Weather resistant





# TO BE SEEN

<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>6Lu 16hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX4</p>	<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>8.5Lu 42hrs</p>	
<p><b>LightBender RX</b></p>		<p><b>LightBender</b></p>	
<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>3Lu 12hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX4</p>	<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>5Lu 40hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX3</p>
<p><b>LightSpur RX</b></p>		<p><b>LightSpur</b></p>	
<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>8Lu 10hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX4</p>	<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>16Lu 30hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX4</p>
<p><b>Lux Strobe RX</b></p>		<p><b>HyperBrite Strobe</b></p>	
<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>8.5Lu 110hrs</p>	<p><b>WEATHER RESISTANCE</b></p> <p>IPX3</p>	<p><b>MAX LUMENS / MAX BURN TIME</b></p> <p>2Lu 45+hrs</p>	
<p><b>StrobeLight</b></p>		<p><b>Mag Strobe</b></p>	

## LightBender RX

SAFETY YELLOW CORE  
NS5084-0186-00

**"Changes colors on demand...red green, or blue!"**



REAR RECHARGE PORT

00-030



Take the lightweight, comfortable 360-degree visibility of the LightBender and add the versatility of rechargeable batteries. Just like its predecessor, the new LightBender RX is completely sweatproof, waterproof, and chafe free. Charge up and keep runnin'!

- >> RGB Light - red, green, and blue LED options
- >> Quickly and securely attaches to arm
- >> Multi-settings for blinking or steady state lights
- >> Powered with rechargeable Lithium-ion polymer battery

LED's: 6 Lumens max output  
Burn time: 8 hrs steady; 16 hrs flashing  
Water Resistance: IPX4 water resistant

Size: OSFM

## LightSpur RX

BLACK/SAFETY YELLOW  
NS5089-0028-00



Be seen and stay safe while running or biking with this updated LED spur, now conveniently powered by a rechargeable battery. As an added bonus, RGB Light gives you the choice of red, green, or blue light in a steady or blinking modes.

- >> Simply and securely attaches to heel of your shoe
- >> RGB Light - red, green, and blue LED options
- >> Super lightweight so you don't feel a thing
- >> Multi-settings for high visibility and added safety
- >> Powered with rechargeable Lithium-ion polymer battery

LED's: 2 LED's - 3+ Lumens Max Output  
Battery: USB-Rechargeable Li-ion Polymer Battery  
Burn time: STEADY ON = 5 hrs, STROBE = 12 hrs  
Water Resistance: IPX4 Weather Resistant

Size: Fits most shoes up to size 15



**"Multi-color options for a safer run or ride"**

00-030



## Lux Strobe RX



BLACK  
NS5095-0015-00



WHITE  
NS5095-0222-00



This exciting new strobe is also our most versatile. Slim and lightweight so you can clip it anywhere, it's USB-rechargeable, provides 270 degrees of visibility, and features RGB Light that gives you the choice of a red, green, or blue LED in a variety of lively new strobe patterns.

- >> RGB Light - red, green, and blue LED options
- >> Lightweight, clips anywhere
- >> Powered with rechargeable Li-Ion polymer battery

LED's: 3 LED's - 8 Lumens Max Output  
Battery: USB-rechargeable Li-ion Polymer Battery  
Burn time: STEADY ON = 5+ hrs, STROBE = 8+ hrs, PULSE = 10+ hrs, BURST = 10+ hrs, RUN = 10+ hrs  
Water Resistance: IPX4 Weather Resistant

00-030



LightSpur

BLACK  
NS5072-0015-00

“Clips on  
to shoes”



00-020

Whether running or biking, having this secure and lightweight LED spur will help you stay seen and safe. Best yet? Its replaceable watch battery offers 40+ hours of illumination.

- >> Quickly and securely attaches to heel of your shoe
- >> Super lightweight so you don't feel a thing
- >> Multi-settings for high visibility and added safety
- >> Weather-resistant so you can run longer in any conditions

LED: 2 LEDs - 5+ max Lumens  
Battery: 2 x 3V Lithium 2032 - Replaceable Coin Style Battery  
Burn Time: STEADY ON = 20+ hours, STROBE = 40+ hours  
Water Resistance: IPX3 - Weather resistant

Size: OSFM

LightBender

SULFUR SPRING  
NS5073-0200-00



TANGO RED  
NS5073-0205-00



00-020

An incredibly lightweight and comfortable LED band, the LightBender wraps around your arm to provide 360-degree visibility. Better yet? It's completely sweatproof, weather-resistant, and powered with a replaceable watch battery for 42+ hours of illumination.

- >> Comfortable armband and super-lightweight technology ensure no chafing or discomfort
- >> Blinking or steady stream light settings
- >> Weather-resistant so you can run longer in any conditions

LED: 2 LEDs - 8+ max Lumens  
Battery: 2 x 3V Lithium 2032 - Replaceable Coin Style Battery  
Burn Time: STEADY ON = 21+ hours, STROBE = 42+ hours

Size: OSFM

HyperBrite Strobe

FIERY RED / SILVER  
NS5081-0084-00

CORE



00-510

IMPERIAL PURPLE  
NS5081-0121-00



SULFUR / NATHAN BLUE  
NS5081-0202-00



Small, but mighty! Nathan's minimal and powerful LED strobe clips anywhere so you can be seen everywhere. Varying LED modes with 16 max Lumens of output provide a high degree of visibility and safety in a low-profile footprint.

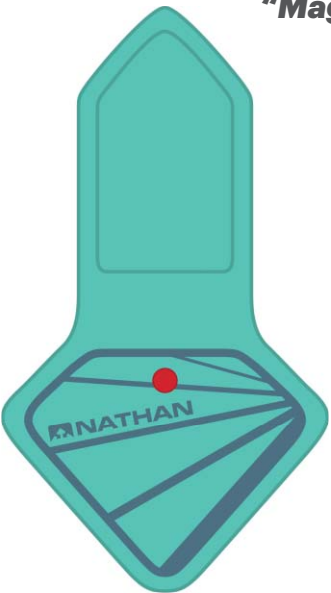
LED: 4 LEDs - 16 max Lumens  
Battery: 2 x 3V Lithium 2032 - Replaceable Coin Style Battery  
Burn Time: STEADY ON = 4+ hours, STROBE = 6+ hours  
ALTERNATING = 12+ hours, CHAIN = 30+ hours  
Water Resistance: IPX4- Weather resistant

“Lives up to  
its name”



Mag Strobe

“Magnetic flap  
clips anywhere”



ARROWS  
NS5088-0028-00



ARROWS  
NS5088-0028-00

00-510

Our lightest and most versatile LED component in the Run Longer Series is an ideal solution for runners, walkers, cyclists, and kids. Clips anywhere and provides a high level of visibility with minimal weight or interference on the body.

LED: 2 max lumens  
Battery: Takes one CR2032 battery  
Burn Time: SOLID ON = 35+ hours, FAST STROBE = 40+ hours  
SLOW STROBE = 45+ hours





StrobeLight

SULFUR SPRING  
NS5071-0200-00  
CORE



00-010

Safety with style in a slim, lightweight, and waterproof strobe. With 100+ hours of illumination, the StrobeLight has the perfect amount of light to keep you moving safely during all hours of the day.

- >> Clips on easily to belts, apparel, gear, and more
- >> High-visibility blinking and steady light modes so you can be seen from a safe distance
- >> Weather-resistant so you can run longer in any conditions

LED: 3 LEDs - 8+ max Lumens  
Battery: 2 x 3V Lithium 2032 - Replaceable Coin Style Battery  
Burn Time: STEADY ON = 57+ hours, STROBE = 110+ hours  
Water Resistance: IPX3 - Weather resistant

TANGO RED  
NS5071-0205-00  
CORE



NATHAN ORANGE  
NS5071-0147-00



BLUE RADIANCE  
NS5071-0042-00



StrobeLight  
Candy Jar

ASSORTED  
NS5071-0004-48PK CORE

18 - SULFUR  
12 - RED  
12 - BLUE RADIANCE  
6 - ORANGE

What's better than our classic, #1 best-selling StrobeLight? How about 48 of them, packaged in an eye-catching candy jar display! This compact merchandising option is a bright and productive use of retail real estate!



00-084



FIRE UP  
YOUR RUN





# Reflective

Running without reflective gear is like driving without headlights. This collection of reflective and LED vests and add-ons is specifically designed with the morning and evening runner in mind. That means highly **visible, lightweight, breathable, and functional** products that fit your body and won't cramp your running style.

Bandolier / Streak / LightStreak / Reflex / Mag Flash / Ankleband Pair / Reflective Sticker Pack



## Bandolier

DIVA PINK  
NS2044-0076-00



SAFETY YELLOW  
NS2044-0186-00



This new reflective vest features a minimal, modern fit while offering 360-degrees of maximum visibility.

- >> Slim, minimal design offers full range of motion without interrupting arm swing
- >> 360-degrees of reflectivity for visibility in low-light conditions
- >> Zippered pocket for small storage such as cash, keys, and ID

Weight: 1.9 oz / 53.9 g

Size: OSFM (26 in to 44 in) (66 cm to 112 cm)

"Instant classic!"

00-520

## Streak

HI-VIZ YELLOW  
NS2027-0119-10  
NS2017-0119-30

CORE



"#1 selling vest!"

An ultra-lightweight and sleek design, 1,200-foot (366-meter) visibility, and 360-degree reflectivity optimize performance and safety.

- >> Anatomical shape offers full range of motion without interrupting arm swing
- >> Adjustable fit with VELCRO®-closure tabs
- >> Attachment points for Run Longer Light Series

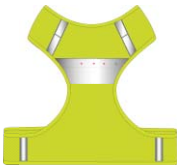
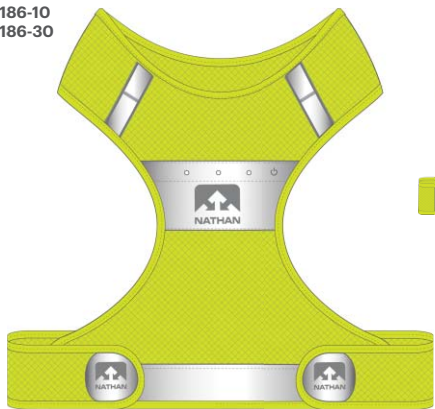
Weight: 1.6 oz / 45.4 g

Size: S/M (24 in-40 in) (61 cm-101 cm)  
L/XL (38 in-45 in) (96 cm-114 cm)

00-030

## LightStreak Vest

SAFETY YELLOW  
NS2022-0186-10  
NS2022-0186-30



An ultra-lightweight and sleek design, 1,200-foot (366-meter) visibility, and 360-degree reflectivity optimize performance and safety. Now offered with front and back LEDs.

- >> Anatomical shape offers full range of motion without interrupting arm swing
- >> Adjustable fit with VELCRO®-closure tabs
- >> Three front white super-bright LEDs and three back red super-bright LEDs with multi-settings for high visibility and added safety
- >> Powered with replaceable watch battery

Weight: 2.2 oz / 62 g

Size: S/M (24 in-40 in) (61 cm-101 cm)  
L/XL (38 in-45 in) (96 cm-114 cm)

00-530



Reflex (2 pack)

Snap bracelet adds reflectivity to wrists, with comfortable backing.

Size: OSFM

HI-VIZ YELLOW  
NS1013-0119-00

CORE



00-010

HI-VIZ PINK  
NS1013-0118-00



HI-VIZ ORANGE  
NS1013-0117-00



ATOMIC BLUE  
NS1013-0006-00



ANDEAN TOUCAN  
NS1013-0001-00



Mag Flash

Add fun and safety to your night run with this colorful magnetized clip-on reflective patch that will be the envy of your running group.

DIAMOND  
NS2054-0186-00



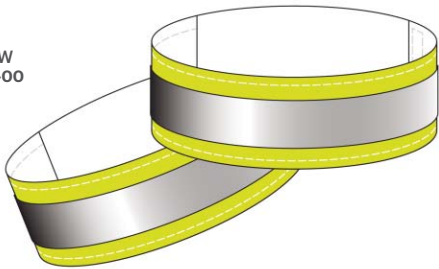
00-010

Ankleband Pair

Reflective bands lined with soft fabric for extra comfort.

Size: OSFM

HI-VIZ YELLOW  
NS2020-0119-00

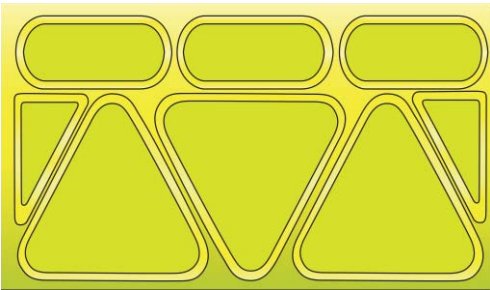


00-010

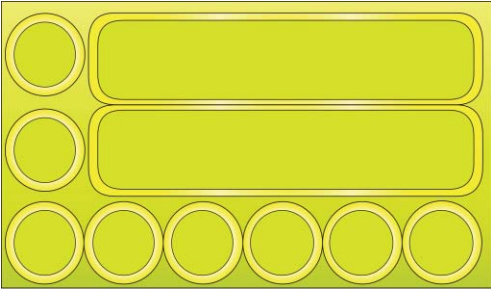
Reflective Sticker Pack

Different shapes and sizes of reflective stickers for use on shoes, bikes, helmets and more.

HI-VIZ YELLOW  
NS2056-0119-00



00-010





# Run Stronger. Run Longer.™



## NATHAN SPORTS

11488 Slater Avenue  
Fountain Valley, CA 92708

T: 800.523.2844  
F: 610.534.4424

E: [info@nathansports.com](mailto:info@nathansports.com)

[nathansports.com](http://nathansports.com)