



# Trail Running Guide to Western Washington: Over 50 Great Trail Runs

*Mike McQuaide*

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## **Trail Running Guide to Western Washington: Over 50 Great Trail Runs** Mike McQuaide

Runners everywhere are leaving the blacktop in search of great off-road runs. Just in time for this hot new trend is the only guide available to the best trail-running routes in Western Washington. Longtime trail runner Mike McQuaide describes over fifty easily accessible routes, in the mountains and foothills and along the shorelines, rivers, and lakes of Western Washington. Here is all the information runners want about distance, difficulty, trail conditions, running times, and alternate routes, along with photographs and detailed maps. McQuaide also provides plenty of expert information about trail running safety, equipment, technique, and conditioning.



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