



MensJournal.com

March 31, 2010

Gearing Up for a Race Across New Zealand

Featuring: The Raptor 14 and Talon 4

Monthly Traffic: 33,202

URL: <http://www.mensjournal.com/nzgear>

Men's Journal

www.mensjournal.com

Field tests and other advice on sports equipment and apparel for anyone preparing to race as a runner, cyclist, kayaker or all three

To prepare for and finish the Speight's Coast to Coast, a 151-mile adventure race down under, my relay partner (and wife) Mary and I faced two broad challenges and scores of little ones when it came to gear. What follows is an expanded version of the "Prep & Gear" sidebar that accompanies the feature in the May 2010 issue of MJ on our experience taking on the Coast to Coast.

Buy a hydration pack just big enough (25 liters) to fit the mandatory first-aid gear and extra clothing layers for the 21-mile mountain run. For longer training runs, she swears by the **Osprey Raptor 14** (right; \$99). I found that there's no hydration pack that fits my torso that well. If I cinched the shoulders, the hip belt ended up squeezing my diaphragm. If I loosened the shoulders and cinched the hip, the pack banged against my shoulder blades. And so I came around to something I swore I'd never be: a waist-pack guy. For runs over 8 to 10 miles or longer, I carry water, snacks, mobile phone, ID in an **Osprey Talon 4** (below; \$54), a sturdy belt that easily carries up to 240 cubic inches (room for a shell, even nano-puff jacket), and two quart/liter water bottles. Just don't call it a fanny pack; the preferred terms are hip or lumbar pack.

