



or hard to negotiate. Each trail run will be different as the intensities are dictated by the demands of the terrain, so keep your eyes focused about eight feet ahead of you and take small strides to allow your body time to react to upcoming obstacles or you will be eating the dirt!

You will have to work a little harder initially so begin with 5-15 minutes on your first trail run. Increase your time and/or distance by just 10 per cent per week to allow your leg stabilizers and core muscles the opportunity to develop and adapt to the ever-changing terrain.

Reduce your pace by 10-20 per cent to maneuver yourself safely on the trail, especially while you are new to trail running.

Avoid hunching forward when you encounter a hill as it will make it difficult to breathe, strain your lower back and throw you off-balance. Enjoy your climb to the top of a hill as in the woods the hills are much steeper than on the streets, Even experienced runners walk up steep hills sometimes.

Trail running with a friend is safer for many reasons. A friend can help you up if you fall down and get injured, keep you calm if you miss a trail sign and get lost, and help you get away from any wild animal you meet eye-to-eye in the forest.

If you decide to trail run solo, always let someone know where you are going, leave a note in your car on the dash saying what trail you are on and what time you left as this will help people find you if you get lost or injured. Stick to a more frequently traveled trail so you have a chance of asking a passerby for help if needed.

Wear a backpack and fill it full of water and snacks so you can fuel up and stay hydrated while on the trails. Toss in a first-aid kit, cell phone, identification, flashlight, knife, GPS with maps, rope, dry cloths and bug spray to make your experience comfortable in case the unexpected happens.

Discover your adventurous side; hug a tree and let loose. Enjoy getting dirty and keeping fit on the trails this spring, just like nature intended!

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