

ADVERTISING



If you died today,
who would take care of your family?

10-Yr Level Term Life Insurance	age	male
\$500,000 Policy (monthly premiums)	35	\$16.19
	40	\$21.88
	45	\$34.56
	50	\$56.00

Click Here
Get A Free Quote!
AccuQuote®
Saving You Money For Life



Today's Weather
Overcast
Current: 33°F / Feels like: 34°F
High: 34°F / Low: 29°F



Tomorrow's Weather
Rain
High: 36°F / Low: 32°F

- Marine forecast
- Weather almanac
- Complete weather forecast



Search [Help](#) [Paid archives](#)

News Local Search Web Search powered by **YAHOO! SEARCH**



Saves you time. Saves you money. Makes you smarter.

The News Tribune, Tacoma, WA - Tuesday, December 23, 2008

- HOME NEWS SPORTS BUSINESS OPINION MULTIMEDIA A&E SOUNDLIFE ADVENTURE BLOGS CLASSIFIEDS OBITUARIES ABOUT US



CONSUMER NEWS

Tacoma, WA - December 23, 2008

AA Bigger text AA Smaller text E-mail Print Text Comments (0)

Light packs will work for runners

DOUGLAS GANTENBEIN; The Gear Guy
Published: December 18th, 2008 12:05 AM | Updated: December 18th, 2008 10:11 AM

I'm looking for a compact and lightweight backpack that I can run with. Something that can move with me securely through rough/uneven terrain. Do you have suggestions? – **Jay, Vancouver, Wash.**

So sorry: Well, for big loads, you're sort of out of luck – nothing is going to be all that good at keeping a load comfortable when you're running.

Running light: But it sounds as if you plan to carry something fairly light. Say, under 20 pounds. And thanks to the adventure racing scene, several packs will work well.

For instance, Gregory's new Z30 (\$120) has a suspension designed to keep the load stable and close to your body, so you and the pack move as one unit. It's not a huge pack – 1,800 cubic inches – but it can handle a light load for day trips or superfrugal overnights. Plus it has six pockets to help with organization. Its slightly bigger cousin is the Z35 (\$159).

I'd also suggest Osprey's Stratos 24 (\$129). It too is designed to keep loads stable when you're running, bouldering, that sort of thing. The harness is entirely sewn into the bag, so that helps stabilize the pack and the load.

It's even a little smaller than the Z30 (1,500 cubic inches), so you'll have to pack carefully. But it will work.

Lastly, there's Salomon's Raid Revo 30 (\$80). It draws directly from Salomon's extensive adventure racing experience, so it's light (1 pound, 6 ounces) but has a good suspension and a stable fit. And it's actually quite large – 3,000 cubic inches of capacity. So if you need a bit more space for your stuff, this may be the pack for you.

To ask a question of the Gear Guy, you can find Douglas Gantenbein at www.outsidemag.com.

Enlarge image



GREGORY
The hydration system-compatible Z30 from Gregory, with 1,800 cubic inches of space, is a good choice for runners who also want to carry a pack.

Share This Story



ADVERTISING

ADVERTISING

Top Jobs

Skilled Labor - Trades
CITY OF LACEY EQUIPMENT MECHANIC- ...

Marketing
Wesley Homes, a 45 acre non-profit...

Warehouse
NIGHT WAREHOUSE WORKER Full time...

Nurse
Nurses Need a few extra dollars for the...

Transportation
DRIVER Full time position based in the...

Nurse
Wesley Homes is searching for an expd...

Find a Job

Enter Keyword

Go

careerbuilder.com

MAKE ROOM FOR YOUR CAR AND GET SOME FAST CASH!
PURCHASE A GARAGE SALE AD and let **THOUSANDS** of bargain hunters know your stuff is waiting to become their treasure.



Ads by Yahoo!

→ SOUTH SOUND

- Horse owners mourn lost family members
- Democrats offer their picks for Pierce County auditor
- Mother charged in case of boy forced to sleep in shed
- Disabled man's job safety in question
- Smithsonian highlights Nisqually salmon recovery effort
- Week will be white and wet
- It's official – EPA calls area state's 'sootiest'
- **Callaghan:** Until we learn, this budget crisis won't be the last
- **Merryman:** Ice dreams may be best kept in the closet
- **Lights & Sirens:** Report your winter storm damage

→ SPORTS

- Catcher Jamie Burke re-signs with Mariners
- Weather wipes out UW game vs. Lehigh
- Schmetzer selected as Sounders assistant
- Former Clover Park star gets new start at TCC
- AP Source: Teixeira agrees to \$180M Yankees deal
- **Boling:** Snowball barrage sullies Holmgren's farewell moment
- **McGrath:** Not perfect, but a pretty good send-off
- **Seahawks Insider:** Jets' Ellis fined \$10,000 for throwing snow boulder
- **Mariners Insider:** Mariners resign Jamie Burke
- **Huskies Insider:** UW center Juan Garcia named to Shrine Game
- **Preps:** Boys basketball 1A, 2A, 3A, 4A rankings

ADVERTISING



[Privacy Policy](#) | [User Agreement](#) | [Advertising Partners](#) | [Contact Us](#) | [About Us](#) | [Site Map](#) | [Jobs@The TNT](#) | [RSS](#)
1950 South State Street, Tacoma, Washington 98405 253-597-8742
© Copyright 2008 Tacoma News, Inc. A subsidiary of The McClatchy Company 