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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,...

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- Authored by Ben Kimball
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