



Trailhead: The Dirt on All Things Trail Running

Jhung Lisa

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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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Harold Singleton:Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled Trailhead: The Dirt on All Things Trail Running can be fine book to read. May be it could be best activity to you.

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