



Trail And Mountain Running

Lucas Alberg



Trail And Mountain Running:

Ultimate Guide to Trail Running Adam W. Chase, Nancy Hobbs, 2023-03-01 Trail running combines all the health and fitness benefits of walking and road running with the outdoor adventure of such sports as hiking and mountain biking not to mention the spiritual renewal from a day spent communing with nature No wonder it has become one of the world's most popular fitness activities The *Ultimate Guide to Trail Running* provides all the essential information needed including finding trails and getting started managing ascents and descents with ease maneuvering off road obstacles strength stretching and cross training exercises selecting proper shoes clothing and accessories safety on the trail and racing and other trail events This full revision includes all new photos updated information on equipment caring for the trail racing and organizing as well as new information on sustainability Leave No Trace practices diversity and inclusion in the outdoor running world

Ultimate Guide to Trail Running Adam W. Chase, Nancy Hobbs, 2010-02-09 Guide to running's fastest growing endurance and adventure sport Everything You Need to Know About Equipment Finding Trails Nutrition Hill Strategy Racing Avoiding Injury Training Weather Safety

Best Trail Runs Seattle Adam W. Chase, Nancy Hobbs, 2018-01-15 Best Trail Runs Seattle features nearly forty of the best trail runs within an hour or so of downtown complete with color photos maps and detailed specs and trail descriptions Full of inspirational photos throughout this book includes practical maps elevation gains and key information on training safety and must see attractions along the way

Trail and Mountain Running Sarah Rowell, Wendy Dodds, 2013 Mountain and Trail Running is a practical guide for runners designed to help those who are already running off road and wanting to improve their performance to try longer or rougher terrain with confidence and those who simply want to venture from roads onto trails and mountain paths for the first time

The Best Front Range Trail Runs Peter N Jones, 2014-12-19 50 trail runs selected for the beauty of the scenery the variety of the terrain and the range of difficulty levels Complete trail descriptions highlights directions and color photos maps and elevation profiles Quotes on each trail from local legends and professional runners Beginners and experienced trail runners alike will revel in the publication of this guide which takes the guesswork out of choosing a trail to run along Colorado's Front Range Covering 50 trails from Fort Collins to Colorado Springs this book highlights the best running trails chosen for their singletrack terrain spectacular views challenging routes and proximity to major population centers Each trail write up includes the essential information one needs to quickly find and enjoy a spectacular run map elevation profile directions trail description and more

Trail and Mountain Running Sarah Rowell, Wendy Dodds, 2013-04-22 Trail and Mountain Running is a practical guide for runners designed to help those who are already running off road and wanting to improve their performance to try longer or rougher terrain with confidence and those who simply want to venture from roads onto trails and mountain paths for the first time Divided into three sections the book covers Training fundamentals giving you all the knowledge you need to run off road in terms of training programme looking after your body kit and equipment and staying safe in the environment Racing

providing more detailed advice about what to do pre during and post race to maximize performance Optimizing performance more advanced information on training and racing and supplementary areas such as altitude training which can help performance Throughout the book advice is given relative to four typical races of different lengths and terrain all of which is interspersed by real life anecdotes and stories from the authors A practical guide that provides information tailored to all levels of runners who want to both enjoy running off road as well as get better at it Superbly illustrated with 70 colour photographs Both Sarah Rowell and Wendy Dodds are highly experienced and successful athletes

Best Trail Runs San Francisco Adam W. Chase, Nancy Hobbs, 2018-12-01 Best Trail Runs San Francisco features nearly forty of the best trail runs within an hour or so of downtown complete with color photos maps and detailed specs and trail descriptions Full of inspirational photos throughout this book includes practical maps elevation gains and key information on training safety and must see attractions along the way

The Trail Runner's Companion Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature Not only are runners taking to the trail but a growing number are challenging themselves to go past the conventional 26.2 mile marathon point The time is right for a book that covers everything a runner needs to safely and successfully run and race trails from 5Ks to ultra distances Like a trusted coach The Trail Runner's Companion offers an inspiring practical and goal oriented approach to trail running and racing Whether readers are looking to up their distance or tackle new terrain they'll find sophisticated yet clear advice that boosts performance and enhances well being Along the way they'll learn Trail specific techniques and must have gear What to eat drink and think before during and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging encouraging voice including tips and anecdotes from well known names in the sport The Trail Runner's Companion is the ultimate guide to achieving peak performance and happiness out on the trails Sarah Lavender Smith has long been one of trail running's finest and most insightful writers and her first book The Trail Runner's Companion ties everything together for all trail runners from newbies to veterans and all abilities in between She expertly and empathetically describes how one should train eat drink and think while becoming a trail runner But perhaps most importantly of all she tells us what it means to be a trail runner why this journey in her words all the way up to the summit and back down is worth the effort If you already are a trail runner The Trail Runner's Companion will make you want to become a better trail runner If you aren't yet a trail runner The Trail Runner's Companion will make you want to become one

John Trent longtime ultrarunner race director Western States 100 Mile Endurance Run board member and award winning sportswriter The Trail Runner's Companion is a must have for all trail runners both new and experienced It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book If only I had The Trail Runner's Companion to read before my first trail race I could have avoided so many mistakes I highly recommend it Kaci Lickteig

2016 UltraRunning Magazine UltraRunner of the Year and Western States 100 Mile Endurance Run champion **Best Trail Runs Denver, Boulder & Colorado Springs** Adam W. Chase, Nancy Hobbs, Peter Jones, 2017-10-30 Best Trail Runs Denver and Boulder features forty of the best trail runs within an hour of both cities complete with color photos maps and detailed specs and trail descriptions as well as GPS coordinates for all trailheads Sidebars throughout the book highlight useful information about local restaurants lodging entertainment and other amenities as well as information about local running clubs outdoor retail shops and more More than just a where to guidebook to the best trail runs in and around these urban areas Best Trail Runs Denver and Boulder includes vital information on warm up exercises for each area s specific terrain as well as hazards in the area and how to prepare for them and the best seasons to run which trails Full of inspirational photos throughout this book also includes practical maps and must see features along the way **Trail Running Bend and Central Oregon** Lucas Alberg, 2016-05-17 Trail Running Bend and Central Oregon is an extensive guide to the best trail running in one of the country s top outdoor destinations Author and trail runner Lucas Alberg provides detailed descriptions of the area s best loop runs including several new trails added within recent years From classic high desert runs to the east in the Badlands to mountain escapes and high alpine scenery to the west in the Cascades the guide highlights the unique and diverse geography that Central Oregon has to offer Unlike other guidebooks Trail Running Bend and Central Oregon is organized by season so runners can know when to hit the right trails at the right times throughout the year The 50 routes described in the book are all located within 65 miles of Bend which means that trail runners will spend more time doing what they love to do instead of spending time behind the windshield in anticipation

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