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The Ultimate Guide to Trail Running, 2nd Edition

Everything You Need to Know About:

Equipment • Finding Trails • Nutrition • Hill Strategy • Racing
Avoiding Injury • Training • Weather • Safety

By Adam W. Chase and Nancy Hobbs

“No runners are more qualified to coauthor this book than Nancy Hobbs and Adam Chase. Period.
This book will take you farther and to more beautiful places than you can imagine.”
—from the Foreword by Andrew R. Hersam

Trail running combines all the health and fitness benefits of walking and road running with the outdoor adventure of sports such 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.

Whether you’re a complete beginner or have been hitting the trails for years, ***The Ultimate Guide to Trail Running*** provides all the essential information, 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.

About the Authors

Adam W. Chase is an accomplished ultrarunner, snowshoe racer, and adventure athlete, and president of the American Trail Running Association. He is the trail editor of *Running Times*, *Marathon & Beyond*, *Competitor*, and *Runner’s World*. He lives in Boulder, Colorado. **Nancy Hobbs** has been running trails and directing running events since the mid-1980s, and her articles and photographs have been published in *Trail Runner* and *Runner’s World*. The founder and executive director of the American Trail Running Association, she lives in Colorado Springs, Colorado.

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