



Runner's World

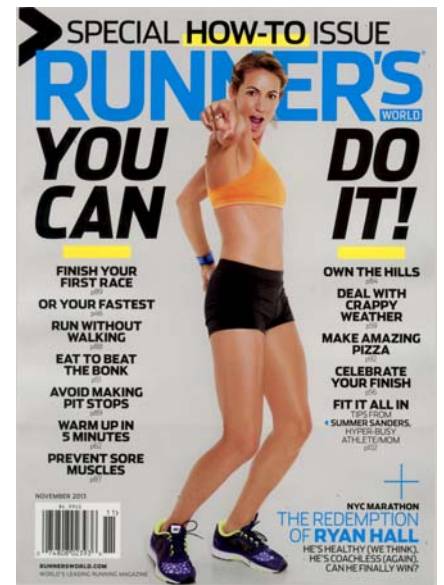
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Gear

Featuring: Ozone Convertible 22"

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OSPREY OZONE 22"
ospreypacks.com; \$229

This soft-sided suitcase "breaks the mold of those black, boxy, road-warrior roller bags," says RW Editor-in-Chief David Willey. Two zippered pockets on the front can fit running shoes, and a top compartment gives quick access to essentials—toiletries, ID, and so on.



GEAR

CARRY ON
A guide to your ultimate race-weekend bag, and what should be inside it

THE DAYS LEADING UP TO A RACE can be stressful—especially if you're traveling and spending a night away from home. But the bags and items on these pages, essentials for RW editors when we hit the road, will make your journey a breeze. So get packing, and arrive at your next race relaxed and prepared to run your best.

BY JEFF DENGATE
PHOTOGRAPHS BY THOMAS MACDONALD

ROLL WITH IT
Osprey's Ozone 22" is built with the athlete in mind.

