



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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