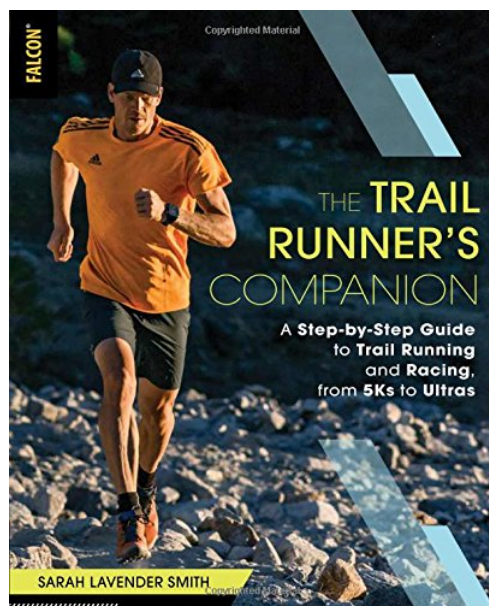


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The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. Not only are runners taking to the trail, but a growing number are challenging themselves to go past the conventional 26.2-mile marathon point. The time is right for a book that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances. Like a trusted coach, The Trail Runners Companion offers an inspiring, practical, and goal-oriented approach to trail running and racing. Whether readers are looking to up their distance or tackle new terrain, theyll find sophisticated, yet clear advice that boosts performance and enhances well-being. Along the way, theyll learn:

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