

Trail Runner's Guide to Colorado

Fifty Great Trail Runs



Monique Cole, Phil Mislinski, and Scott Boulbol

Trail Runners Guide To Colorado 50 Great Trail Runs

Xiang Xie



Trail Runners Guide To Colorado 50 Great Trail Runs:

Trail Runner's Guide to Colorado Phil Mislinski, Monique Cole, Scott Boulbol, 1999 With descriptions of Colorado's most beautiful and challenging running trails this is the Colorado runner's bible *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 [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 **Snowshoeing Colorado** Claire Walter, 2004 Award winning trail guide to Colorado's hottest winter sport revised and updated **Runner's World Complete Guide to Trail Running** Dagny Scott Barrios, 2003-04-19 Discusses all aspects of trail running from preventing injury to storing up calories for the day's adventure **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 [Colorado Libraries](#) ,2002

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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 Summit Hikes in Colorado* James Dziezynski, 2012-09-18 Information provided for each hike includes topographic map with GPS waypoints and elevation profile difficulty and class rating tailored to Colorado's terrain optional routes for further exploration and trivia and history *The Best Front Range Trail Runs* Tony Parker, 2014-05-08 An easy to use guide to 50 of the best Front Range hikes for children Kid friendly trail ratings and symbols Detailed directions and full color easily readable maps Sidebars on historical and educational information as well as activities children can enjoy on the way home from each hike Colorado's Front Range is a wonderful place to introduce children to the outdoors and hiking From Fort Collins to Denver and Boulder and south to Colorado Springs trails abound for kids who love spending time outside This essential guide helps parents select age and ability appropriate trails at a glance with a handy rating system Choose trails that are fun and just challenging enough for children between the ages of two and 16 From wheelchair accessible to more challenging trails the 50 hikes that comprise this guidebook were selected for their variety ease of access unique natural beauty educational opportunities and proximity to some of the best known attractions along the Front Range including the Platte River Pikes Peak Mount Evans and Rocky Mountain National Park Children may spot wild turkeys while exploring the Hornbek Homestead trail near Colorado Springs enjoy trekking across the lands of an early settlement in the Bobcat Ridge Natural area near Fort Collins or catch a glimpse of a bighorn sheep along the Waterton Canyon trail south of Denver *Hal Koerner's Field Guide to Ultrarunning* Hal Koerner, Adam Chase, Scott Jurek, 2025-11-04 Ultramarathons don't leave much room for mistakes Don't learn the hard way get a jump on training for an ultramarathon with Hal Koerner's *Field Guide to Ultrarunning* a comprehensive handbook to running 30 to 100 miles and beyond written by one of the most experienced and recognized athletes in the sport Ultramarathons don't leave much room for mistakes Don't learn the hard way get a jump on training for an ultramarathon with Hal Koerner's *Field Guide to Ultrarunning* a

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