



OutdoorsNW.com

December 3, 2015

NW Kids: Running Gear for Teens and Tweens

Featuring: Rev 1.5

Monthly Traffic: 5,700

URL: <http://tinyurl.com/hxbwvmk>

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If your kids are like mine, walking along a trail might be “too hard” or “tiring,” but running along a trail is downright delightful. It makes zero sense, of course, but don’t fight this desire for kids to go, go, go.

Get them outfitted for trail running and you may find yourself in my shoes with one teen on his school’s cross-country team and two others right on his tail while completely leaving their mom in the dust.

Here’s what your kids will need for safe, fun trail running this season.

Hydration pack: Water is essential on the trail, and this rule goes double for trail running. While water bottles work for hiking, kids will need a lower profile way to hydrate while running.

There are many hydration bladders on the market, but after trying several, we have settled on two favorites:



The **Osprey Rev 1.5** is perfect for teens, due to the slim profile and snug fit. Take the time to try on many models—the most important criteria is the ease of use of the plastic tubes and bite valves and how well the pack fits the body.