

THE TRAIL

PAULA RADCLIFFE'S WILDERNESS ADVENTURE PAGE 14

RUN WILD!

IT'S MORE FUN ON DIRT

MUD & GUTS

Truly Out There Obstacle Races

99 Scenic, Inspiring, Fitness-Stoking Ways To Change Your Terrain
PLUS America's Top Trail Races

12 PAGES OF THE Best Trail Gear
SHOES FOR EVERY SITUATION PLUS THE RIGHT SHORTS, JACKETS & MORE

TOO HARD? NO WAY!
5 Trail Running Myths Debunked

Meet the Super-Human King of the Mountains

Why Women Make Better Trail Runners

PAGE 37

JD ANKER former world-class track athlete, running in L.A.

SPRING/SUMMER 2012



GET STRONGER NOW Hit the dirt to add power and speed

AMERICA'S BEST TRAIL RACES

BEST TIME-TRIAL RACE

Continental Divide Trail Run

June 23, Butte, Montana

This 14-K point-to-point race is run on one of the newest sections of the Continental Divide Trail between Homestake Pass and Pipestone Pass in the heart of Beaverhead-Deerlodge National Forest. Because the trail is too narrow for a mass start, the event is run as seeded time-trial, meaning runners leave the start line every 10 seconds. Organized by the awesomely named Butte's Piss & Moan Runners, it's held on the Saturday closest to the summer solstice in honor of the late local trail legend John Wulf. buttespissandmoanrunners.com



31 OF THE MOST UNIQUE OFF-ROAD RUNS IN THE U.S.

BY NANCY HOBBS

There's an old adage among trail runners that the length of a mile measured in the woods isn't really a mile at all. And that's one of the reasons no two trail races—even if they claim to be the same length—are even remotely alike. Some are flat and fast, others relentlessly hilly with sections so steep that even the best runners succumb to power hiking. Some are run on craggy singletrack in remote mountain regions, while others can be found on the meandering trails of a city park right around the corner from your home. With more than 1,400 trail races scheduled in the U.S. this year, the options are plentiful, if not downright overwhelming. Here's a carefully considered sampler of some of the very best, big and small, nearby and far away.

