

# TRAILHEAD

"When it comes to trail running,  
Lisa knows her stuff!"

—SCOTT JUREK, *Three Seasons*  
"Ultra-runner and author of  
*Run and Run*"



THE DIRT ON ALL THINGS  
TRAIL RUNNING

LISA JHUNG

ILLUSTRATIONS BY  
CHARLIE LAYTON

# Trailhead The Dirt On All Things Trail Running

**D Siedentop**



## **Trailhead The Dirt On All Things Trail Running:**

**Trailhead** Lisa Jhung, 2015 Trail Head is a witty fun guide to all things trail running **Trailhead** Lisa Jhung, Charlie Layton, 2025-11-04 Trailhead is a witty fun pocket guide to all things trail running Veteran trail runner triathlete and adventure racer Lisa Jhung offers this illustrated guide to all runners curious about running off road or wanting to run farther into the backcountry She offers authoritative advice on everything from how to find good trails to run how to choose the best shoes and clothing how to carry enough water and how to stay safe from wildlife and weather Trailhead includes The allure Why trail running is good for body and mind The essentials Finding good trails choosing the best trail running gear handling trail and weather conditions what you need to know about nutrition and hydration Safety How to treat and avoid common trail running injuries first aid animal safety Etiquette Right of way preserving the trail when nature calls Company Running alone with friends with dogs or burros Stronger faster At home exercises to enhance your running Going long Preparing for longer trail runs or trail races Trailhead is a smart entertaining read as well as a thorough resource for everyone from aspiring trail runners to those looking to get the most out of every trail run whether in a city park or on a mountain adventure **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 *Running That Doesn't Suck* Lisa Jhung, 2019-07-09 Running doesn't have to suck Ease yourself into a comfortable routine promise with this hilarious and approachable guide to workouts and nutrition from an experienced athlete We've all side-eyed the chipper runners jogging by in their short shorts and Fun Run finisher tops and felt a little envious How do they get out there and do it every day How did they become Runners Though it's theoretically one of the most natural sports for humans the general response to running tends to be It's hard It sucks I wish I could do it If you want to enjoy running this helpful and humorous guide will get you started keep you going and teach you to embrace the suckiness Hint You don't have to run at 6 a.m. and you definitely don't have to wear short shorts You'll also find body maintenance tips nutritional guidance and running etiquette pointers And when you're feeling discouraged Jhung's down to earth advice will help you stay motivated and confident With smartly organized chapters that you can read in any order this book includes insights from professional runners sports psychologists coaches physical therapists and Jhung's own two decade writing and

running career Whether you re looking for inspiration or setting specific goals this book has everything you need to get hooked on the sport **Where the Road Ends** Hicks, Meghan,Powell, Bryon,2016-03-07 Start your run where the pavement ends Where the Road Ends A Guide to Trail Running is the authoritative and accessible guide for this rapidly growing sport Whether you are an experienced runner on roads or an outdoor enthusiast who wants to explore a new way of appreciating nature this four color resource covers training competition injury prevention strategy and more **Dirty Inspirations** Terri Schneider,2016-02-09 An exciting and inspirational account of the physical mental and emotional journey of an ultra endurance athlete Barry Siff President of USA Triathlon The search to find one s own limits and surpass them is what defines us as human beings By consciously choosing to walk the path of most resistance we come to a better understanding of ourselves and our potential for physical mental and emotional growth And nowhere is this universal journey better represented than in the crucible of extreme endurance sports where athletes are truly pushed beyond the bounds of what seems possible Direct from the trenches of ultra endurance racing and mountaineering Dirty Inspirations takes readers through environments as majestic as they are unforgiving all while presenting the unique perspective of a woman who has made it her life s work to exceed her limits From the brutal heat of the Sahara to the deep jungles of the Amazon and the awe inspiring peaks of Denali Terri Schneider s quest to find the answers to life s ultimate questions have taken her to the furthest reaches of the Earth Now readers have the chance to experience for themselves what can truly be accomplished when you reject common sense personal safety and preconceptions of what is possible Seen through the eyes of one of the most diversely experienced female endurance athletes on the planet the stories in Dirty Inspirations showcase discomfort as a virtue reinvigorating the life long athlete and providing encouragement to anyone looking to bring more action into their lives Part philosophical journey part spiritual awakening and part riveting drama the stories presented in Dirty Inspirations embody the incredible resiliency of the human body and the indomitable nature of the human spirit **Cases For Event Management and Event Tourism** Donald Getz,Vassilios Ziakas,2023-04-30 A comprehensive collection of fully developed case studies of event management and event tourism main areas including HR leadership marketing strategy operations stakeholder management and evaluation all written by international experts It is a must have collection for all those studying and teaching event management and event tourism **Trail Running Bend and Central Oregon** Lucas Alberg,2016-03-21 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 *Zero Days* Barbara Egbert,2010-01-01 In April 2004 Barbara Egbert and Gary Chambers and their precocious 10 year old daughter Mary embarked on a 2 650 mile hike from Mexico to Canada along the famed Pacific Crest Trail This the well told tale of their epic adventure which required love perseverance and the careful rationing of toilet paper Six months later Mary would become the youngest person ever to successfully walk the entire trail The trio weathered the heat of the Mojave the jagged peaks of the Sierra the rain of Oregon and the final cold stretch through the Northern Cascades They discovered which family values from love and equality to thrift and cleanliness could withstand a long narrow trail and 137 nights together in a 6 by 8 foot tent Filled with tidbits of wisdom practical advice and humor this story will both entertain and inspire readers to dream about and plan their own epic journey Backpacker,1996-10 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured 60 Hikes Within 60 Miles: Harrisburg Matt Willen,2016-07-19 It s Time to Take a Hike in Harrisburg Pennsylvania Although known predominantly for its Pennsylvania Dutch culture the Gettysburg battlefield and the cities of Harrisburg Lancaster and York south central Pennsylvania is home to many tracts of public lands that offer a diverse array of hiking experiences From the gentle farm country of Lancaster and York Counties to the steep sided ravines along the Susquehanna River to the rugged ridges north of Harrisburg and the rolling hills of South Mountain you ll find hikes to suit about any taste and interest 60 Hikes Within 60 Miles Harrisburg by local outdoorsman Matt Willen provides the first and most comprehensive hiking guide to the region Each hike description features key information on length hiking time difficulty configuration scenery traffic trail surface and accessibility This guide features information on the history and natural history of the areas the hikes pass through detailed trail maps and elevation profiles clear directions to the trailheads and trailhead GPS data and tips on nearby activities **Lonely Planet Grand Canyon National Park** Lonely Planet,Loren Bell,Jennifer Rasin Denniston,2019-03-01 Lonely Planet The world s number one travel guide publisher Lonely Planet s Grand Canyon National Park is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Go rafting on the Colorado River explore the Grand Canyon by bike or view it from above on a helicopter ride all with your trusted travel companion Get to the heart of Grand Canyon National Park and begin your journey now Inside Lonely Planet s Grand Canyon National Park Color maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of

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**Lonely Planet Grand Canyon National Park** Loren Bell, Jennifer Rasin Denniston, 2021-10 Lonely Planet's Grand Canyon National Park is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Hike the Hermit trail swim in Oak Creek and ride the Colorado river all with your trusted travel companion Get to the heart of Grand Canyon National Park and begin your journey now Inside the Lonely Planet's Grand Canyon National Park Travel Guide Up to date information all businesses were rechecked before publication to ensure they are still open after 2020's COVID 19 outbreak User friendly highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices emergency information park seasonality hiking trail junctions viewpoints landscapes elevations distances difficulty levels and durations Focused on the best hikes drives and cycling tours Honest reviews for all budgets eating sleeping camping sightseeing going out shopping summer and winter activities and hidden gems that most guidebooks miss Contextual insights give you a richer more rewarding travel experience history geology wildlife and conservation Over 30 full

color trail and park maps and full color images throughout Useful features Travel with Children Clothing and Equipment and Day and Overnight Hikes Covers Grand Canyon Kaibab National Forest Kanab Marble Canyon Vermillion Cliffs Tusayan Williams Flagstaff Hualapai Reservation Sedona Lake Mead Hoover Dam Las Vegas North Rim South Rim Colorado River The Perfect Choice Lonely Planet's Grand Canyon National Park our most comprehensive guide to this US national park is perfect for both exploring top sights and taking roads less traveled Looking for more extensive coverage Check out Lonely Planet's USA for a comprehensive look at all the country has to offer Looking to visit more North American national parks Check out USA's National Parks a new full color guide that covers all 59 of the USA's national parks Just looking for inspiration Check out Lonely Planet's National Parks of America a beautifully illustrated introduction to each of the USA's 59 national parks About Lonely Planet Lonely Planet is a leading travel media company providing both inspiring and trustworthy information for every kind of traveler since 1973 Over the past four decades we've printed over 145 million guidebooks and phrasebooks for 120 languages and grown a dedicated passionate global community of travelers You'll also find our content online and in mobile apps videos 14 languages armchair and lifestyle books ebooks and more enabling you to explore every day Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveler's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia

**Mud Running** Richard Allen, 2011-03-01 The Squaw Peak 50 mile trail run is a unique ultramarathon that climbs 12 000 vertical feet through the rugged Wasatch Mountains This is the backdrop for Mud Running an all day race filled with both harsh ordeals and poignant memories In the tradition of Nicholas Sparks Three Weeks With My Brother a unique travel adventure is the catalyst in recalling powerful childhood stories Raised in a home with six diverse siblings Allen relates tales of each character as he is reminded of them along the muddy trail It is the story of individuals influenced by one another sharing a common upbringing but markedly diverse in the outcome As diverse as thick snowy mud is from slick warm puddles Mud Running is also a story of running from a novice terrified by a 5 k to a determined runner accomplishing 50 miles This special novel will be enjoyed by runners and readers alike *Backpacker*, 2009-10 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

**60 Hikes Within 60 Miles** Matt Willen, 2011-02-02 The southern portion of Pennsylvania is rich with history but also boasts breathtaking natural beauty From rolling hills in Lancaster and York Counties to steep ravines along the Susquehanna River this region offers hikers a wide array of outdoor experiences This guide is the first comprehensive hiking tour of the region and its accessible format brings this diverse

natural area closer to hikers than ever before      **Moon Washington** Matthew Lombardi,2016-07-19 Join travel writer and Seattle resident Matthew Lombardi for an unforgettable experience With his unique perspective and advice you can trust Moon Washington has everything you need to know to have a more personal and memorable experience Moon Washington tells you what you need to know to plan the perfect trip for you Take a tasting tour through Washington s up and coming wine country explore the food and theater filled metropolis of Seattle and trek into the vibrant paradise created by Washington s mountains rivers islands and sounds Along with itineraries such as Day Trips from Seattle and Wine and Waterfalls Colombia River Gorge and Wine Country Lombardi includes advice on recreation in every season including hiking kayaking skiing and whale watching With expertly crafted maps and gorgeous photos this full color guidebook gives you the tools you need to have an immersive and unique experience Moon Washington includes areas such as Seattle Olympic Peninsula and the Coast San Juan Islands and North Puget Sound North Cascades Mount Rainier and the South Cascades Colombia River Gorge and Wine Country Eastern Washington Find the Moon guide that best suits your trip Exploring the Pacific Northwest Try Moon Oregon Moon Coastal Oregon or Moon Olympic Peninsula Road tripping along the coast Check out Moon Pacific Coast Highway Road Trip      **Baltimore Trails** Bryan MacKay,2008-11-19 Baltimore Trails is a comprehensive and detailed guide to trails on public lands in and around Baltimore Discover Hemlock Gorge a small slice of Appalachia transported into northern Baltimore County with its timeless peace and ancient gnarled hemlocks or Black Marsh where birds skulk among the vegetation of pristine freshwater wetlands or the unique landscape of Soldiers Delight Natural Environment Area which shelters more than 38 rare plant species Baltimore Trails answers the needs of hikers and mountain bikers offering accurate maps up to date access information and reliable trail descriptions Bryan MacKay a lifelong Baltimore resident and avid naturalist walked cycled and explored nearly 80 trails in local state county and city parks as well as area watersheds He provides a detailed description topographic map and the length location and degree of difficulty for each trail Some trails offer an easy afternoon stroll while others provide a day of rugged hiking or biking Thumbnail essays offer scenic highlights and discuss typical plants animals and local ecology Every trail was field checked in 2007 for the second edition Miles of new trails are included as is updated information on recent trail reroutes      **Hiking Waterfalls Virginia** Andy Thompson,2022-07-01 Fully revised and updated Hiking Waterfalls Virginia includes detailed hike descriptions maps and color photos for approximately 50 of the most scenic waterfall hikes in the state Hike descriptions also include history local trivia and GPS coordinates Hiking Waterfalls Virginia will take you through state and national parks forests monuments and wilderness areas and from popular city parks to the most remote and secluded corners of the area to view the most spectacular waterfalls      **Hiking with Kids Southern California** Shelly Rivoli,2023-05-15 Through forty five curated hikes with maps and photographs Hiking with Kids Southern California provides more than just a collection of easy hikes for families It s a collection of bucket list explorations to enjoy from toddlerhood through the teen years across the diverse

landscapes and unique ecosystems of southern California Let award winning family travel writer Shelly Rivoli be your guide as your family hits the trail in five national parks as well as several state and city parks natural preserves and national forests

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