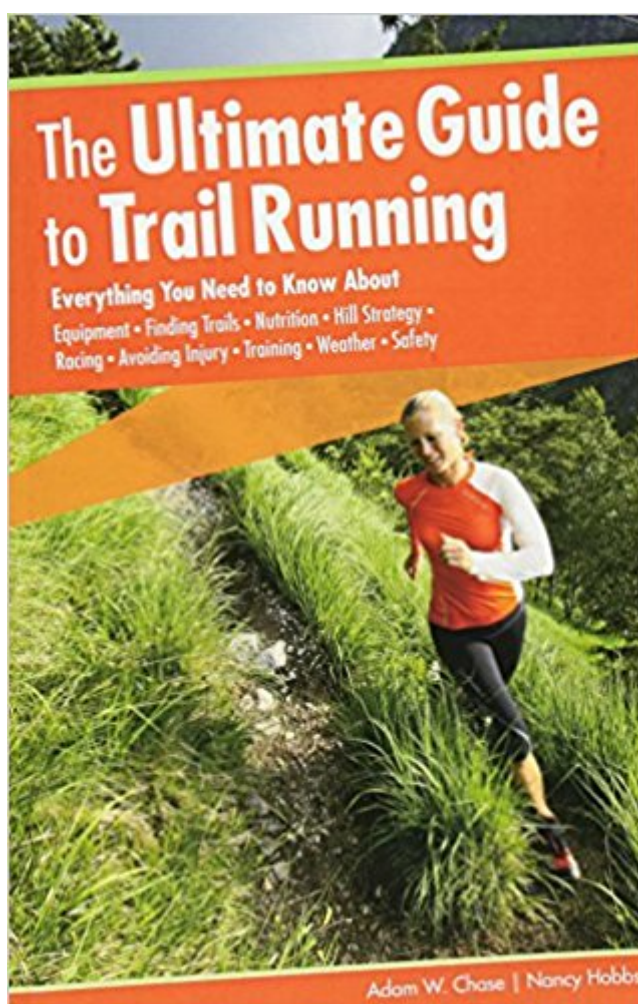


The book was found

# Ultimate Guide To Trail Running: Everything You Need To Know About Equipment \* Finding Trails \* Nutrition \* Hill Strategy \* Racing \* Avoiding Injury \* Training \* Weather \* Safety





## Synopsis

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 bikingâ•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.

## Book Information

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## Customer Reviews

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 bikingâ•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.

Adam W. Chase, an accomplished ultrarunner, snowshoe racer, and adventure athlete, is president of the All American Trail Running Association. Nancy Hobbs has been running trails and directing running events since the mid-1980s, and her articles and photographs have been published in such

magazines as Trail Runner and Runner's World. She is the founder and executive director of the All American Trail Running Association.

I won't say that I didn't like the book, but it just didn't give me what I was looking for. It had good information in it but it was just a little too general for me. I guess I was hoping for illustrations and stories of ultra runners. There were some illustrations but I guess I was looking for the authors perspective and their personal experience. I didn't like the comparisons to road runners and trail runners. I am a road runner looking to get into trail running and just wanted information. The book is still worth the price.

This book was incredibly helpful to me. It covers just about anything a beginner trail runner would want to know. My favorite part was all the considerations and suggestions the author made. For example, he mentions jogging strollers for parents who want to trail run. In the section about shoes, the author discusses what to do if you wear orthotics. That comment made me go from thinking about taking up the sport to doing it. The way he addressed other people's challenges and provided solutions made me feel like this sport is right for me... special considerations and all.

I'm oversimplifying - trail running is different in many ways but I'm not sure there is enough that is different to warrant an entire book on the subject. I can see a general running book covering all the differences in 3-4 chapters. If you've read a running book or if you've been running for awhile you'll already be familiar with most of what you read here. Having said that, I enjoyed the book because I enjoy reading about running even if some of it is a repeat. The highlights for me were the chapters on the different types of trail racing, trail running technique and equipment.

I thought this was a helpful introduction to trail running. I recently became interested in running trails after completing my first marathon, and deciding later to delve into ultramarathons and trails. I only gave it four stars because I found some of the information to be repetitive of so many running books on the market. However, if you do not have many running books and are interested in what it takes, and what you need, to get started on trails, this is a good book.

As a trail runner this book confirmed so many different aspects of running trails that I have been doing for years. Bravo! Good work

Great product, as expected, fast shipping

Good book for beginners who don't know much about trail running. It covers all of the bases from techniques, clothing, dealing with weather changes, hydration, and encounters with wild animals.

This was a gift so I had to ask the recipient how he liked it and he said that it was everything that he'd hoped it would be.

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