

THUMBNAIL
NOT
AVAILABLE

DOWNLOAD



Trail Running Western Massachusetts

By Ben Kimball

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...



READ ONLINE
[954.66 KB]

Reviews

Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.

-- **Prof. Lela Steuber**

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Cade Nolan**

Other Books



DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks

DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks, Andrew Donkin, Linda Martin, From blizzards and glaciers on the world's highest peaks to the challenge of free...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Anna's Fight for Hope: The Great Depression 1931 (Sisters in Time Series 20)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Anna's Fight for Hope: The Great Depression 1931 (Sisters in Time Series 20). Publisher recommended for ages 8 to 12 years, Grades 4-8. Uhrichsville OH: Barbour Publishing...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



It's a Little Baby (Main Market Ed.)

Pan Macmillan. Board book. Book Condition: new. BRAND NEW, It's a Little Baby (Main Market Ed.), Julia Donaldson, Rebecca Cobb, It's a Little Baby is a beautiful and engaging book for little ones from Julia Donaldson and Rebecca Cobb, the creators of...