

**Trailhead: The Dirt On All Things Trail Running By  
Lisa Jhung**

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Trailhead is a witty, fun guide to all things trail running. shoe fit, trail running, trails, workouts for runners. VeloPress | 3002 Sterling Circle, Suite 100

## **Trailhead providing the 411 on all things about**

Over the course of a winter, trail running along the Front Range of book Trailhead: The Dirt on All Things Trail journalist Lisa Jhung.

## **Trailhead: the dirt on all things trail running**

Trailhead: The Dirt on All Things Trail Running by Jhung, Lisa (2015) Paperback [Lisa Jhung] on Amazon.com. \*FREE\* shipping on qualifying offers.

## **Trailhead: the dirt on all things trail running:**

Having discovered running trails in the late 90s, Trailhead is not only informative but delivers valuable tips and insight in a witty, fun and easy going manner for

## **Everything you ever wanted to know about trail**

But running on an unpaved surface of any sort is trail running, explains Lisa Jhung, The Dirt On All Things Trail Running. have easy access to trails,

## **Trail running with dogs | gear junkie**

Running with a dog can be a wonderful experience. Follow this advice spelled out in Lisa Jhung's book, 'Trailhead: The Dirt on All things Trail Running' for best results.

## **The dirt on all things trail running | outside**

Lisa Jhung is the author of a new, illustrated book designed to help runners ditch the asphalt called "Trailhead: The Dirt on All Things Trail Running." We caught up

## **Trailhead-velopress**

This excerpt is from veteran trail runner Lisa Jhung s new book Trailhead: The Dirt on All Things Trail Running.

## **Lisa jhung releases her new book " trailhead" -**

Her new book Trailhead: The Dirt on All Things Trail The Dirt on All Things Trail Running Lisa Jhung with World trail running columnist. Lisa has

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Trailhead - The Dirt on All Things Trail Running by Lisa Jhung and Charlie Layton VeloPress | April 2015 | ISBN-10: 1937715329 | ePUB | 28.4 mb

## **Lisa jhung (author of trailhead)**

Lisa Jhung is the author of Trailhead Lisa Jhung's Books The Dirt on All Things Trail Running by Lisa Jhung,

## **Trailhead the dirt on all things trail running in**

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New Book Trailhead Guides Runners aspiring trail runners can get the dirt on all things trail running. Jung The Dirt on All Things Trail Running Lisa Jung

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Whether you re an expert trail runner or a newbie, Lisa Jung s book, Trailhead: The Dirt on All Things Trail Running has something for you. Jung, Boulder-based

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## **Trailhead: the dirt on all things trail running |**

Lisa Jhung is a veteran trail runner, triathlete, adventure racer, and journalist. She is a contributing editor for "Runner's World" and is the "Runner's World" trail

## **Trailhead: the dirt on all things trail running |**

Trail running is certainly an area that is experiencing more and varies interest from people of many backgrounds and histories, and San Diego has no shortage of

## **Trailhead: the dirt on all things trail running**

Join Movin Shoes in welcoming Lisa Jhung to our stores with her new book Trailhead: The Dirt on All Things Trail Running. Lisa is a local Torrey Pines alum, and has a

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Jen has been doing triathlon for five years. She is a member of the T3 Triathlon Women's Team and the Elbrus Race Team. She's also a former bobsled pilot for America

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Jun 30, 2015 This excerpt is from veteran trail runner Lisa Jhung's new book Trailhead: The Dirt on All Things Trail Running. Illustrations in the book are by Charlie

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As a guy that discovered running about five years ago and discovered trails about six months after that, I will tell you that not everyone is an expert when it comes

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Paperback with two-color interior and 70 illustrations

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