



TRAIL RUNNING

REQUIREMENTS & RECOMMENDATIONS

Trail running is simply defined as 'going for a run at the heart of nature' so if you have an appreciation for the outdoors and an adventurous mindset, trail running is likely to capture your imagination.

Unlike road running, the terrain varies constantly, so requires concentration and attention to minimize the risk of injury.

Liss Runners have put together the below list of requirements and recommendations so that you are able to enjoy our weekly trail runs as safely as possible.

Requirements

- Although we like to welcome all abilities of runner, you should be able to comfortably run 10km on road before attending your first Liss Runners Trail Run
- Always carry a mobile phone with sufficient battery on runs and make sure you have at least one of the other runners' mobile numbers stored on it before running.
- If the run is at night, or at times of the year where it could get dark during the run, runners must carry a fully working torch with enough battery life to easily last the run duration (1-2hrs) and of a sufficient brightness to allow obstacles to be seen in good time. We recommend a brightness of 300 lumens or more. Please be mindful that with tree cover it may be dark earlier than expected, so it's better to be prepared and have a torch if there is any doubt.

Recommendations

- A good pair of Trail running shoes
- Runners should run together in a group
- Runners should run a safe distance of 3 metres or more behind the runner in front when running on single track and/or technical paths
- If you find that the pace is too fast, please tell the run leader, who will happily adjust the speed so that you can run safely. If you feel like you are being pulled along, it is highly likely that you will trip or fall.

WARNING – TRAIL RUNNING IS ADDICTIVE. YOU MAY QUICKLY FIND YOURSELF IN A MOUNTAINOUS ULTRA MARATHON AGAINST ALL BETTER JUDGEMENT!