



# Trailhead: The Dirt on All Things Trail Running

*Jhung Lisa*

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## **Trailhead: The Dirt on All Things Trail Running** Jhung Lisa

*Trailhead* is a witty, fun guide to all things trail running. Veteran trail runner, triathlete, and adventure racer Lisa Jhung offers this illustrated pocket guide to all runners curious about running off road or wanting to run farther into the backcountry. She offers authoritative advice on everything from how to find good trails to run, how to choose the best shoes and clothing, how to carry enough water, and how to stay safe from wildlife and weather.

*Trailhead* includes:

*Trailhead* is a smart, entertaining read as well as a thorough resource for everyone from aspiring trail runners to those looking to get the most out of every trail run, whether in a city park or on a mountain adventure.



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