

Trail Running

BY JORDAN CLUFF
FIT EXPERT

One of the many ways we are blessed as West coast runners is in the range of places to run, and the beauty of our natural landscape.

This time of year, I love to mix it up by hitting the trails, in the UBC endowment lands, along the North Shore, and elsewhere.

I still get the physical challenge of a great run, but also a wonderful, peaceful experience running the trails, which are often empty of fair-weather walkers and hikers this time of year.

It also forces you to keep total focus on the trail ahead, plotting your next footfalls and avoiding the hazards. If you're tired of the same old pavement route, trail running is the best cure I know of to re-energize your passion.

Of course, if you're new to trail running, there are a few points to keep in mind.

With the shortening days, be sure to leave yourself plenty of daylight, especially when on an unfamiliar route. Isolated trails can be daunting, so this can be a great excuse to partner up with another runner.

New Balance Robson

990 Robson Street
Vancouver
604.685.2281

New Balance North Delta

109-6345 120th St.
North Delta
604.501.1333

Jordan Cluff, Fit Expert

Everyone's going to have their own idea of what makes a "trail." For some, it will be barreling through a tight, rock-strewn Lynn Valley route, while others will be content with a gentler bark- or gravel-surfaced route along the Fraser River.

Whatever your preference, the unpredictable surfaces mean regular running shoes don't cut it. Even if you're not a trail junkie, this season's wetter days and slippery leaves are still hazards that demand better grip and stability.

Along with a rugged tread pattern for grip, trail shoes should also have stiff mid-soles to help guard against ankle sprain, which is the chief cause of injury in trail running.

New Balance's specially designed trail running shoes offer unique enabling features that make trail running a rush, while providing the best protection, stability, and support you can find. Look for features like gusseted tongues to keep trail debris out of your shoe, toe protection to guard against stubs, waterproofing, and sole plates for added mid-foot protection against rocks.

If your trail running is limited to the occasional detour through a park and the odd trail, we also have casual trail shoes, designed for on- and off-road use.



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MT1110 Trail Runner

- Waterproof and breathable with GORE-TEX® XCR® lining
- Features Rock Stop™ which protects and disperses shock from rocks

