

Why run trails ?

- The Experience
- Commune with nature
- Purity, shutting down the mind
- Spiritual
- Community
- Physical
- Focus
 - Road running + track -> split times and PR's
 - Trail running -> forgoing the watch and challenging your mind, body and spirit in unimaginable ways

As old the earth....

- History of trail running –
 - First recorded hill race 1068 Scotland
 - King Malcolm Canmore organizes a race to find a swift messenger
- Trail running, mountain running, sky running, fell running, snowshoe running, burro racing, cross country, ultra running
- Frederick County and surrounding areas
 - Shed : 70 miles in our Backyard
 - Over 750 miles of trails in MD 66 State parks
 - Gambrill, Cunningham, AT trail, Sugarloaf, Little Bennett, Monacy Battlefield, Maryland heights, C&O

Lets do it When you start...

1. THROW out your watch !!!
 - concepts of pace
 - train for distance or time, but not both...
2. Guess what, you get to walk !
 - POWER hike steep hills
 - Run flats, down hills and gentle grades
3. Eye the line
4. Start slow then 'taper'
 - Start much slower than you think you should
 - Aim to finish strong
5. Core business
6. Aim for a run or two a week – consistency !

The “H” & “P” words

- Hills, Hills and more Hills -> practice, patience and persistence
- How to handle hills
 - Purposely incorporate into your training
 - Long runs, tempo, intervals, strides & drills
 - Purposeful experimentation
 - Learn when to power hike vs run
 - Shorten stride
 - Kite pull on hips
 - Don't forget the descents !!!!!

Terrain

- Rocks, roots, mud, snow, ice, branches, wind, scree, creeks and rivers, then...
- Leaves covering rocks, ice over snow, branches in creeks, moss on rocks + mud ;)
- Part of the journey
- Gear makes a difference !
- Be aware of terrain + fatigue level
- Choose terrain

Safety

- Run with friends, groups or let someone know where you have gone
- Research area before you run, maps + water
- Protect from mosquitos, and ticks, biting bugs
- Respect local wildlife : skunks, bears, snakes, deer
- Respect and be aware of hunters ; wear BLAZE orange (not sunset orange)
- Respect Mountain bikers, horse
- Be aware of private property

Gear

- Trail running shoes - benefit
- Hydration and fuel
- Sun protection
- Eye protection
- Weather considerations - plan!
- Go to ITSF for expert help !

Start something Epic...

- Shed Head – Facebook group
 - Sunday Morning runs
 - Many other trail runs
- Nicole Davis
 - Beginning Trail running group
- Choose a 5k/10K fall Trail race and train !
- Websites
 - vhtrc.org
 - Trail runner

