

Trailhead: The Dirt On All Things Trail Running By Lisa Jhung, Charlie Layton



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"Trailhead" is a witty, fun guide to all things trail running. Veteran trail runner, triathlete, and adventure racer Lisa Jung offers this illustrated pocket guide to all

Get the dirt on all things trail running from lisa jung - rootsrated

Boulderite and accomplished trail runner Lisa Jung talks to RootsRated about her new book, Trailhead: The Dirt on All Things Trail Running.

Get the dirt! | train with bain

That's where Trailhead comes in. Lisa Jung's book, subtitled "The Dirt on All Things Trail Running," is playfully illustrated by Charlie Layton. It's a great guide to

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Trailhead: the dirt on all things trail running - lisa jung

Trail Running. Released April 1, 2015 by VeloPress and currently sold in bookstores, specialty run and triathlon shops, and on Velopress.com, Amazon.com,

Lisa jung - babbittvillebabbittville

Lisa Jung's new book is called Trailhead: The Dirt On All things Trail Running and it's awesome. To run forever, the reality is that you need to

New book trailhead guides runners into the world of trail running »

Trailhead: The Dirt on All Things Trail Running will be available in bookstores, running shops, and online in early April. Preview the book at

Etiquette rules of trail running | triathlete.com

This excerpt from veteran trail runner Lisa Jung's new book Trailhead: The Dirt on All Things Trail Running offers handy rules of thumb on how to be a good trail

Three sisters falls - 761 photos & 283 reviews - hiking - boulder

It is by far the most technically challenging trail in the greater SD area. as the water was rushing down the three falls from all the winter precipitation. .. The rescue helicopter makes several runs each weekend picking up folks who are . as soon as cars start parking on the side of the road near the trailhead, the road gets

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2015 holiday gear guide: trail running gear | competitor.com

These trail essentials will keep you safe, hydrated and inspired out in the wild.

Trailhead: the dirt on all things trail running |lisa jung

Trailhead is a trail running book for newbies that want to know how to get started, and diehards that want to take their running to the next level.

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Book review: trailhead by lisa jhung – “the dirt on all things trail

Besides providing some excellent “dirt” on all things trail running, Lisa packs expert analysis, professional wisdom, scientific research and

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Trailhead : lisa jhung (author), : 9781937715328 : blackwell's

Trailhead, available from Blackwell's with fast dispatch and worldwide delivery. Trailhead The Dirt on All Things Trail Running. Lisa Jhung (author), Charlie

New book trailhead guides runners into the world of trail running

Trailhead: The Dirt on All Things Trail Running will be available in bookstores, running shops, and online in early April. Preview the book at

Book signing: trailhead: the dirt on trail running with lisa jhung

Join Movin Shoes in welcoming Lisa Jhung to our stores with her new book Trailhead: The Dirt on All Things Trail Running. Lisa is a local

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Trail running in lander - wind river country

Lander and Fremont County are bursting with trail-running opportunities as long, short, Close enough you'd be tempted to run to the trailhead

Trailhead: the dirt on all things trail running - mec

Trailhead: The Dirt on All Things Trail Running: A witty guide to all things trail running. Written by a veteran trail runner, triathlete, and adventure racer, it offers an

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Trailhead satisfies the promise to deliver "The Dirt on All Things Trail Running," and would be a great manual for new and seasoned trail

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Running with a dog can be a wonderful experience. Follow this advice spelled out in Lisa Jhung's book, 'Trailhead: The Dirt on All things Trail

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The dirt on all things trail running - philly.com

It can make you a stronger and faster road runner, says Lisa Jhung, author of Trailhead: The Dirt on All Things Trail Running. "It strengthens

Your trail running bucket list for the fall | men's journal

We enlisted Lisa Jhung, author of "Trailhead: The Dirt on All Things Trail Running," to select six running trails that are worth taking a road trip to

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Silence by ARC'TERYX. The world is filled with noise. Make room for silence. Arc'teryx runner Adam Campbell stars in a story with no words. Shot on the streets

Mount mitchell hike

The trail remains accessible, yet you'll be all alone. .. My brother did the hike in running sneakers but started to feel it through the floppy soles toward the top. . In hindsight, I would have done a few things differently. First You can camp near the trailhead in designated camping spots and you can also backcountry camp

Trailhead – providing the 411 on all things about trail running

Enter the recently published book "Trailhead: The Dirt on All Things Trail Running" (VeloPress 2015) by veteran trail runner, triathlete,

5 ways to ace your trail run - health

Trail running boosts coordination, is easier on the joints, and can even Lisa Jhung, author of Trailhead: The Dirt on All Things Train Running.

With trail roots, runners skip the road, hit the dirt trail

Trail runners skip the road, head to the woods to get in their miles For more information about Trailhead Running, go to www.trailheadrunning.com. . It all boils down to one thing: "Nothing is more important than where your

Trailhead: the dirt on all things trail running: lisa jhung, charlie

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Trail running | training | fleet feet sports

If you're new to running on trails here are some things to keep in mind your first time of Trailhead: The Dirt on All Things Trail Running (VeloPress, April 2015).

21 quick trail running tips | runner's world

roads, there are some differences to make note of before you hit the trailhead. One of the many things I love about trail running is that every trail has its will keep the dirt out of your shoes and give you a little style on the trail. flight of stairs, keeping your torso tall and letting your legs to do all the work.

How trail running benefits different athletes | muscle & fitness

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