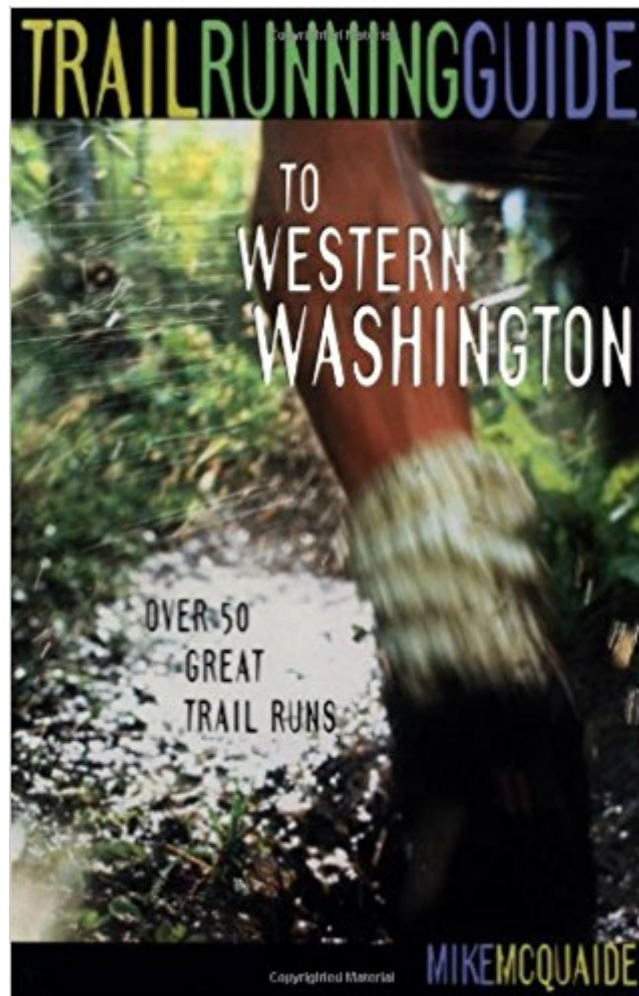




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# Trail Running Guide To Western Washington: Over 50 Great Trail Runs



## 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

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## 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.

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