

FALCON™

THE **TRAIL** **RUNNER'S** COMPANION

A Step-by-Step Guide
to Trail Running
and Racing,
from 5Ks to Ultras

SARAH LAVENDER SMITH



Sarah Lavender Smith

The Trail Runner's Companion: A Step-by-Step Guide to Trail Running and Racing, from 5Ks to Ultras



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s Companion to read before my first trail race, I possibly could have avoided so many errors!s Companion is a must-have for all trail runners, both new and experienced. is worth the effort.t however a trail runner, The Trail Runner' Just like a trusted coach, The Trail Runner's Companion provides an inspiring, practical, and goal-oriented method of trail working and racing. Whether visitors want to up their range or tackle fresh terrain, they'll find sophisticated, yet clear tips that boosts performance and enhances well-being. On the way, they' Only if I experienced The Trail Runner'just before, during, and after any trail run How to develop mental tenacity and troubleshoot issues on longer trail adventures Colorful commentary in the characters and culture that make the activity specialWith an engaging, encouraging voice, including tips and anecdotes from well-known names in the sport, The Trail Runner's Companion is the ultimate information to achieving peak overall performance—and happiness— from the trails. " It brings a wealth of knowledge and entertaining tales to keep you engaged in the precious content of the publication.why this journey, in her words, 's Companion, ties everything together for all trail runners, from newbies to veterans and all skills in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner."s finest & most insightful writers, and her first reserve, The Trail Runner'completely up to the summit and back down,'2-mile marathon point. If you already are a trail runner, The Trail Runner's Companion can make you want to turn into a better trail runner. If you aren' The time is right for a reserve that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances.s Companion will make you would like to become a single." - John Trent, longtime ultrarunner, race director, Western States 100-Mile Endurance Run board member, and award-earning sportswriter"The Trail Runner' Not merely are runners taking to the trail, but an increasing number are challenging themselves to go past the typical 26.Sarah Lavender Smith is definitely one of trail working'll learn:Trail-particular techniques and must-have gearWhat to eat, beverage, and think—The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. I recommend it. But maybe most importantly of all, she tells us what this means to be a trail runner— - Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the entire year and Western States 100-Mile Endurance Run champion



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A must-have to trail runners of any level. I compare this to Corey Reese's book. That is one of the books that influenced me to keep challenging myself. That being said, The Trail Runner's companion is usually my favorite. What I really like most concerning this book is that it starts with the basics. Not only with trail operating technique, but also with developing the right mindset to take pleasure from and thrive in the activity. For me, that gave a little bit of extra insight into how to overcome trail running. Therefore in September 2018 I ran my first 50K—quite a change for the man who seldom got off the couch in his 20s and 30s. Her tales made the information seem approachable and easy to digest. Overall, this book is a welcome addition to any trail and ultrarunning library. I'd recommend it. Not really your average running guide! Incredibly informative AND a lot of fun! Overall this book made me begin doing pushups (! Sarah's stories combined in make the reserve super engaging and fun, while also including really helpful information on everything from running type to trail etiquette to being prepared for the unpredicted. I find myself considering many of the tips provided when I am out working. For instance, I am reminding myself to become process-oriented in my own training rather than as focused on the finish goal. I've also been incorporating dynamic stretching into my pre-run routine. Well thought out and planned, apparent prose, great personal stories, an excellent book! The experiences she shares from her own life and those of others are in no-way elitist but 100% authentic, producing her relatable to a wide target audience from beginner's to the veteran trail runner. If you want a framework which to structure your trailrunning aspirations, this publication is yet another valuable resource. I finished this publication not only feeling more equipped to become a stronger trail runner, but super motivated to observe what I am capable of and motivated by Sarah as well. Highly recommend!! An excellent read for novice trail and ultra runners I'm a novice ultra runner with aspirations to run trails and also have been reading a whole lot of books about them. Must confess that my earlier one was by Jason Koop which appealed to my engineering history where every small and big concept related to running acquired a scientific explanation, that was just great. Good coverage Solid Good guide and advice Excellent book of tips, stories and training for a beginner like me in trail running. Filled to gill knowledge Packed to Gill with understanding of trail running. We loved the conversational design of Sarah's writing and in addition her personal tales in each chapter. Lots of photographs that have been welcome since they gave a different perspective to somebody staying in an Indian metro where closest trail reaches many hour's drive! This book gives a good reference frame for starting my trail running ambition and you will be a valuable resource that I would keep returning to even after many years. I've loved Sarah Lavender Smith's intelligent and thoughtful commentary on the Ultrarunning Podcast, therefore figured this would be considered a great read - I was right! Sarah Lavender Smith podiomed with this reserve. Sarah's publication is both inspiring and informative. Sarah keeps everything well lay out and uncomplicated, focusing on general principles, procedures for training structure instead of trying to power you into a 6 time a week cookie cutter plan. I came to running late in life. Whether you are not used to the trails, ramping up toward a following level goal, or just seeking to increase your repertoire, The Trail Runner's Companion is a great resource. This is an excellent book with an abundance of information for a trail runner, and fun to learn on top of that! Especially enjoyed the conditioning section - easily accessible and not overwhelming instruction to incorporating that sort of thing into your week. Lavender Smith draws upon a deep fund of background knowledge, knowledge, and witty love of life to provide a convenient reference on the sport of trail running. I feel like it offers you the tools to determine how to transition to trail working and how to overcome longer runs. Not sure I understood the necessity for the who's who in the ultra community but probably

that's inspirational to some rather than exclusive club. The Trail Runner's Companion is a good guide to trail running.) and obtain out there on the trails. Terrific reference for brand-new and experienced trail runners alike. I've really enjoyed digging into this new supply on trail working. Although I am an experienced trail runner, I love reading about how others approach the sport and there is always something not used to learn. Expert advice and superb storytelling for anyone thinking about trail running I have long enjoyed Sarah Lavender Smith's contributions to Ultra Runner Podcast and Trail Runner magazine. The thing that impressed me the most is certainly, I do believe she actually is the initial person in a work such as this to find the info on sodium and muscles cramping physiologically right. This alone provides credibility and it's clear to see she has researched topics with depth and precision. I joined a working club since getting the book and now schooling for my first competition in February 50k. I possibly could not advocate this book more highly. If I were teaching a trail operating course, I would go for this for the textbook. Well, performed! Sarah Lavender Smith is merely the very best on-paper coach! Just about all the information you'd want... It covers *everything*—from specific schooling exercises and applications, to gear, to race day planning, merely to name a few topics..time to complete today's blank square in the Ansel Adams picture taking calendar I use as a training log....yep, after 2 decades of racing ultras and adventure working in the Sierra and Southern Alps of New Zealand, I've some decidedly old-school characteristics.. From someone who has raced in some of the best ultras she provides great insights and antidotes from her personal races and applies them in a trailside companion reserve for new and veteran runners alike... When I discovered of her book's impending release, I pre-ordered instantly, as I knew it might be a worthy browse. It flows just like the in-the-area trail runs that keep us returning for more. And, I really appreciate learning from a solid woman and reading about all the kick-ass things she's accomplished in her running profession. Well done! Practical & informational I've always had a love hate relationship with jogging but I've adopted trail running for the past yr and I was kinda all over the place with my teaching. I bought this book to greatly help me and I wasn't disappointed. So much great information and tips. That coupled with her own knowledge, helps it be a complete reference. Inspiring and informative! The Trail Runner's Companion did not disappoint.including reading books, such as for example Sarah's, in physical copy-form, not off a computer screen. The book is well crafted, organized and incredibly helpful. If you enjoy the book, try her blog as well. Her writing can be relatable and refreshingly honest. Get yourself a copy! Very informative, fun, and inspiring publication! Very inspiring and I loved the accessibility of the writing Very inspiring and We liked the accessibility of the composing. I'm the normal story of a guy waking up at age 40 and realizing if he doesn't obtain active and in form now, he under no circumstances will. She combines sound training and self-care suggestions with personal narrative, in an organized sequence, which assists demystify trail and ultra working. I really recommend it. I took up running, and for some time road running and road races were fun and challenging... nonetheless it was when I discovered trail running that I got really hooked. I fell deeply in love with the sport this past year and I've since built a library of trail operating books to greatly help me turn into a student of the sport. It certainly comes through in the book how friendly and enthusiastic Sarah Lavender Smith is certainly. She includes a lot of anecdotes and personal lessons together with a great deal of information for a whole new trail runner like me..I actually also loved the author's conversational writing style and stories that started each chapter. This book was a significant help in doing so. A VERY IMPORTANT Trail Running Resource Espresso cup's empty and there is no more pages to carefully turn in 'The Trail Runner's Companion'. And when I began Sarah's book I thought I experienced made a blunder in buying this book but how

wrong I was! It's good to read that actually pro's make mistakes and you can be prepared to mitigate them. That is a fabulous publication for newbies (I don't know about the experienced runners) and I'm one hundred percent sure that I'm heading back to first page and begin reading it all over again! Essential read for all trail runners. Five Stars Perfect for newbies and veterans alike. Sarah is clearly an accomplished runner with an abundance of knowledge on all things trail operating, but what I came across the most pleasant was her capability to keep it real throughout the book. ENJOYABLE and Relaxing Read A great mixture of information and interesting stories. I am someone who will surely certainly be a novice trail runner. I recommend this for any runner, especially this who have just adopted ultras.



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