



TRAIL RUNNING 101

What:

These FREE clinics are for anyone interested in trying out trail running. Whether you are an occasional hiker, an experienced road runner, or looking for a way to connect with nature, these weekly meetings will be used to discuss the basics of trail running and answer questions you have. We will also be walking/running together on trails, with the specific focus on helping YOU improve - all levels of experience are welcome, and no one moves alone. The summer meetings will culminate in the Moscow Mountain Madness 5mile event on September 12, 2021.

Dress as appropriate for the weather and wear running shoes. Trail shoes are not required, but we'll talk about the costs and benefits of them, along with a variety of other gear-related topics. Relatedly, make sure to bring your own water and maybe a snack for your drive home.

Where and When:

Wednesdays at 6am

In July we will meet at the Idler's Rest Parking Area. From Moscow, ID, take Mountain View Rd north to Idler's Rest Rd. Follow Idler's Rest Rd for 2.3 miles and you will see the parking area to your left. This is about a 12min drive.

In August we will meet at the Headwaters Trailhead Parking Area. From Moscow, ID, take HWY 95 north for about 4 miles. Turn right on to Lewis Rd and go about 1mile. Make a left at Foothill Rd. In 0.4 miles you'll see a larger shoulder on your right with a portable toilet and a large wooden sign that says Information Moscow Mtn Area. Park and meet there.

Advance clinic registration is required: <https://ultrasignup.com/register.aspx?did=86449>

Register for Moscow Mountain Madness: <https://ultrasignup.com/register.aspx?did=84630>

PALOUSE ROAD RUNNERS

<https://www.palouseroadrunners.org/>

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