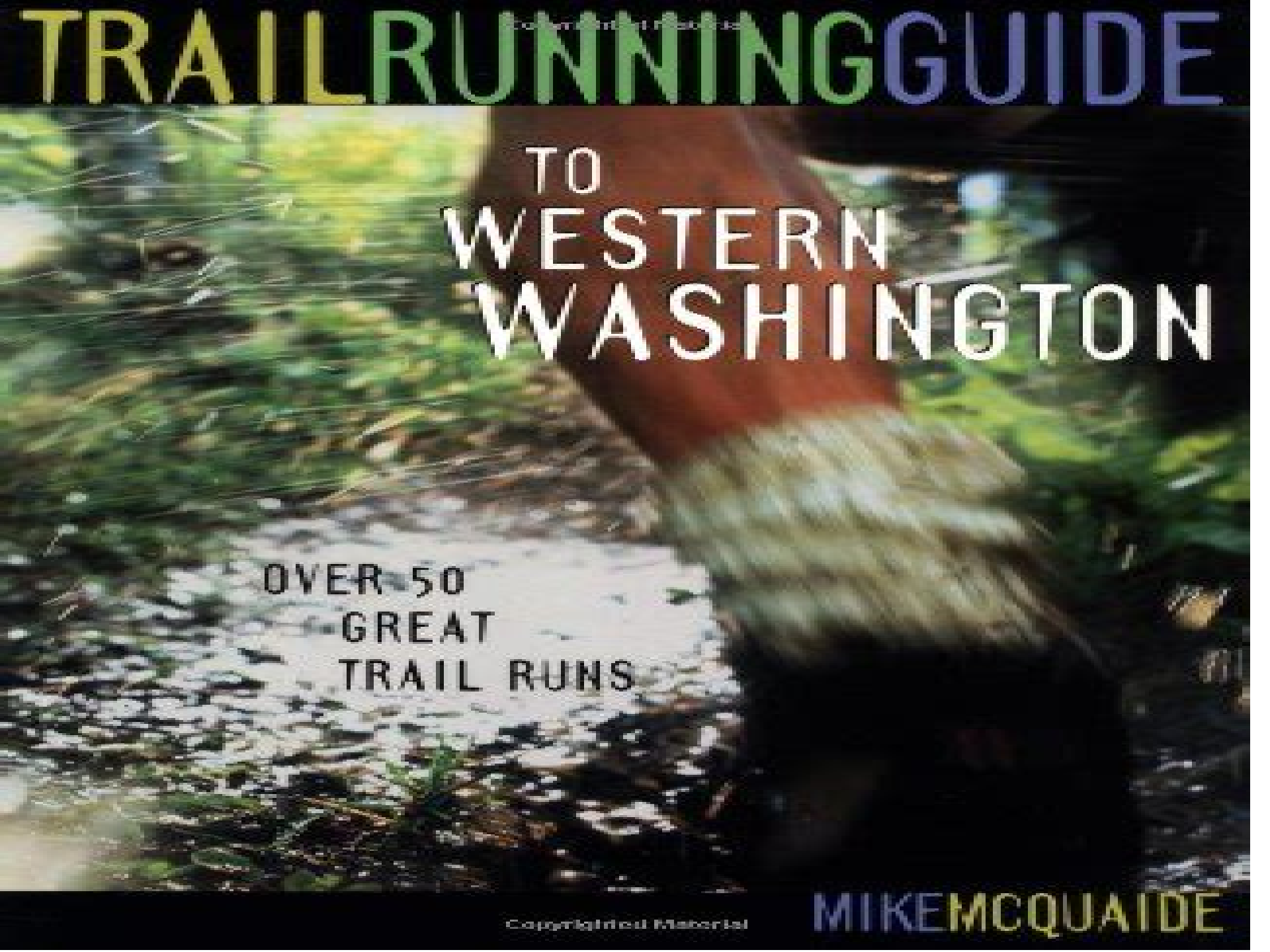




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WESTERN
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OVER 50
GREAT
TRAIL RUNS

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Trail Running Guide To Western Washington Over 50 Great Trail Runs

Ed Bowker Staff, Staff Bowker, Ed

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Trail Running Guide to Western Washington Mike McQuaide, 2001 Runners everywhere are leaving the blacktop in search of great off road runs This unique guide to western Washington describes over 50 routes and includes distance difficulty trail conditions photographs and detailed maps

50 Trail Runs in Washington Cheri Pompeo Gillis, 2002 Includes trail runs in Bellingham the North and South Cascade Range the Olympic Peninsula urban areas and eastern Washington Guidebook contains mileage of trails elevation profiles maps and photos Offers helpful trail running tips for getting started trail etiquette and more Trail running is a ever more popular sport that provides a unique way to exercise while enjoying spectacular scenery While there are many hiking guidebooks for Washington this is the first state wide comprehensive trail running guidebook 50 Trails Runs in Washington offers everything from where to go what to bring how to get there and what to expect on the trail Includes trail running descriptions of varied lengths from four miles to 34 miles accompanied by maps photos and elevation profiles Washington s trail runners will never be left wondering where to run again

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

[Trail Runners Guide to San Francisco Bay Area](#) Jessica Lage, 2010-07-19 Trail Runner s Guide San Francisco Bay Area covers the best trail runs in the region s parklands and open spaces This informative guide provides the detailed routes with descriptions of terrain views and vegetation from a runner s perspective 50 featured routes from 2 to 22 miles plus alternative routes from every trailhead Topographic maps with easy directions on facing pages Simple to copy and carry in your pocket An elevation profile and at a glance trail conditions and regulations for each run plus equipment safety and running tips

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 [Moon Olympic Peninsula: With Olympic National Park](#) Jeff Burlingame, Moon Travel Guides, 2024-02-06 Charming small towns verdant rainforests rocky coastline and mountain meadows experience the surreal beauty and endless adventure of the Pacific Northwest with Moon Olympic Peninsula Inside you ll find Flexible itineraries from a weekend in Olympic National Park to a weeklong tour of the peninsula Must see highlights and unique experiences Tour the oldest lighthouse on the Puget Sound explore Kurt Cobain s hometown or immerse yourself in the region s rich maritime history Dig for a dinner of fresh razor clams and savor fresh caught Dungeness crab Stroll through a fragrant lavender farm shop for unique handcrafted goods or peruse small town galleries for local art Sample one of a kind red blends and fruit wines or kick back with a local brew and some jazz music The best hikes of the Olympic Peninsula Find your adventure with hike descriptions directions difficulty ratings and elevation gains Outdoor adventures Wander through the ethereal Hoh Rain Forest marvel at the panoramic views from Hurricane Ridge or hike through the old growth forests of Olympic National Park Take a waterfall filled backpacking trek through the Sawtooth Mountains camp on the banks of the Skokomish River and soak in the restorative waters of the Olympic Hot Springs Spot hundreds of species of birds on the largest natural sand spit in the world or study starfish and sea stacks on the rugged northern coast Local insight from Washington born journalist Jeff Burlingame on when to go where to stay and what to bring Full color photos and detailed maps throughout Helpful background on the landscape wildlife climate and local culture plus tips for getting around the peninsula With Moon Olympic Peninsula s practical tips and expert advice you can plan your trip your way Want more of the great outdoors Try Moon Washington Hiking Exploring the Pacific Northwest Try Moon Coastal Oregon or Moon Columbia River Gorge Mount Hood About Moon Travel Guides Moon was founded in 1973 to empower independent active and conscious travel We prioritize local businesses outdoor recreation and traveling strategically and sustainably Moon Travel Guides are written by local expert authors with great stories to tell and they can t wait to share their favorite places with you For more inspiration follow moonguides on

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