

## Trail Running Western Massachusetts



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TRAIL RUNNING WESTERN MASSACHUSETTS



University Press of New England. Paperback. Book Condition: new. BRAND NEW, Trail Running Western Massachusetts, Ben Kimball, Nationwide, trail running and ultra running (race distances longer than a marathon) are experiencing a major boom in popularity. According to a study by the Outdoor Foundation in Boulder, Colorado, the number of trail runners grew from 4.5 million to more than 6 million between 2006 and 2012. However, a lack of authoritative information on where to run can often be frustrating. Furthermore, both Internet and cell-phone access can be unreliable in the woods or mountains. Ben Kimball, a long-time trail runner, provides profiles of fifty-one great trail runs in western Massachusetts. Geographically, this book covers the area between the Quabbin Reservoir and upstate New York, including the Pioneer Valley and Berkshire areas as well as portions of the Taconic Highlands. Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the state's highest point at the top of Mount Greylock. The trails profiled represent a range of locations within the region as well as a range of difficulty levels and terrain types. There are options for everyone, from the beginner to the experienced trail runner looking for new options. Each run receives a two-page treatment that includes an informative trail description and a map. This book will appeal to the entire running community of Massachusetts and the surrounding region, including the Pioneer Valley along the Connecticut River, communities along the Housatonic River corridor in the Berkshires, the many running clubs in the Boston area, and seasonal vacationers from Connecticut, New York, Vermont, and New Hampshire.



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