

# **Trail Running Western Massachusetts**

**Ben Kimball** 

#### **Trail Running Western Massachusetts:**

**Trail Running Western Massachusetts** Ben Kimball,2015-05-05 Ben Kimball a long time trail runner provides profiles of fifty one great trail runs in western Massachusetts Geographically this book covers the area between the Quabbin Reservoir and upstate New York including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state s highest point at the top of Mount Greylock The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types There are options for everyone from the beginner to the experienced trail runner looking for new options Each run receives a two page treatment that includes an informative trail description and a trail map along with a scannable QR code to download each map to your smartphone This book will appeal to the entire running community of Massachusetts and the surrounding region including the Pioneer Valley along the Connecticut River communities along the Housatonic River corridor in the Berkshires the many running clubs in the Boston area and seasonal vacationers Trail Running Eastern Massachusetts Ben Kimball, 2022 Eastern Massachusetts offers incredible trail running opportunities ranging from popular long distance routes like the Bay Circuit Trail to lesser known loops that run through the mountains and forests of the Quabbin watershed and Merrimack Valley region and trails that pass alongside the shores of Cape Cod All over the Bay State there are trails suitable for runners of all levels waiting to be discovered and explored Avid trail runner Ben Kimball offers a selection of fifty one of eastern Massachusetts s most spectacular trail sites including detailed trail descriptions topographic maps directions parking information safety tips and much more Both experienced and novice trail runners will find Trail Running Eastern Massachusetts to be an invaluable resource for exploring nature and getting a good workout in the Boston area and beyond Trail Running Western Massachusetts Ben Kimball, 2015-05-05 Ben Kimball a long time trail runner provides profiles of fifty one great trail runs in western Massachusetts Geographically this book covers the area between the Quabbin Reservoir and upstate New York including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state s highest point at the top of Mount Greylock The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types There are options for everyone from the beginner to the experienced trail runner looking for new options Each run receives a two page treatment that includes an informative trail description and a trail map along with a scannable QR code to download each map to your smartphone This book will appeal to the entire running community of Massachusetts and the surrounding region including the Pioneer Valley along the Connecticut River communities along the Housatonic River corridor in the Berkshires the many running clubs in the Boston area and seasonal vacationers <u>Trail Running Southern Vermont</u> Ben Kimball,2024-03-29 The rural and wild landscape of southern Vermont offers a true bounty of great trail running opportunities from out and back or point to point runs on popular long distance

routes such as segments of the Long Trail or the Appalachian Trail to little known loops hidden away in the woods This helpful guide is just the resource needed for trip planning or for a spontaneous run in a beautiful place Local expert trail runner Ben Kimball offers a range of suggested route options sometimes even several at the same site for runners of all skill levels He also provides important practical information such as the full distance of the suggested route a difficulty rating the trail style and type the total ascent and directions along with a detailed description of the trail itself. The trails included vary in difficulty and terrain type and range from low elevations in the Connecticut River Valley to as high as 4 000 feet at Killington Peak This indispensable book is the perfect companion for adventurous runners and hikers interested in exploring southern Vermont Henry Knox and the Revolutionary War Trail in Western Massachusetts Bernard A. Drew, 2012-01-23 During the winter of 1776 in one of the most amazing logistical feats of the Revolutionary War Henry Knox and his teamsters transported cannons from Fort Ticonderoga through the sparsely populated Berkshires to Boston to help drive British forces from the city This history documents Knox s precise route dubbed the Henry Knox Trail and chronicles the evolution of an ordinary Indian path into a fur corridor a settlement trail and eventually a war road By recounting the growth of this important but under appreciated thoroughfare this study offers critical insight into a vital Revolutionary supply Fifty Places to Run Before You Die Chris Santella, 2018-03-20 A breathtaking guide to the world's fifty best places to run as chosen by experts who ve been there The beautiful thing about running is that all you need is a trusty pair of shoes and a little determination When you can practice a sport almost anywhere from your own neighborhood to courses across the world where do you begin In Fifty Places to Run Before You Die Chris Santella gathers fifty bucket list recommendations from some of the running world's most accomplished leaders and athletes including ultra runner and record breaker Jim Walmslev Runner's World chief running officer Bart Yasso NPR star Peter Sagal race director of the Boston Marathon Dave McGillivray U S Olympian Magdalena Lewy Boulet and internationally recognized endurance athlete Dean Karnazes Featuring a mix of popular foot races such as marathons 10Ks and endurance runs and scenic trails off the beaten path this book divulges what makes each venue unique offering firsthand anecdotes and practical advice for those who aspire to run there Discover incredible events and trails both national and international including the Ultra Trail du Mont Blanc in France the New York City Marathon the Vancouver Sun Run the Grand Canyon the Dolomites in Italy and the Great Ocean Road Marathon in Australia Fifty Places to Run Before You Die is the essential travel companion for runners of all levels who seek to conquer new terrain while breaking personal records Explorer's Guide Berkshire Hills & Pioneer Valley of Western Massachusetts Christina Tree, William Davis, 2011-06-27 This revised and updated guide provides the best lodging dining and activity suggestions for New England's most inviting region for lovers of the arts Seasoned travel writers Christina Tree and William Davis tell you everything you need to know about this naturally beautiful and culturally rich region As they lead you across the Mohawk Trail and along scenic drives you ll visit must see performing arts festivals museums wineries antiques

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Whispering the Strategies of Language: An Psychological Journey through Trail Running Western Massachusetts

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