



XTERRA Ohio

February 2009

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Dear Runner,

The new XTERRA Trail Run Ohio Series is a new five-race series to be held in 2010 from April through August throughout Northeast Ohio and Central Ohio. The XTERRA Ohio Series is one of several race series (<http://www.xterraplanet.com/xduro/series.html>) put on by XTERRA whose national Trail Run Series is grouped into several geographic regions. Each region has anywhere from 3-to-7 races that runners can compete in and accumulate points towards their regional championship totals.

For more information on the series, including course descriptions, maps and driving directions for each race, go to the series web site at www.xterraohio.com. You can also become a fan of the XTERRA Trail Run Ohio Series on Facebook.

To register for any of the races go to the series web site at www.xterraohio.com. You can register online or download the race application. You can also register at Vertical Runner in Hudson. The cost of each race is \$35 (\$38 for online registration) for early entry and \$45 thereafter. (See the web site for entry cutoff dates.)

2010 XTERRA Trail Run Ohio Series

The 2010 XTERRA Trail Run Ohio Series includes five cross country trail runs in Northeastern Ohio and Central Ohio.

- * 4/24 Vulture's Knob, Wooster | [Online Registration](#)
- * 5/22 Hargus Lake Trail Run (A.W. Marion State Park), Circleville | [Online Registration](#)
- * 6/26 Chapin Forest (Lake Metroparks), Kirtland | [Online Registration](#)
- * 7/10 Mohican State Park, Loudonville | [Online Registration](#)
- * 8/21 Oak Hill (Cuyahoga Valley National Park), Boston Township | [Online Registration](#)

Mail-In Registration for all races available here: [DOWNLOAD](#) (PDF)

Race #1



The first event, and arguably the most challenging, is the 9.3 mile Vulture's Knob race which takes place on Saturday, April 24 in Wooster on a technical mountain bike course and features 1,000 feet of climb. The other four races each offer a combination of technical trails and well-groomed trails with plenty of hills in a beautiful park setting: Hargus Lake (A.W. Marion State Park, Circleville), Chapin Forest (Lake Metroparks, Kirtland), Mohican (Mohican State Park, Loudonville), and Oak Hill (Cuyahoga Valley National Park, Boston Township). Each race will offer a challenge to both new and experienced trail runners.

Getting Started Off-Road



So you have had your fill of road races and you are looking for something new and challenging. What will one do next? The easy answer to that question is Xterra Trail Run! Believe it or not, a trail race is very attainable if one has the right approach and a set plan.

Step 1 in the plan is the proper way to train for a trail race. You will want to change up that normal road routine so that it incorporates trail running and hills. In most trail races many participants will chose to walk the hills. You should get used to walking the hills in your training as well. Walking allows for the opportunity to recover, hydrate, and take in some gel or food. Your body must get use to the different stride, gait, and body positioning that you will use on the trails. Jumping over streams, rocks, and roots, is a little different than jumping over the cup someone just threw down in front of you at a water stop. Another important part that you will want to

implement into your training is core strengthening. Squats, pull ups, side planks, lunges and many other abdominal and core exercises will help you remain upright and strong on the trails.

Trail races are a lot different than road races. Aid stations can be varied distances apart, which means you must be prepared and carry your own aid. For some this means carrying a hand held water bottle, while for other it may entail wearing a hydration pack.

This brings us to **Step 2** in the plan for success. How do I know what I need to drink and eat in a trail race? Well, this is different for everyone. Some people make their own personal concoctions. On the really hot days or long days out on the trails, one can always mix in some electrolyte pills. More options are to carry sports drink, plain water, energy gels, and/or nutritional bars. It is always best to train with what you plan to use during the event.

This will take out all of the guess work on race day! Hence we arrive to **Step 3** in the plan. **DO NOT TRY ANYTHING NEW DURING ANY RACE!** This could equal disaster. If you have not used it in training, then stay away from it. Trail races are hard enough, so why would you want to bring stomach aches, cramps, or vomiting into the equation?

Step 4 is to remain positive, calm, and relaxed. Have fun and enjoy!

Our Sponsors



**Save
50%**

Drop off an XTERRA entry form at Vertical Runner during March and get 50% off any one fall/winter apparel item. Not valid with any other discounts, coupons, and/or special offers.

Offer Expires: March 31, 2010

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