



The Trail Runner's Companion: A Step-by-Step Guide to Trail Running and Racing, from 5Ks to Ultras

Sarah Lavender Smith

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The Trail Runner's Companion provides a goal-oriented guide that coaches and inspires the reader to make steady progress toward becoming a better and more satisfied runner through trail running. Written by veteran trail runner and competitor, Sarah Lavender Smith, each chapter is anchored by a goal and opens with a compelling anecdote or example, told in the author's engaging voice. From learning the basics, to rising to the numerous challenges and adventures of the sport, to finishing an ultramarathon, this book appeals primarily to recreational road and trail runners of both genders who want to improve their running and enhance their overall wellness by trail running and racing. Secondly, it draws in readers tempted by the challenge of ultramarathons and who seek a path to reach that stretch goal. Combining the storytelling and coaching expertise of the author, who also interviews other pro trail runners to incorporate their insights, *The Trail Runner's Companion* delivers practical, sophisticated, yet uncomplicated advice through a well-known, trusted, and inspiring personality in the sport of trail running.

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