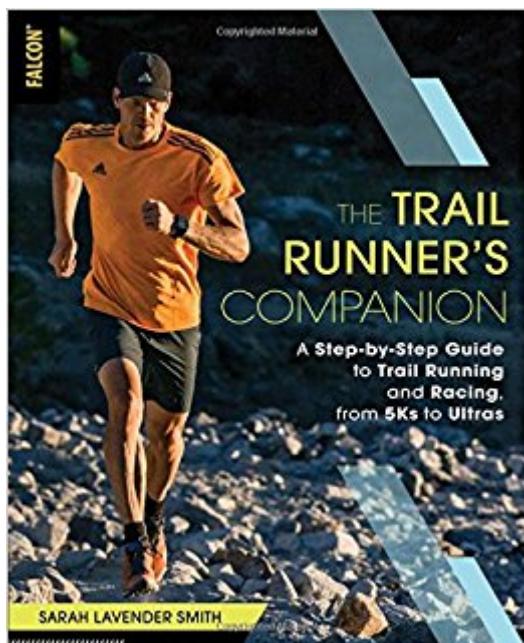


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# The Trail Runner's Companion: A Step-by-Step Guide To Trail Running And Racing, From 5Ks To Ultras



## Synopsis

The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. Not only are runners taking to the trail, but a growing number are challenging themselves to go past the conventional 26.2-mile marathon point. The time is right for a book that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances. Like a trusted coach, *The Trail Runner's Companion* offers an inspiring, practical, and goal-oriented approach to trail running and racing. Whether readers are looking to up their distance or tackle new terrain, they'll find sophisticated, yet clear advice that boosts performance and enhances well-being. Along the way, they'll learn:

- Trail-specific techniques and must-have gear
- What to eat, drink, and think before, during, and after any trail run
- How to develop mental tenacity and troubleshoot challenges on longer trail adventures
- Colorful commentary on the characters and culture that make the sport special
- With an engaging, encouraging voice, including tips and anecdotes from well-known names in the sport, *The Trail Runner's Companion* is the ultimate guide to achieving peak performance and happiness out on the trails.

"Sarah Lavender Smith has long been one of trail running's finest and most insightful writers, and her first book, *The Trail Runner's Companion*, ties everything together for all trail runners, from newbies to veterans and all abilities in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner. But perhaps most importantly of all, she tells us what it means to be a trail runner—why this journey, in her words, "all the way up to the summit and back down," is worth the effort. If you already are a trail runner, *The Trail Runner's Companion* will make you want to become a better trail runner. If you aren't yet a trail runner, *The Trail Runner's Companion* will make you want to become one." —John Trent, longtime ultrarunner, race director, Western States 100-Mile Endurance Run board member, and award-winning sportswriter

"*The Trail Runner's Companion* is a must-have for all trail runners, both new and experienced. It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book. If only I had *The Trail Runner's Companion* to read before my first trail race, I could have avoided so many mistakes! I highly recommend it." —Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100-Mile Endurance Run champion

## Book Information

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## Customer Reviews

"The Trail Runner's Companion is a must for runners looking to hit the trails! With humor and insight, Sarah provides practical and time-tested tools for success with trail running. Whether you are brand new to trails, or preparing to tackle an ultramarathon, Sarah's book will be a tremendous resource." (Cory Reese, author of Nowhere Near First and columnist for UltraRunning Magazine)"Sarah Lavender Smith has long been one of trail running's finest and most insightful writers, and her first book, The Trail Runner's Companion, ties everything together for all trail runners, from newbies to veterans and all abilities in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner. But perhaps most importantly of all, she tells us what it means to be a trail runner—why this journey, in her words, "all the way up to the summit and back down," is worth the effort. If you already are a trail runner, The Trail Runner's Companion will make you want to become a better trail runner. If you aren't yet a trail runner, The Trail Runner's Companion will make you want to become one." (John Trent, longtime ultrarunner, race director, Western States Endurance Run board member, and award-winning sportswriter)"Sarah Lavender Smith is a prolific runner, writer, and adventurer, and her new book is the definitive work on all things related to running on that majority of Earth's surface unpaved by the hands of man. Whether you're an elite athlete looking to tackle a multi-day race through the wilderness, or a first-timer seeking to venture onto less tamed pathways, The Trail Runner's Companion is an indispensable resource for all your needs and something that belongs on every runner's bookshelf." (Dean Karnazes, ultrarunner and New York Times bestselling

author)"Sarah Lavender Smith's book, *The Trail Runner's Companion*, will guide a newbie trail runner to success while being comprehensive enough that a veteran trail runner can glean many useful tips. Sarah blends her own trail running savvy with knowledge from well-known experts. Beyond being chock-full of practical advice, the book nicely captures the ethos of trail running and the mindset of the trail running community. Sarah peppers the advice with personal anecdotes, which keeps the book relatable and entertaining to read." (Pam Smith, M.D., 100K national champion, Angeles Crest 100-mile course record holder, and 2013 Western States 100-Mile Endurance Run champion)"The Trail Runner's Companion is a must-have for all trail runners, both new and experienced. It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book. If only I had *The Trail Runner's Companion* to read before my first trail race, I could have avoided so many mistakes! I highly recommend it." (Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100-Mile Endurance Run champion)"The Trail Runner's Companion is an excellent resource for those just entering the wacky world of ultras, as well as for those looking to sharpen their skills, improve times, and reduce injury. Through Sarah's anecdotes that precede each chapter, we're able to immediately put into perspective and vision the lesson we'll be learning and how it relates to real life. Her tips for success—honed after over two decades of running and racing—are excellent reminders of what we need to do to be more successful when the gun fires. Great resource." (Eric Schranz, host and writer at UltraRunnerPodcast.com)"With *The Trail Runner's Companion*, veteran ultramarathoner Sarah Lavender Smith presents a thoroughly researched compendium full of useful tips. Sarah is an engaging storyteller, and this fun-to-read book is chock full of great recollections and advice from savvy mid-pack runners and elite competitors. *The Trail Runner's Companion* is an essential resource for beginners and experienced runners alike." (John Medinger, veteran ultrarunner, race director, and Western States 100-Mile Endurance Run president)"Sarah has really nailed it. From gear to nutrition to lingo, it's everything a budding trail runner needs to get going and thrive on trails." (Magdalena Boulet, 2015 Western States 100-Mile Endurance Run Champion and 2008 U.S. Olympian)

Sarah Lavender Smith is a seasoned competitive trail runner, coach, and contributor to *Trail Runner* magazine. She also co-hosts UltraRunnerPodcast.com and blogs on TheRunnersTrip.com. A mother of two teens, Sarah has finished more than 70 marathons and ultramarathons.

I am someone who can definitely be considered a novice trail runner. I fell in love with the sport a year ago and I have since built a library of trail running books to help me become a student of the sport. That being said, The Trail Runner's companion is my favorite. What I love most about this book is that it starts with the basics. Not just with trail running technique, but also with developing the right mindset to enjoy and thrive in the sport. For me, that gave a bit of extra insight into how to approach trail running. I also loved the author's conversational writing style and stories that started each chapter. Her stories 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.

The Trail Runner's Companion is a MUST READ and MUST HAVE reference for any runner, especially trail runners! Sarah Lavender Smith captures and conveys every detail of all aspects of our sport! From the moment the seed is planted to crossing the finish at your A goal race, it's all here! This book is full of golden nuggets of info- short, impactful, priceless bits of info and tips to get you through the low and high spots of training and racing. This book is a necessity in every runner's collection! Well done Sarah Lavender Smith!

Just sampled your book! wow! I'm impressed! great tips! great do's and don'ts! and beautiful color pics!!!! you really covered it all and it looks like it will not only help the beginner runner but also someone like me who has been running most of my life! Having Running Strong and now your book is a great resource for me and many runners to have! It will be a great suggestion and gift idea too for some of my running pals! Nice job Sarah! John from Maine

This book is a great resource for new trail runners, it includes everything you could possibly need to know before you head out on the trails, and it's also full of entertaining stories and reminders for experienced trail runners. Sarah has so much experience that she shares in this book, which is well written and illustrated, I highly recommend getting a copy!

Reminds me of why I started running in the first place, & why I shifted to mostly trail running. Funny, personal, inspirational!

Half way thru this book, love all the advice for trail racing. I am a bit new to trail running so this book is perfect!!!! Content and pictures are awesome!

Great Book! A must have for all Trail Runners.

The Trail Runner's Companion is a great guide to trail running. Sarah's stories mixed in make the book super engaging and fun, while also including really helpful information on everything from running form to trail etiquette to being prepared for the unexpected. I find myself thinking about many of the tips provided when I am out running. For example, I've been reminding myself to be process-oriented in my training and NOT as focused on the end goal. I've also been incorporating dynamic stretching into my pre-run routine. Sarah is clearly an accomplished runner with a wealth of knowledge on all things trail running, but what I found the most enjoyable was her ability to keep it real throughout the book. The experiences she shares from her own life and those of others are in no-way elitist but 100% authentic, making her relatable to a wide audience from beginner's to the veteran trail runner. And, I really appreciate learning from a strong woman and reading about all the kick-ass things she's accomplished in her running career. I finished this book not only feeling more equipped to become a stronger trail runner, but super motivated to see what I am capable of and inspired by Sarah as well. Highly recommend!!

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