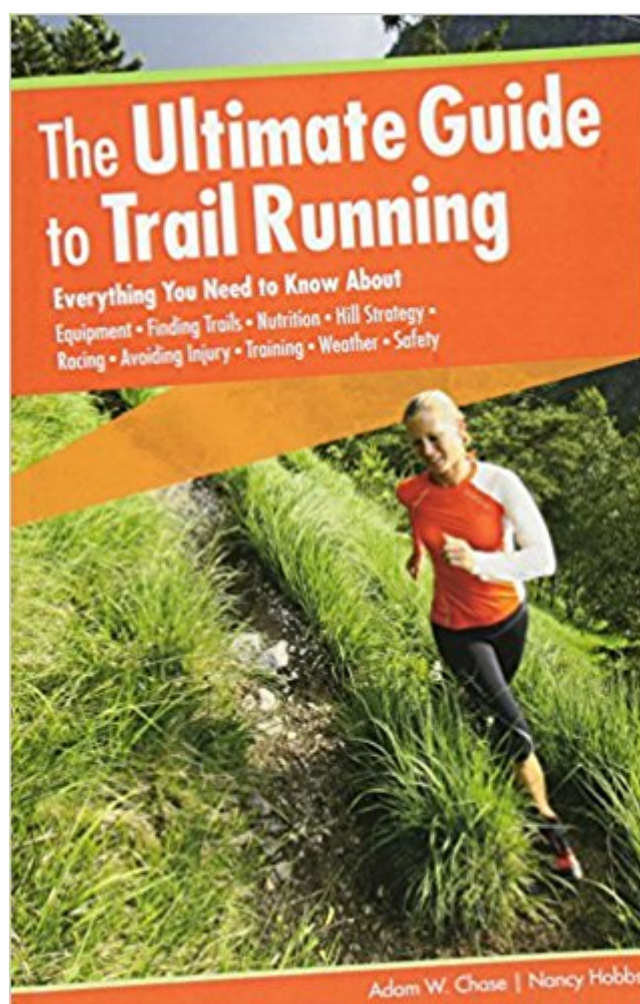


The book was found

# 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 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.

## Book Information

Paperback: 272 pages

Publisher: Falcon Guides; 2 edition (February 9, 2010)

Language: English

ISBN-10: 0762755377

ISBN-13: 978-0762755370

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 15 customer reviews

Best Sellers Rank: #249,193 in Books (See Top 100 in Books) #22 in [Books > Sports & Outdoors > Miscellaneous > Equipment & Supplies](#) #41 in [Books > Health, Fitness & Dieting > Sports Health & Safety](#) #289 in [Books > Science & Math > Earth Sciences > Weather](#)

## 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 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.

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.

[Download to continue reading...](#)

Ultimate Guide to Trail Running: Everything You Need To Know About Equipment \* Finding Trails \* Nutrition \* Hill Strategy \* Racing \* Avoiding Injury \* Training \* Weather \* Safety Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Triathlon For Beginners: Everything you need to know about training, nutrition, kit, motivation, racing, and much more The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) The Cape Cod Bike Book: A Complete Guide To The Bike Trails of Cape Cod: Cape Cod Rail Trail, Nickerson Park Trails, Falmouth Woods Hole Trail, National Seashore Trails Weather 101: From Doppler Radar and Long-Range Forecasts to the Polar Vortex and Climate Change, Everything You Need to Know About the Study of Weather Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Law 101: Everything You Need to Know About American Law (Law 101: Everything You Need to Know about the American Legal System) Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) The Trail Runner's Companion: A Step-by-Step Guide to Trail Running and Racing, from 5Ks to Ultras Chi Running: A Training Program for Effortless, Injury-Free Running Triathlete Magazine's Complete Triathlon Book: The Training, Diet, Health, Equipment, and Safety Tips You Need to Do Your Best Fitness Nutrition: The Ultimate Fitness Guide: Health,

Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) You Don't Know What You Don't Know: Everything You Need to Know to Buy or Sell a Business Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)