



**The Ultimate Guide to Trail Running, 2nd:
Everything You Need to Know About Equipment *
Finding Trails * Nutrition * Hill Strategy * Racing
* Avoiding Injury * Training * Weather * Safety**

Adam Chase

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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.

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