



Where the Road Ends: A Guide to Trail Running

Meghan Hicks, Bryon Powell

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Start your run where the pavement ends. *Where the Road Ends: A Guide to Trail Running* is the authoritative and accessible guide for this rapidly growing sport. Whether you are an experienced runner on roads or an outdoor enthusiast who wants to explore a new way of appreciating nature, this four-color resource covers training, competition, injury prevention, strategy, and more.



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