

Trail Running

HANNAH KISER: Awesome. Like Andrea said, welcome. We're going to start off the web clinic doing sort of an icebreaker. So I guess we'll just call on people, since it's hard. And everyone's little Brady Bunch boxes are a little bit different. But your name and where you're currently located, what your mental happy place is, and any previous experience or interest in trail running, like why you wanted to do this today and what you're hoping to get out of the clinic. Do you want to kick off first, Jenn?

JENN JOHNSON: Sure. I apologize for my dog already. You're going to hear her whining like that. She's trying to talk with me. So my name is Jenn Johnson. I am currently a PhD student in Pullman, and I'm sticking around for a few more weeks, and then hopefully defending and finishing up.

My mental happy place, even though she might be annoying, is outside with my dog. I've been doing that a lot lately. I will say that. We walk like eight miles a day, just because that's my break from the rest of the world. Previous experience in trail running-- I'll say this many times throughout this webinar. I do not define myself as a runner, but I actually enjoy trail running.

So I am from Arizona, hence my background, and I actually started trail running in the desert environment. So it's possible. It's hot sometimes, but you can do it, and it's a lot of fun. It's very different from actual running, at least mindset-wise for me, and we'll talk about that a little bit. And goals are just to hopefully provide some cool information, answer any questions you all have, and increase interest in some trail running.

HANNAH KISER: I am Hannah. I'm also an Adventure Facilitator through the ORC. I'm one of the graduate assistants. I'm getting my Master's in teaching, and I teach high school chemistry. And my mental happy place is in the evening, after you've hiked or backpacked up to the lake, and it was a really hot day and you're sweaty and you're tired. And you go, and it's a really cold lake, and you dive in. And thus, the feeling when you enter the water and it's so cold. And then you do a big swim and you get a brain freeze. Then you come out of the water and you feel like you've been born again. That is my mental happy place.

And previous experience or interest in trail running. So, I think I've done a lot of trail running in my life without knowing that it was that. I ran track and cross-country at University of Idaho when I was an undergrad and we were going to Moscow Mountain all the time. And I was like, hey, this is training. But actually, apparently, it was trail running.

And I wish I could do more now. It's been a really nice way to have a lower impact and more joy in the process rather than pounding pavement. So they've got some people training for half marathons here, so I'll try not to knock on non-trail running too hard.

And goals for the clinic are just-- I don't know. Just like Jenn said, interest in the sport because I think it can be intimidating. Or people are like, oh I, don't see myself as a runner or a trail runner. And we're going to talk about-- everyone is a runner. Do you run? Do you put one foot in front the other? Great, you

qualify. And how it's really more about your journey as an individual rather than what counts as a trail runner.

But I think with that, we'll dive in. So what is trail running and why trail run? It's basically, if you remember in high school, you could run cross-country. It's kind of just like that, except you call the shots. You can go as far as you want. You can go as short as you want. You can go as fast as you want. You can also go as slow as you want. You can walk it some if you want. So it's all whatever fills what your purpose is for that day.

And I think it's interesting what counts as trail running. I guess anything that's technically not pavement. So there's plenty of little trails and stuff in town that get you in the feeling of, oh, I'm having to pay more attention about where I'm putting my feet and stuff. And it's just a different ballgame than normal running.

There's also lots of gravel and farming roads, if you're in Pullman, that are great for getting used to a little bit more uneven ground. Logging and Forest Service roads can also be really great, because they're generally not too steep and they're pretty wide and they're kind of easy to get to. And you can social distance on them. And also trails-- urban and county and state park trails are a lot of great ones.

For people who are trained for half marathons, trail running can be awesome because you'll get your heart rate up, but your body doesn't have to work as hard if that makes sense. Obviously it is hard on your muscles, and they hurt as you're going up the hill. But you're running way slower. You're decreasing that impact. So it can kind of be a great recovery to put in some more trail runs, especially if you take those really steep parts and you walk those.

And it's way easier on those joints, your ankles and things like that. It's also a really great tip to start practice getting your quads pounded when you train for a marathon or a half marathon. And there are downhills, so it helps get your body ready for that stuff.

It's also obviously great cardiovascular benefits, and you'll get a lot stronger. When you're running, on pavement or in the track, you're always in one same plane right? You're sort of hitting your body and working your body in the same exact, repetitive motion over and over and over again. But because of how dynamic trail running can be, you can really strengthen yourself outside of just that single plane as you're trying to dodge a rock or move around this way and that way. So it can make you a more versatile and strong, stable athlete.

And then from a mental standpoint, it's just a really nice quiet time. Also a way for you to enjoy nature. Maybe you don't have time to go on an eight mile hike, but you have time for a 20-minute run in the woods. That's awesome.

And then also, you can just explore too. You can move a little faster when you're running versus hiking. So you're like, oh, I'm going to take a shortcut down this trail and see what's down there. So there's lots of benefits that are definitely not touched on in this page. These are just a few of them based off of what people have said their goals are and the ones that I thought of. Do you have anything to add, Jenn?

JENN JOHNSON: No. I think that really hits it. And this is where I said I wasn't-- I'm not really a runner, but I really enjoy trail running. I have knee and arch problems and plantar fasciitis from soccer mostly. So it's that repetitive, same motions for 15, 20 years of my life. But on trails, it's a softer surface. It's like a full body workout more than anything, so it's less repetitive stress because you have inclines, obstacles, declines. You're switching it up, you're walking.

So yeah, I think this gets at it, but it's great. And yes, you get much more interesting views than most running on asphalt or what.

HANNAH KISER: And depending on what kind of program you're on, training for a marathon, you might be going based off miles. But it's nice to go off minutes. You won't cover as many miles trail running, but you will still be getting a lot of benefits in that amount of time.

So, I don't know. I think trail running is a great thing to do for recovery once you train your body up a little bit, because the first time you trail run, you'll be like, wow, my quads are on fire because I just climbed this hill. But after you're acclimated a little bit, it can be a really great tool for you as you're training for other running adventures.

JENN JOHNSON: And with that, the time kind of flies because you get distracted by more things I guess. I don't know. Your mind wanders. It's kind of nice.

But yeah. So, just tips to get started. You want to, you don't know how. It seems like we don't have a lot of experience, which is perfect.

But a couple of things you can try-- so this is how I did it is I made my dog come. I didn't want to go by myself. I didn't really know what I was doing or what to expect. It did add the extra challenge of pacing and avoiding rocks and such when she's really excited, when she sees a bird or something. But it just made it more fun and more enjoyable.

And when she needed to stop and sniff, it gave me a break. Physically, I got a break, but it also just let me enjoy the area. So bring your friend. Bring a pet. And actually, the ORC, for the first time, is offering some trail running clinics this semester, which we'll talk about at the end. So they'll be nice, easy, starting, beginner trail running clinics, which should be a lot of fun.

Which gets to the second point, start small. Like you said, or a few of you at least, you hike already. So it's just as simple as, here's a nice, flat area. It's pretty open, wide. Just do a little jog there. And then you get to an incline, you hike up it. And you get to a decline, you can jog down. And just adding small amounts of running into your normal hiking is a great way to start.

And as Hannah already said, it's really what you want it to be. A lot of people-- there are ultramarathon trail runners. That is a thing. There are competitions and races and really intense obstacle courses. That is only if you want that. Otherwise, for me, like I said, it's a way for me to exercise, to get outside, and I really want to enjoy it.

So that's how I make it. It's just as much of a hike and fun, enjoying exercise than endurance focused. But yeah, just a couple of tips. Hannah, anything else? Are there any questions?

HANNAH KISER: Oh yes. Any questions you have at any time, you can throw those in the chat or unmute. But yeah, I think sometimes when we think of trail running, you think of this really skinny, muscly dude with a backpack and all this like really bright clothing and-- I don't know. They're just really intense and kind of off-putting. But that is not what a trail runner is. A travel runner is like all of you. So that's kind of how--

AUDIENCE: I had that exact experience. I was hiking outside of McCall. I forget when it was. There was a bunch of people at the trailhead or whatever and they were-- all their friends are running a race. And it was like a hundred miles through the mountains around McCall. I was like, OK, I'm intimidated. This is scary. I'm struggling to hike up to the lake, and there's people that are on mile 98 coming down. I was like, oh.

HANNAH KISER: Yeah. And as someone who was a collegiate athlete, I can say that you all qualify as a trail runner. You don't have to be some certain level. I feel OK saying that, and I will fight anyone who wants to disagree. So those are some good ideas to get started.

Now we're going to talk about gear a little bit. But before we go to the next slide, which has a lot of gear on it, you probably have all the things that you need to start. But this is just like, if you're wondering, don't get swindled into REI. Now you know what the different things are or why you need them, it's a base for starting, like, oh, if I wanted to get these things. But you probably already have the things that you need.

So I don't know what type of people take these kind of photos. Maybe this is your type of person, maybe not. But the first thing is a water bottle. Even when I'm running out in the summer on the gravel roads, there is zero shade, and it is very hot in the Palouse. So a water bottle is a good idea regardless. So I think that that can be a great thing to bring with you. They have some that you can fit on your hand or wear as a little fanny pack or something like that. But if it's going to be hot, or you're going to be in an exposed area, even if it's a really short run, it's never a bad idea to bring that.

And then you'll want to have specific shoes for running. So you all said, oh, I do some running and some hiking. You might have something between those two. So, normal running shoes won't really have as much traction. So depending on the season-- so right now, trails are going to be muddy, so you probably would want something with a bit more traction. But in the summer, that might not be the case. Although, if it looks like a lot of pine needles and stuff like that, you could want more traction.

So there are specific trail running shoes. The other thing specific trail running shoes have in them is often called a rock plate, which is, if you step on a rock that's really pointy, it's not going to hurt your foot as bad because there's a piece of metal in the shoe that protects your foot a little bit more. And they usually have a more rugged upper.

I know road running shoes are usually pretty light because you don't want to have things weigh more on your feet. But in trail running, they don't get cut up as much and they last quite a bit longer. And usually, a

little bit more protection around your big toe, should you stub it. So those are some features that you'll often see in trail running shoes. But as you're just starting out, you can use what you have and then go from there if you're like, ooh, I'm really slipping around, or other things like that.

And then, comfortable socks because, if you're like me, you're a sweaty person and your feet sweats, so it's good to keep blisters at a minimum. And just like with hiking, you want clothing that is going to protect you from the sun and also not make you really cold. So, things that are made out of cotton, if you sweat in them, then they make you really chilly. So if it's the summer, that's probably a great idea. But if it's kind of shoulder season, like it is now, you want your sweat to get wicked away and not cling to you and make you chilly. especially if you were to roll an ankle and have to walk out or something, you don't want to then get super cold.

Another piece of gear is food. You can always stash a little bit of a snack in your hip belt or something like that, some gels or whatever, depending on if you're someone who gets really hungry during a run. I think, usually, if you're going on a run that's not too long, you usually don't need food. But if you want to be super prepared, you can obviously do that.

And then for longer adventures-- some people are like, hey, I'm going on a 10-mile hike today, and I'm going to run some of it, and I'm going to hike some of it. You can have a pack, and then you can put some other things in there, like a headlamp if you think you might be out later, a SPOT device if you're worried or somewhere where you don't have cell service, extra layer if you think it might get colder, you'll have to walk. Then you can bring a jacket with you.

A little first aid kit, something to filter water with, something to navigate with. So, just light versions of what you would take with you hiking. But it sounds like we're just wanting to get started into the sport, and so you really will need the minimal side of these things.

JENN JOHNSON: And Hannah, really quick. I don't know if I missed it, but on the list, there's also TP and trowel.

HANNAH KISER: Oh yeah. I did miss that, I guess.

JENN JOHNSON: Yeah. So this is especially if you're going a little bit further into the backcountry wilderness-- you run, you have to go the bathroom, right? It's just a bodily function, a bodily reaction. And so just having that in your fanny pack, in your backpack, whatever you're using when you're out in the backcountry will make your life a lot more enjoyable, and it's a much better run.

And then the other thing-- looks like, Erin, you have a comment in the chat. Yeah. So kind of like Hannah was saying for clothing, that wicking sweat. It's more important for socks if you're going a much further distance, because cotton socks just soak up all that sweat, tend to rub. You get blisters a little bit easier.

Versus Smartwool, or there's smart wick socks that are polyester-based that doesn't hold as much of the moisture in. So for running, especially longer distances, again, that just helps avoid some of those maybe painful foot injuries that you can get a little bit better. Again, if you're starting out, use what you have, and

you see what works for you. Cotton socks work for some marathon people. It might work for you. It might be fine. But it tends not to be, because it holds that moisture and causes that rubbing, that friction.

HANNAH KISER: Yeah. I guess one thing I didn't put on here that's kind of interesting, maybe if you're in a more dusty climate, there can be gaiters to put over your shoes. I don't know if you've ever seen those, but they kind of attach. And so if you're going to be-- there are some interesting places you can run. Tons of sand and things like that. It can help you not have to stop all the time to get little pebbles and stuff out of your shoes. But for most climates, I'd say that's not really needed. But you will see them, and some trail runners like to use them. It's like, ooh, look at my style of my gaiters, which is pretty dorky, but everyone's got their own style.

Awesome. And so here's what you will see if you go to REI, all of these different packs. They look really intense, but basically it's like, hey, I don't want my backpack to jump up and down and I want it to stay close to my body. I don't want it to weigh very much and I want it to have pockets and stuff. So if you were going to do something longer, there's a whole bunch of pockets. So you can have your phone, some water bottles, some food

But for just going out on trail run, I don't bring a pack if I'm going and it's like, I would go on a hike without a pack. So you don't really need to bring this unless you want to have something [? other than ?] water. I would say what's way better is one of those handheld water bottles or a fanny pack type of thing. Also because the more stuff you have on you, the more likely it's going to chafe and not be great.

JENN JOHNSON: I will say, the first time I went out like a longer distance, I didn't want a full back-- well, I didn't want to buy a full backpack, first of all. I have a fanny pack because I'm a really cool person. And so I just tried using that, and it just bumped up and down the whole time. It was super annoying. I ended up strapping it across my chest, which kind of worked. So, practice and use it a little bit indoors before you take something out onto the trail, because if it's bothering you the whole time, it's going to be annoying. So just a fun tip.

HANNAH KISER: Yeah. All the cool kids wear fanny packs.

JENN JOHNSON: Yeah, they do. I think I would own, like, three now.

HANNAH KISER: I definitely own a fanny pack.

JENN JOHNSON: Yeah. I feel like this one's a little slow coming, because we now have no more snow. But if you go somewhere that still has snow, just another equipment component to consider is-- just thinking about it, walking around town in tennis shoes on snow doesn't work so well, so imagine running.

But there are a few like traction options. So I've only tried Yaktrax, because that's what I own normally. And I will say it wasn't as uncomfortable or awkward as I thought it would be, trail running with Yaktrax. But you definitely have to get used to it a little bit. And I felt sometimes it was a little rolly, because it's like the spiral cords right.

So the other options are microspikes, which are a little intense, as you can see. But they real-- that's traction. You're not flipping or sliding or going anywhere with those. And then I do like the making the ice shoes one. So this one I did not know until we put this together. But as you can see, you can literally just use screws in tennis shoes and make your own, and it's just that little bit of traction that you need so you don't have to buy anything. I don't know the comfort level with that or if a screw is going to pop through and hit my foot.

HANNAH KISER: I made these this year and it cost about \$2, so really on the good financial side of things. And you do need to make sure that you aren't using minimalist shoes. So the spike ends up being like this, so you'd want it to be at least twice as much cushion for that amount. Or if there's a rock plate in your shoe to begin with, then you don't have to worry about it. But most Nikes are not going to work for this.

So I would test it out first. And plus, you're not really putting the shoe-- depending on how you want to do it, I would recommend don't put the spikes where you're going to land, which seems counterintuitive. But you're definitely not going to spike yourself if you put it on the perimeter of the shoe, but you're still going to get some traction.

And if you find that, oh, I do have a rock plate, and it's not a problem, then you can put it in those areas that need more traction. But this actually works really well. And then it's either an old pair of shoes you don't mind busting up, and then they're just your winter pair for when it's really crazy out. Even just if you're regular running, you probably need this in the winter around here.

But some people have said you can take them off too and they're fine. So, at your own risk. And there's a lot of good stuff on the internet if you just look up "making my own ice shoes." Everyone's uncle has made a video about it already.

JENN JOHNSON: Everyone's uncle. Nice. So that's shoes. And then just clothing in general. This is something where you're going outside, it's freezing. So you're going to be dressing warmly, you don't want to be freezing when you get started. Your muscles are really tight. It's not going to end well.

So dress warmly and then just adjust. Don't leave the layers on. Don't start sweating too much. You remove the glove-- I know gloves are usually the last thing to come off for me, but the hat comes off, the outer jacket comes off, that kind of thing, just to move through. And then, depending on how the trip goes, maybe I need to walk some more, you just throw the layers back on, which is kind of nice. But again, winter, just like anything, a few more things to consider as you go out.

HANNAH KISER: And I always do the really cool fourth grader thing where I bring a jacket and then when I take it off, I tie it around-- you know how you tie it around your waist?

JENN JOHNSON: I did that today on my walk. It was warm today.

HANNAH KISER: Yeah. My favorite piece of running gear, I think, is my wind jacket, because it's really windy around here. So if it's really cold, it's going to trap in heat, and then get you warm, and then you

can just take it off. And if you've ever run in a rain jacket, it doesn't do a good job, because you sweat and it gets rainy.

So the wind jacket's great because it's not trying to be a rain jacket. It's just saying, I'm going to protect you from the wind and hold in your heat. And it's great. So that is one piece of gear [INAUDIBLE].

[INTERPOSING VOICES]

If you are looking for a good piece of winter gear, that's something I really would recommend. It's awesome.

JENN JOHNSON: I do wear mine a lot. Nice. Any questions about anything with gear? It's a lot of information, I know. But like Hannah said, start with what you have. See what works, see what doesn't, and go from there the more you get into it.

HANNAH KISER: All right. So some techniques. How is trail running different than regular running? So there's a lot of good tips to keep in mind. So when you're trail running, you can kind of shorten up your stride a bit. And that just allows you to be a little bit more athletic, because if you're taking these big old strides, you might decide that you want to change your direction, but it's too late because you're already mid-step. So you can shorten your strides up a bit to give you a lot more adaptability with the terrain.

And then, similar to normal running, you want to have a relaxed upper body. Your upper body should be working for you, not against you. And when you use your arms, your arms drive your legs. So if you've ever seen soccer players run, they run like this because they're used to guarding. But that's a lot of energy wasted in this rotational motion.

So there are a lot of things to keep track of when you start running, or when you are running. So just picking one thing at a time. Be like, I'm going to focus on what my arms are doing today, or for this part of the run, and putting some energy into thinking about that. Then you'll kind of notice, oh yeah, I do that. So I'm going to make a note to work on this every time I'm on the run.

But use your arms, even if you think-- I think people always think I look weird when I run because I really use my arms. But they help me use my butt. And I'm like, you know what, I'm going to do it. I don't care if I look crazy.

And keeping your shoulders really relaxed. Here's what I see my athletes do towards the end of a race. And I'm like, just relax your shoulders. Things are going to be way better. So just little check-ins of how are my arms doing? Am I up here? Am I relaxed or not?

And then not doing anything crazy with your hands. You don't need to be clenching your fists. That's not where you want your energy to be going. I always imagine like I'm holding a potato chip. I don't want to squeeze it and squish it, but I'm just keeping my hands really loose and really relaxed. You should be really relaxed up here and then doing a bunch of work with your legs. And especially when you're going up hills and stuff, your arms are really going to help you drive.

And I guess one of the big things I think people mentioned at the beginning was, oh, there's a lot going on with trail running. If you shorten up those strides, and then scan 10 to 15 feet ahead of you. So I'm not sure where you normally are looking when you're running, but you don't really need to look at your feet. If you're looking 10 or 15 feet in front of you, you're going to be able to plan how you want to move your feet ahead of time so that you're not just staring down. It's already too late if you're right on that rock, stubbing your toe or something like that.

And depending on what kind of trails-- Moscow Mountain, there's not really a lot of obstacles a lot of the time. It's like, OK, this is really just nice sort of mud with pine needles on it. If you get into more technical stuff, just slow down a little bit more and then you'll have a little bit more time to react to that kind of thing.

JENN JOHNSON: And I will say, this takes practice too. It's kind of hard, especially when you know there's like-- OK, I know there's a rock and I should be stepping over it at some point. I saw it a second ago. And you want to look down and then you just get all messed up.

So it takes a little practice. But I think, Hannah, slowing down is really helpful. And that's kind of what I did, because again, I started in the desert and it's all rocks and boulders and such. And so it definitely took a lot of practice to get that going. I feel like, when you're running on a road, you look a little ahead, but not quite as far, you know.

HANNAH KISER: Yeah. You can basically close your eyes when you're running.

JENN JOHNSON: It's also important because of tree branches. I learned that lesson once. I was looking down too. Luckily it was a pretty small branch, but it still hurt.

HANNAH KISER: Yeah. And I always think, when things get a little bit technical for me, I've got really long legs and I'm not the most coordinated person. So my strides go from being like this to-- doo, doo, doo, doo, doo. Like I'm just trying to run around things and it seems like jostling around. But like I'm saying, that's good, because then you're working those muscles doing different things and strengthening your whole hips and stuff. These people are sprinting up this hill, whew, which we're going to talk about in the next slide.

JENN JOHNSON: Yeah. I wouldn't recommend doing that unless you are one of those ultra people. But yeah, so just a couple more techniques up and down hills kind of thing. So try to land-- this one is not really intuitive. You're going downhill, you think, land on your heels, especially if you've done snowshoeing or other things. You want to heel first.

But it's actually better for trail running to land midfoot, lessen that impact on your joint and you conserve that momentum. It's not so much of a stop motion. And then I thought this was such a good picture with the wing out of arms for balance. This is exactly what you look like. It's like that balancing on a tightrope, but it's a little more close to the body when you're running. But it really does help a lot. So those wing out arms for balance.

And then climbs, so the other way. It's keep the same cadence, which is the number of steps you take an hour. So you're not increasing or decreasing like crazy. Keep it kind of the same. Shorten your stride a little bit. And then if it's too steep, like that last picture, or even this one, if you're not comfortable just sprinting downhill over these three roots, just hike. That's trail running. It becomes a hike and it's perfect. Fast hike better than a run. I like that. When it's too steep or technical, just slow it down. Don't push yourself, especially at the beginning, too much, too fast. And it just becomes more of a habit, an instinct, the more you do it.

HANNAH KISER: Yeah. And I will say I don't normally think hiking's too bad. You're like, all right. I feel OK at this pace. But when you stop to run to hike, hiking is now the hardest thing that you have done. Obviously running up would be harder, but you're already so tired.

So I think there's a good picture on the next slide, but it's called power hiking. You kind of hinge at the hips and then basically put your hands on your legs and sort of push them down as you walk up. It looks really ridiculous, and you'll be like, why do they do that? But then when you do it for the first time, you'll be like, I would be on the ground if I weren't doing this, so this is great.

And just like Jenn said, this person-- I would never be going downhill as fast as this person, because look at all of those obstacles. It does seem counterintuitive to land on your forefoot, and that might be a bit of a stretch when getting started. But just be cognizant of when you're landing on your heel, you're braking and you're wasting your energy, which is OK if that's what you're comfortable with. But as you're experimenting, see how you can kind of take advantage of the downhills at certain times.

We'll go back and see if there are any questions. No, I think we're all good. OK. So it wouldn't it be a presentation by the ORC if we didn't talk about Leave No Trace, which are these principles that give us guidance on how to care for the outdoors. And Jenn's got a link in the chat, which is great. There's so much good information. If you're a hiker or a runner or anything, hopefully you know about Leave No Trace because it gives us some principles for, like, hey, I really want the outdoors to stay nice because I like to use them and other people like to use them. Future generations should get to use them. Here's how we can keep it as nice as possible for everybody.

And so we've just pulled out some aspects of Leave No Trace. Yep, especially if you're with me, because I have worked as a ranger and so I really drill home the LNT stuff. So the first one is trail etiquette. You want to yield to other groups. Always be a nice trail user. So if you're running fast, it's not about, I need to get done with this trail run within a certain amount of time. Make sure that you're being a good trail user and not running over people on bikes, or kids, or people with dogs. Just be chill.

And usually, people who are coming uphill have the right of way, so don't be barreling down the trail and run someone over. Trail runners get a bad rep, but of them are kind of rude.

JENN JOHNSON: I do.

HANNAH KISER: I worked as a ranger in the Enchantments, and that is a thing that people trail run, usually. And they're just like, get out of my way. And I'm like, this is a 20-mile run. I am not-- is being rude to me worth the two seconds? No. What's wrong with you?

So keep that in mind. People who have uphill have the right of way. And sometimes people have music in too, so if someone doesn't notice that you're coming up on them, just give them a little, hey on your left. It probably will spook them, but better than just barreling them over.

The second is erosion. Don't cut switchbacks. First of all, that seems harder, because it will be steeper. And also, you're damaging the trails, because when you do that, it defeats the integrity of the trail. And then that whole hillside slides, and it ruins all the wonderful trail work that people are doing, and the vegetation. It just makes it not as nice for everybody.

And even if there already are trails, I guarantee you the service-- the public land that's watching it, doesn't want that, they're trying to get rid of it, and they want you to use the switchbacks. Plus, switchbacks are way nicer for hiking and running.

We talked about this a little bit in gear, but having a bathroom plan. So even if you're not many miles out, if you know that you're someone who, every time you go on a trail run, you have to take a bathroom break that's not number one, you probably need to carry a trowel and paper with you. Because imagine if you do that same run, and a lot of other people do, and a lot of other people have your problem. That ends up being a lot of poo that's just laying not that far from the trail. And so I know running just makes me have to use the bathroom, so I'm always carrying this stuff with me because I don't want to be a bad trail user. Moscow Mountain gets a lot of use. Let's keep it really nice for everybody.

And then the last one is wildlife. So I have seen moose and bear at Moscow Mountain before, so there are things out there. So I think a lot of people have worries about animals, and for the most part, they're not really out there-- they're more scared of you. But if you are worried, I would just avoid running at dawn or dusk. That's when you see the most wildlife walking around. And especially if you're in areas where there's mountain lion sightings, bring your dog and just don't go during those times when those animals are most active.

And if you're running with a dog, you probably want to keep them on a leash so they're not just running around everywhere to disturb the wildlife that is around. Do you want to add anything, Jenn?

JENN JOHNSON: No. I think that really covers it. Again, there's more LNT, but these are kind of the biggest ones when it comes to trail running specifically. And yes, trail running with my dog, the leash does-- again, just another thing to think about as she's pulling, but really important for LNT and preserving the wildlife.

In the fall, I was up at Heyburn State Park, not too far-- it's about 45 minutes north of us, in Idaho-- and I was hiking with my dog, and we saw a cougar. And my heart stopped, first of all. But I was so glad she was on a leash. And we just kind of slowly backtracked and took a different trail, and we were fine. But they're out there. So just be aware. Know where you're going. Plan ahead.

HANNAH KISER: Not meant to scare you at all.

JENN JOHNSON: No. No. Just prepare you. Prepare you, not scare you.

HANNAH KISER: I have run in many, many places. As I worked as a ranger, we would set up for the night and then I'd be like, I want to go explore this new area. I'm going to go trail run up to this thing. And I would be running, and it would be dusk and I would see huge cougar poops. I would look around and it's rocky terrain, and I was like, this is absolutely where cougar would love to live and definitely does live.

And I just remember thinking the whole time, I have the most euphoria right now. It's so beautiful. I'm really enjoying myself. Really nice grade of running. And also just thinking, I might get eaten on my way down. And it ended up being OK. So it was really thrilling. And even though there definitely was a cougar around there, he left me alone. So, thank you, cougar.

JENN JOHNSON: Nice. Also not to scare you but prepare you, common injuries do happen when you're doing anything, really. I walk around my house and I hurt myself. But when it comes to trail running, some ones you've probably already thought about, especially those who are training for half marathon and such. Chafing, one. So a good solution to this one is Body Glide. I explain it kind of like deodorant for reducing-- that's the only way I can think of it. Just look it up. But it's just like an application to your skin so that, when you're running, it's not creating that chafing feeling. It just slides right next to each other. So avoid that.

Rolled ankles-- obviously another common one. This is just where, if you're getting into a little tricky terrain, slow it down. Really be conscious of where you're stepping, how you're stepping. But be prepared that that might happen. So have food, water, extra layers, anything you think you might need if you need to walk out or it takes you a little bit longer to get out.

Cuts and scrapes-- pretty self-explanatory. Again, ran into a tree branch. Definitely got a scrape on that one. Not something you [? typically ?] have to worry about right then and there, but something to address. And if you already have a backpack or a fanny pack, throwing some Band Aids or cleaning wipes or something in there doesn't hurt and doesn't weigh a lot.

And then, again, back to the winter, cold trail running, just considering this with your own layers and your time outside, hypothermia or hyperthermia. Knowing what happens, what signs and symptoms you might start to experience if you're getting towards that. Or if you're out with someone else and they're starting to act a little off, knowing what that might lead to and how to address it is one of the important ones. Hannah, anything on that, or any questions on just the acute ones? Pretty straightforward, I think.

Yeah. I would say you're probably not going to have global, full-blown hypo- or hyperthermia. But you can start to be having some heat illness, especially when it's really hot out. There are some of my athletes in high school sometimes where I'm like, oh, you need to go sit in the shade and drink water and not do anything else. Because it's 90 degrees out. It's really hard to stay hydrated if you're in full sun, which actually is why trail running is great when it's shaded, because it can be 90 out but feel way nicer. So just

being aware of those things, and bringing water, and knowing when it's worth stopping and turning around.

Yeah, absolutely, which I think we talk about later. And then some long term issues, coming back from an injury. Like I said, I have some knee and arch problems already. And so, some important things to consider are really warming up and what we call dynamic stretching, which are stretches while you're moving a little bit. Adding a little movement into it rather than static stretching. And this is something you can easily look up, dynamic stretching for runners, and you'll get some really cool examples.

Build up slowly. So again, if you have some ache or pain or something, don't go hard right out of the gate. Build up to that. Build up to your goal.

Fuel your body for success. I love this one and I'm not always the best at it. I tend to eat what I want sometimes. But before a run, it becomes a little more important. Know what you're putting in your body. Make sure you're hydrating and getting what you need.

And then, yes, this one. Winners know when to quit, and walk it out or take time off. Don't push yourself. Again, trail running-- make it what you want. Especially those who are training for half marathons, you know, if you're feeling a little something, you've got to back off a little bit, slow it down, work through that before you can keep going, or else it just gets worse before it gets better. So just keep that in mind as you start out. Yes. Clean eating is hard. I feel you.

HANNAH KISER: That's funny, because when I wrote this, fuel your body for success, I was like, don't go on a diet. You need to have calories in your body because running is hard. So I'm thinking, like, make sure you eat your carbs.

JENN JOHNSON: But you're eating the right things. I'm saying, I like to just eat a handful of Oreos. That has no benefit for running.

HANNAH KISER: Trail running, though, if you have ever worked an aid station or heard of them, they ate super weird foods. There's Oreos and potatoes dipped in salt and PB&J sandwiches.

JENN JOHNSON: They do eat some weird stuff.

HANNAH KISER: It's random stuff. So honestly, I would say, whatever your body craves, you should eat that.

JENN JOHNSON: But again, you've got to know, for those people, they're burning all of that off so quickly because they're doing extensive runs. I'm not to that point. This Oreo can just stay in with me.

HANNAH KISER: Fuel too. If you need fast energy in a run. Things that give you fast energy are simple sugars. So there's gels and gummy bears and things like that. Whereas if you're on a run and you eat a PB&J, you're not going to get that energy for a while. That's a lot of protein and fat.

[INTERPOSING VOICES]

And sit like a brick. Yeah. Yeah. Maple syrup packets. Ooh, interesting. That's very Canadian.

JENN JOHNSON: I could see that.

AUDIENCE: Yeah. I forget what race I was at where they were handing them out. But I'd used some of the gels before, and I'm not a huge fan. But it's literally just-- it looks like a ketchup packet, but it's full of maple syrup. And I'm from Vermont originally, and I was like, well, this is perfect. And it's great. It's easy to get down. It's not as thick and gooey as some of the gels. I love them.

JENN JOHNSON: Yeah. I like that.

HANNAH KISER: That's so interesting. Maple syrup is fructose, which has to be metabolized by your liver first, versus glucose that can go right to your muscles. So that's interesting. I'm going to look into that. The biochemist. Anyway.

Yeah. So, not to scare you, like we're saying, prepare you. All this stuff is going to keep you in the game, happy. It's kind of the same things for normal running or hiking as well.

JENN JOHNSON: And I think the rest are all resources for you. And actually, while Hannah is talking, I'll put some of these links in chat.

HANNAH KISER: So there are some really great phone apps that you can get for finding runs. So AllTrails will just help you find trails. But you can kind of look at the elevation profile and reviews. And if people were like, oh my god, this was killing me, maybe it's not so good for a trail run. It might be a little bit steep. But that's a good place to find stuff.

Also Washington Trail Association, WTA, they are a great place to find different trails. You can search by region. Trail Run Project is an app I just found, and it shows trail runs that people have tagged other places. There's not a ton around our area. We'll go over some local resources. But if you're in Seattle, I'm sure there's a lot of stuff that's kind of close. And there is some good stuff near Troy-ish once that melts out, because that area stays pretty snowy for a while.

MAMBA is the association that helps manage Moscow Mountain. So if you go to their website, they've got an app. And there are so many mountain bike trails that are used by runners as well. You could run a different trail every day, probably, or hike one. And so that's a great resource too. And I think they just got a new app, so you can download it. So while you're out, there's a lot of junctions sometimes, and so you'll be like, where am I? I don't want to get lost. You can use that to help you out too. So lots of good resources for finding stuff, wherever you might be.

JENN JOHNSON: And there are more too. These are just kind of the big ones to start with, if you're starting out. And like you said, here are some local running options for those who are in Pullman, which seems to be most of us. On campus, Arboretum, or-- I will say there is a better one in Moscow. But there is an Arboretum in Pullman. It's pretty nice. All the many, many farm roads you drive by, just start running down them.

HANNAH KISER: They're so good.

JENN JOHNSON: They are. They're like-- you get the gradual hills, so you get used to that slight up and down, but they're pretty clear and level and a good place to start.

HANNAH KISER: And when the canola is in season, you're running through. It's really beautiful.

JENN JOHNSON: Yeah, it's beautiful. Also, just off campus, Magpie Forest. I don't know if you have any of you been there, but it's a half mile hike up to this little grove of trees, maybe a mile. Really nice, but again, just a little offroading. You can try. Pretty local.

And that's a link to a brochure from the city with all the different trails. I will say, though, many of those are paved. So if you're trying to get off concrete, just pay attention to that. And then, moving a little wider out, Colfax Trail-- I'm sure many of you have heard of, but that's just that six mile trail.

Kamiak Butte. I have done a little trail running there. A little steep at times. I definitely do some walking, which is perfect. It's a good place to start running where you want and walking when you want. But that three mile one is a great loop if you have a dog. Or you can do the four mile one if you don't have a dog with you. That adds that extra primitive trail, which I think, last time I did it, it was still pretty obvious to see and find, so another option. Yeah.

Moscow Mountain, so many options, which are all great. Again, a good place to practice that trail running. That's the mixture of running and walking on some of those areas. But also to push yourself if you're getting to that point.

And then a few-- one of the longer ones, Moose Marbles. I don't know if I've done the whole 10 miles. Hannah, I don't know if you have, but I've done parts of it and it's really nice. And then Spring Valley Reservoir, a little bit shorter. That's just past Troy, so a little bit further out there if you have a car. But there are options, is what we're saying, to get started, especially now that the weather's perfect. Now is the time for running outside.

HANNAH KISER: So a really great idea too is just pull Google Maps and even look at farm roads. And then it will show you from the spring, and so sometimes farmers plant different stuff. Like, oh, wow, canola is growing here. I bet this would be really pretty. And you just kind of-- and like Jenn is saying, there's plenty of flat, and then also some hills. So it's really nice.

And you know what? You're going to see absolutely zero other people out there. I never see anybody and it's awesome. And then, just for some info about the seasons. Moscow Mountain is probably not going to melt out until April or later. It takes a while to melt out.

Headwaters is going to melt out first. But I always think that it's going to be fine, and I'm always in up to my knees trying to bike. And I'm like, nope, I [INAUDIBLE] And it's not quite summer yet. But Kamiak-- we just did get a lot of snow, so it's probably still snowing there. But Kamiak will melt out much sooner.

And the farm roads melt out super quick and stuff, and stuff in Pullman too. So lots of options. I would recommend those apps. Awesome. And then if you ever are interested in doing a race, there are some local ones and also some finders. So Moscow always does one for the Headwaters loop. So there's the six mile loop, and then they do a half marathon, and I think a 50K or something. So definitely do the six mile loop, because that's all the joy and not the bad stuff. And then leave and people will be running for six more hours. But that's something that's kind of fun and local to do. I've never done it, because I've always been injured. But I really want to. So maybe I'll see you there.

But there's also a good finder, where you're like, oh, I'm going to go on vacation here and I want to run a trail race, or I want to have something to train for. Because there's a bunch of different stuff that-- do you want to do something super crazy where it's like running in sand dunes or something like that? Or something more normal like the salt flats? There's a whole bunch of different stuff. It's just a different way to experience it if you're into that.

And there's also a lot of resources for more trail running specific training, if you want to do trail races. But it sounds like most of us just want to get in it for the joy, which I think is amazing. So that's just, push yourself to do what you want and get out of it what you like and use it to supplement training for your marathon or whatever, because some of this stuff gets kind of crazy, for sure.

And I think-- oh yeah. Here's our last slide. So this is a new series of programs, this webinar as well as our trial run. So on March 15th, we're doing an on-campus trail run at the Arboretum. We're just going to talk about more of these techniques and practice it. And there are some kind of steep hills that we will be power hiking up, and talk about some dynamic stretching and things like that. So it should be kind of fun. We're just piloting this new program.

And then on April 18th, we're going to do one at Kamiak Butte where we'll go up sort of the least steep side of things, chill at the top, take in the views, and then decide what we to do from there. Because no matter how you do it, that primitive side is not really good for running. It's really steep on the way up. And one the way down, it's also too steep. I would face plant. But those are two options for you if you're going to be near Pullman and want to check those out.

But we have a little bit of time left if people want to ask questions. Anything that we didn't cover, that you wanted to cover or want to know about, I'm sure we have some information off the top of our heads.

50-50.

AUDIENCE: I know you said that Nikes aren't great for the screw thing. Is there a brand of shoe that you guys prefer or that you lean towards, that's your favorite for-- not necessarily a trail running shoes specifically, but just a sneaker that you prefer when you go out and hit the trails?

HANNAH KISER: I shouldn't knock on Nike so much. You know what the style is. It's all foam and really thin and really flimsy. That's what I'm talking about is not great for the ice shoe. A lot of people like Brooks Cascadia. They have a lot of rubber. I can grab mine, actually, to show you when I'm done talking. But another brand that people use a lot are-- oh, it's not Scarpa. What is it?

JENN JOHNSON: I use Asics. They have very thick soles, good for arches. That's why I got them, but I've never tried this screw thing. But they're for just-- I switch between-- I have trail runners too, but my Asics are actually pretty solid for short trail runs.

HANNAH KISER: People love Solomon. There's a lot of things to choose from. For me, they're not cushiony enough. I need a really cushiony shoe because I have really bony feet. But there's a lot of different kinds of tread on those. And they even have some that you don't have to tie. It's more of a Viking style lacing system, so you don't have to worry about your laces coming undone. My husband loves those.

I would say Solomon is the main one. Brooks is another big one. Nike does have a trail runner that has really good reviews. I've just never personally used it. Brooks has some trail runners as well. So if there's a brand that you normally like that works for your foot for normal running, I would say just try to find their trail running version.

JENN JOHNSON: And that's what I did for Asics. I use Asics trail running version.

AUDIENCE: I know some other trail runners advertise that they're Goretex and they're waterproof. Have you found that to be important? I worry about my foot sweating inside of that as much as it would in an-- OK.

JENN JOHNSON: I wouldn't recommend them unless you plan on running solely in rain and swampy and you want that--

AUDIENCE: I don't plan on running through too many rivers.

JENN JOHNSON: Yeah. River running, exactly.

HANNAH KISER: If you're running through a river and it's-- it's probably not winter. I hope you're not running through a river in winter. Your shoe is going to dry out way faster if it's not waterproof. So I would probably stay away from that unless it's-- that would be a really niche shoe for very specific purposes.

And then I think you had asked something else, or maybe I just thought of something else. A lot of runners like Altras. It's a brand that is pretty popular. But I would take a look at what your normal shoe has for drop. So whatever height from your heel, because if you're used to something with like a four millimeter or nine millimeter drop, there's a difference between where your ball and your heel of your foot is, and you go to an Altra, which is zero drop, your calves are going to be on fire.

So if you want to try zero drop shoe, I would say wear them to work, wear them around, and get used to them walking before you try running because otherwise, you're going to have Achilles problems and you might pull something in your calf. Not to scare you. You definitely can transition there, but don't just go to the-- I'm going to go hard with these new shoes. I've just seen that happen to a lot of people I know. So ease into them if you want to try that.

JENN JOHNSON: And I just put a link-- it's backcountry.com. It's usually my go to. But they actually have some-- they call them just running shoes, but they're trail running, because it's all backcountry stuff. And they have most of the brands that Hannah just mentioned if you're looking, once you get into it a little bit more, to see what's out there. But there's a bunch out there. And they do have some-- they have the Altra, the Nike, Adidas, Solomon, Under Armour, everything.

HANNAH KISER: Another one I just thought of that some people like as well is Hoka One One?

JENN JOHNSON: Hoka One One.

HANNAH KISER: They're super cushiony, but some people swear by them and love them, and they also have a line. So if that is usually a shoe that you wear for running, you might look at them or try them out. I think they look silly so I've never tried them, but people who love them--

JENN JOHNSON: They have that [INAUDIBLE] bottom almost.

HANNAH KISER: Here's the one I use. And I got them because they were the cheapest ones. So it's not because I love them. But you'll see they've got a lot more going on for them, rugged wise, in terms of weather. And then this is sturdier, and it's a little bit more flat. Yeah. But I hope this inspires you to get out and try trail running, and join one of our trips, or convince a friend, or anything like that.