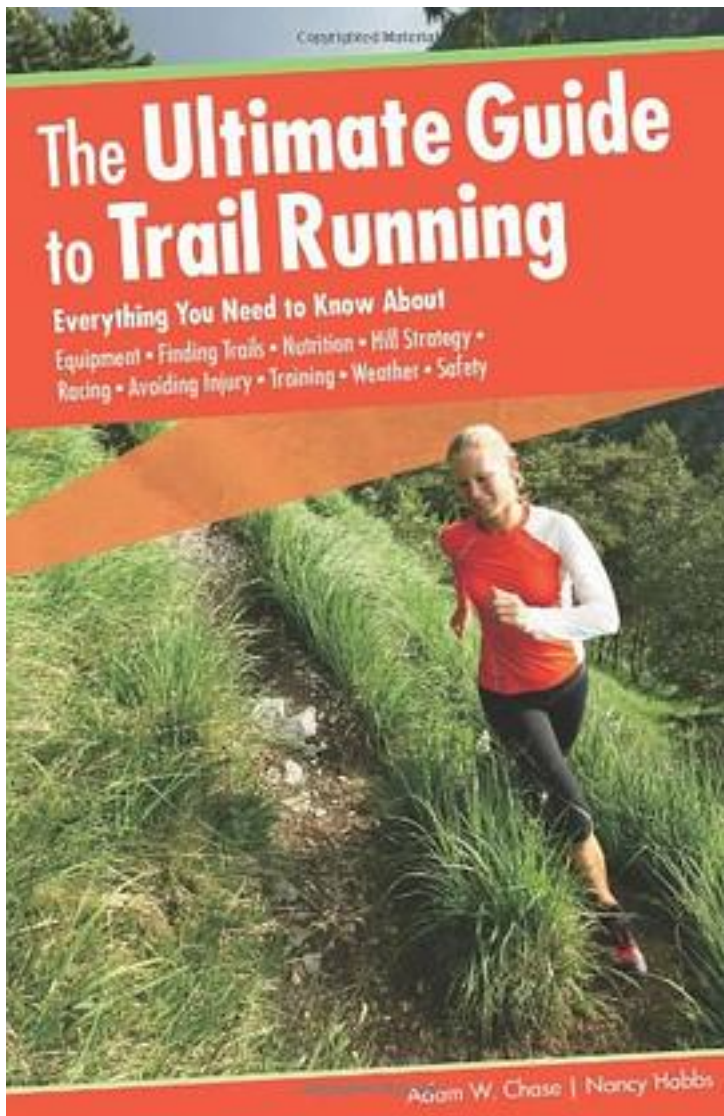# The Ultimate Guide to Trail Running

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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. Is it any wonder that it has in recent years become one of the world's most popular fitness activities? This fully illustrated, one-of-a-kind guide is a valuable resource for trail runners of all abilities, whose interests range from running trails as part of their training for adventure races or high school cross country to competing in ultradistance trail races or endeavoring to run the Appalachian, Muir Woods, or Continental Divide Trails. "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.

作者介绍:

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