

# YOUR GUIDE TO RUNNING



# Your guide to trail running

Whether you're new to trail running or a veteran, it's always good to be prepared whilst running nature.

You may have questions such as:

- What do I need to take with me?
- Where should I go?
- What shoes are the best? &
- How much water should I carry?

**Fret not** - in this guide we recommend all you need to know before heading off on your own trail adventure to save wild places!

## 1. Forget all you know about running

Running on trails takes a lot of energy and focus compared to road running - you have rocks, soil, mountains, sand, roots, trees and awesome wildlife to contend with. Comparing your pace to road running needs to be avoided as trail running has a different pace.

Take short, quick steps when going up steep hills and use your arms (don't be frightened to swing them). Mountains are meant to be walked, giving you time to recuperate. It's a trail thing, and it's okay to walk up hills (promise) and then run downhill - honestly it's a trail thing.

## 2. Take appropriate food and nutrition

When trail running it's important you also plan on taking anything you need whilst out in the bush as there's often no water or shops nearby. Pack everything you think you'll need - it's best to overpack so you have it there just in case. Water is important to take on your run but electrolytes really are king when running as you'll lose a lot of salt and these need to be replaced.

There is a great article here by Hanny Allston on using electrolytes - check it out:

<https://www.hannyallston.com.au/blog/hydration-for-endurance-performance>

Good sources of food are gels (there are so many flavours, styles its best you find the right one for you), energy or muesli bars as they provide a quick dose of energy. When running your brain and nervous system is a glucose burning machine that drives the physical functions of the body. So you need to return glucose to the brain, especially when you notice negative thoughts, you catch your toes or trip, or you are just losing oomph.

We also recommend having more water in your car just in case you need it after you return.

### **3. Pay attention to the weather and bushfires**

Before setting off check the weather and if it looks like it's going to be an extreme weather day maybe consider postponing the run. Generally running first thing in the morning is a good rule to stick by.

As bushfires are becoming more of a common occurrence, check to see if there are any fires in and around the trail where you want to run and of course don't run if there's one even if you think it is far away.

Also carry your mobile phone so you can make calls if needed and should you not be in RANGE, consider a garmin in-reach mini gps device which allows you to make contact with help even when not in mobile range.

### **4. Run with a friend or group**

One of the best things to do is run with a friend – it's not only great to share with them nature in all its glory but from a safety point of view, you can support one another.

You should also take a mobile phone with you. Just keep in mind that some remote trails have minimal or no phone coverage.

If you run alone, download one of these safety apps for your phone or use a device with a safety feature.

Check out the 'Group Runs' page on the Run for Wild Places site for a list of group runs posted by participants in the challenge:

<https://runforwild.raisely.com/groupruns>

### **5. Snakes & a twisted ankle**

Unlike running around the park, trail running has two very different hazards – these being snakes and twisting your ankle.

Many trails pose a snake risk, and we recommend carrying a good compression bandage and learning basic snake bite treatment. Here is a great video we highly recommend:

<https://www.youtube.com/watch?v=jSDZbZcWAdQ>

Also, many trail runners will tell you that tripping and falling is something that can happen particularly if your new to trail running. It can be tempting to look straight down at your feet or gaze at the nature around you, but doing so can quickly lead to tripping and falling. If you want to enjoy the sights, walk it out or stop.

Also after many hours of running you can fall as you get tired and don't lift your foot high enough to clear even small obstacles. Remember drink heaps electrolytes. And if you begin to cramp this is also a sign of a sodium depletion and stock up on your energy using quick acting glucose.

## 6. Hydration

Regardless of the length of your run always invest in a hydration pack right at the beginning which can hold all your electrolytes, food, clothing and water.

## 7. Clothing & footwear

It sounds obvious but wearing the right clothes is essential. You need to be prepared for all weather as it can quickly change. Especially if you're going on longer runs, you will want to dress in layers so that you can keep cool/warm depending on the conditions.

We recommend lightweight moisture-wicking material and a good thermal and waterproof jacket for cooler conditions. A lightweight, waterproof jacket is a must for protection from rain and wind. Shorts should be quick-drying, tear-resistant, and have plenty of pockets for storage. A hat and sunglasses can also be helpful to protect from the sun.

While you can definitely run trails in regular running shoes, if you think it's something you might be doing more often, it's well worth investing in a pair of good trail shoes.

Believe it or not, they do have a few key differences to regular running shoes. Usually, they'll often have a more aggressive tread to prevent slipping and a rock plate. This is a more rigid layer of protection underfoot in case you land on a sharp rock - these can hurt!

For more information you like to buy Hanny Allston's Trail Running Guidebook. See [here](https://www.hannyallston.com.au/guidebook.html) for more information

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