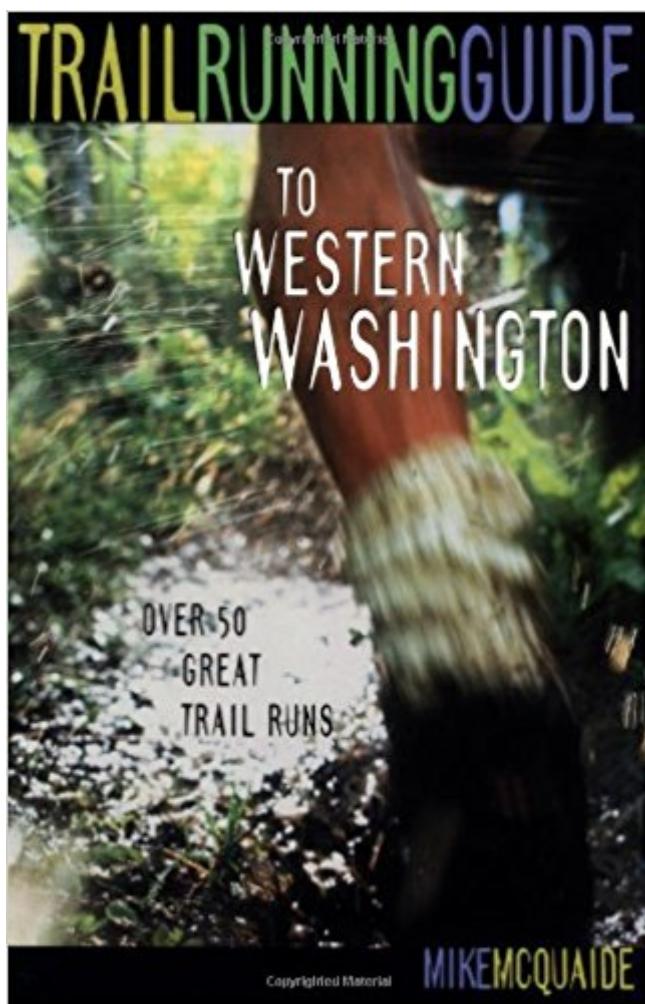


The book was found

Trail Running Guide To Western Washington: Over 50 Great Trail Runs



Synopsis

Runners everywhere are leaving the blacktop in search of great off-road runs. Just in time for this hot new trend is the only guide available to the best trail-running routes in Western Washington. Longtime trail runner Mike McQuaide describes over fifty easily accessible routes, in the mountains and foothills and along the shorelines, rivers, and lakes of Western Washington. Here is all the information runners want about distance, difficulty, trail conditions, running times, and alternate routes, along with photographs and detailed maps. McQuaide also provides plenty of expert information about trail running safety, equipment, technique, and conditioning.

Book Information

Paperback: 208 pages

Publisher: Sasquatch Books (March 1, 2001)

Language: English

ISBN-10: 1570612730

ISBN-13: 978-1570612732

Product Dimensions: 8.5 x 5.5 x 0.4 inches

Shipping Weight: 8 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,174,588 in Books (See Top 100 in Books) #28 in Books > Travel > United States > Washington > General #1665 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #2601 in Books > Travel > United States > West > Pacific

Customer Reviews

Mike McQuaide is a freelance writer and former outdoor recreation reporter for the Bellingham Herald and Gannett News Service. His articles have appeared in Trail Runner, Runner's World, and USA Today, among others. McQuaide lives in Bellingham, Washington.

I don't run and I don't jog, but I do hike fast. If you like dayhiking more than backpacking, but still want to see cool trails, this is a great guide! He is an excellent writer who keeps the reader interested and doesn't ramble off onto "memory lane" like a few other guide writers.

Before I went on my trip to Washington, I was completely and utterly clueless about this area. I am a very experienced hiker and I knew that Washington not only had the best hikes but also the most difficult. Finding this book was so helpful. I not only knew exactly where to go but I knew all the little

hints and shortcuts . Please, if you are interested in hiking in the WA area, take my word for it and get this book. It is a lifesaver.

[Download to continue reading...](#)

Trail Running Guide to Western Washington: Over 50 Great Trail Runs He Runs, She Runs: Why Gender Stereotypes Do Not Harm Women Candidates My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log Washington D.C. Running Guide (City Running Guide Series) Signpost Guide Dordogne and Western France, 2nd: Your Guide to Great Drives (Signpost Guide Dordogne & Western France: Your Guide to Great Drives) The Trail Runner's Companion: A Step-by-Step Guide to Trail Running and Racing, from 5Ks to Ultras Best Trail Runs Denver, Boulder & Colorado Springs (Falcon Guides) Washington State Bed & Breakfast Cookbook: From the Warmth & Hospitality of 72 Washington State B&b's and Country Inns (Washington State Bed and Breakfast Cookbook) Great Treasury of Western Thought: A Compendium of Important Statements and Comments on Man and His Institutions by Great Thinkers in Western History Cruising the Southern and Western Caribbean: A Guide to the Ships & the Ports of Call (Cruising the Southern and Western Caribbean) (Cruising the Southern & Western Caribbean) The Great Florida Birding and Wildlife Trail - West Section (The Great Florida Birding and Wildlife Trail Guide Series Book 4) Metacomet-Monadnock Trail Guide: A Trail Guide with Maps of the 117 Mile Long Distance Foot Path Through the 3 County-Pioneer Valley Region of Western ... & the Monadnock Region of S. W. New Hampshire RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The Ultimate Beginners Running Guide: The Key To Running Inspired Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Nate the Great Collected Stories: Volume 1: Nate the Great; Nate the Great Goes Undercover; Nate the Great and the Halloween Hunt; Nate the Great and the Monster Mess A guide to Morija: Including self-guided walking tours of historic Morija Mission, mountain "lakes" trail, dinosaur footprints trail, Makhoarane trail Chi Running: A Training Program for Effortless, Injury-Free Running

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help