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Where the Road Ends: A Guide to Trail Running

Meghan Hicks, Bryon Powell

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Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other.

Where the Road Ends: A Guide to Trail Running captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography.

Inside you'll find these features:

• Techniques for running over dirt, sand, roots, and rock

• Equipment recommendations based on terrain, distance, and conditions

• Safety guidelines for navigation, injury, and water crossings

• Conditioning programs for all levels of runners

• Strategies for improving race-day performance

Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

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Exactly why? Because this Where the Road Ends: A Guide to Trail Running is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have got such as help improving your ability and your critical thinking technique. So , still want to hold off having that book? If I have been you I will go to the reserve store hurriedly.

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