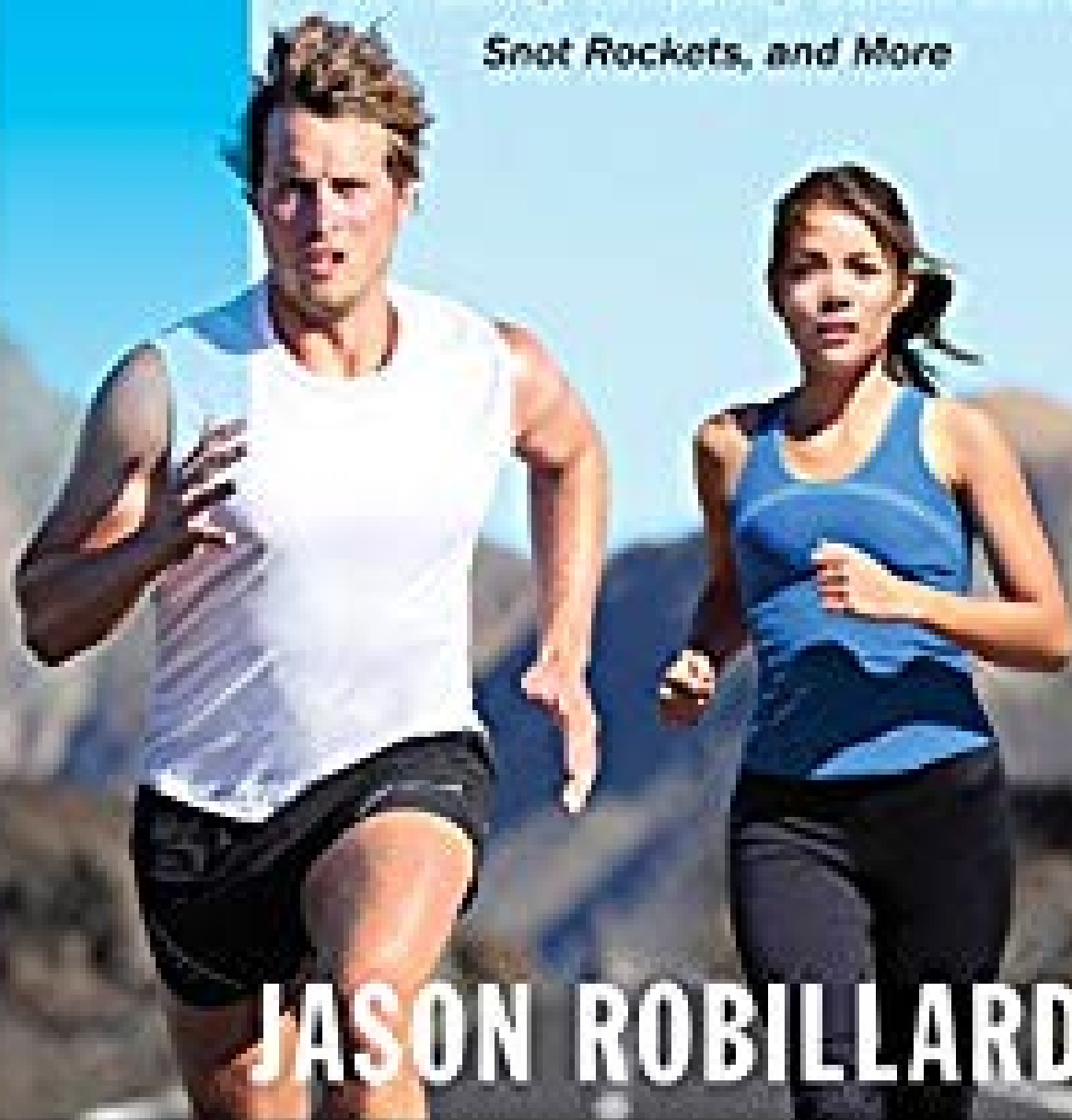


The Ultimate Guide to

TRAIL **RUNNING** AND ULTRAMARATHONS

*Expert Advice, and Some Humor,
on Training, Competing, Gummy Bears,
Spot Rockets, and More*



JASON ROBILLARD

Jason Robillard

The Ultimate Guide to Trail Running and Ultramarathons: Expert Advice, and Some Humor, on Training, Competing, Gummy Bears, Snot Rockets, and More (The Ultimate Guides)



[continue reading](#)

In this instruction, he teaches trail-running newbies and experienced marathoners essential survival skills and strategies for running long distances: how to run in snow, ice, and mud; Jason Robillard has been doing ultramarathons for several years, and started advocating for barefoot working before it was cool and is known as an authority onto it. Skyhorse Publishing, as well as our Sports activities Publishing imprint, is proud to create a broad range of books for readers interested in sports; how to proceed when you yourself have to go number 22 on mile 30 of a 50-mile run; preparing for trouble (building a fire, surviving in heat and frosty); working in thunderstorms. The book is written with an irreverent sense of humor and touches on topics that many running books don't get into. how to cross large streams of drinking water; books about baseball, pro football, college soccer, pro and university basketball, hockey, or soccer, we have a book about your sport or your team. While not every title we publish becomes a New York Moments bestseller or a national bestseller, we are focused on publishing books on topics that are sometimes overlooked by additional publishers and to authors whose function might not otherwise look for a home. In addition to books on well-known group sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on working, cycling, horseback riding, swimming, tennis, martial arts, golfing, camping, hiking, aviation, boating, therefore much more.



[continue reading](#)

Loved it!Loved it!! Very helpful and interesting to learn! Five Stars Ok I'm going to run my first trail marathon (42k, zero ultra yet) and found many helpful things!



[continue reading](#)

download The Ultimate Guide to Trail Running and Ultramarathons: Expert Advice, and Some Humor, on Training, Competing, Gummy Bears, Snot Rockets, and More (The Ultimate Guides) fb2

download free The Ultimate Guide to Trail Running and Ultramarathons: Expert Advice, and Some Humor, on Training, Competing, Gummy Bears, Snot Rockets, and More (The Ultimate Guides) ebook

[download free Vaccines 2.0: The Careful Parent's Guide to Making Safe Vaccination Choices for Your Family txt](#)

[download Going Gypsy: One Couple's Adventure from Empty Nest to No Nest at All djvu](#)

[download The Ultimate Survival Medicine Guide: Emergency Preparedness for ANY Disaster txt](#)