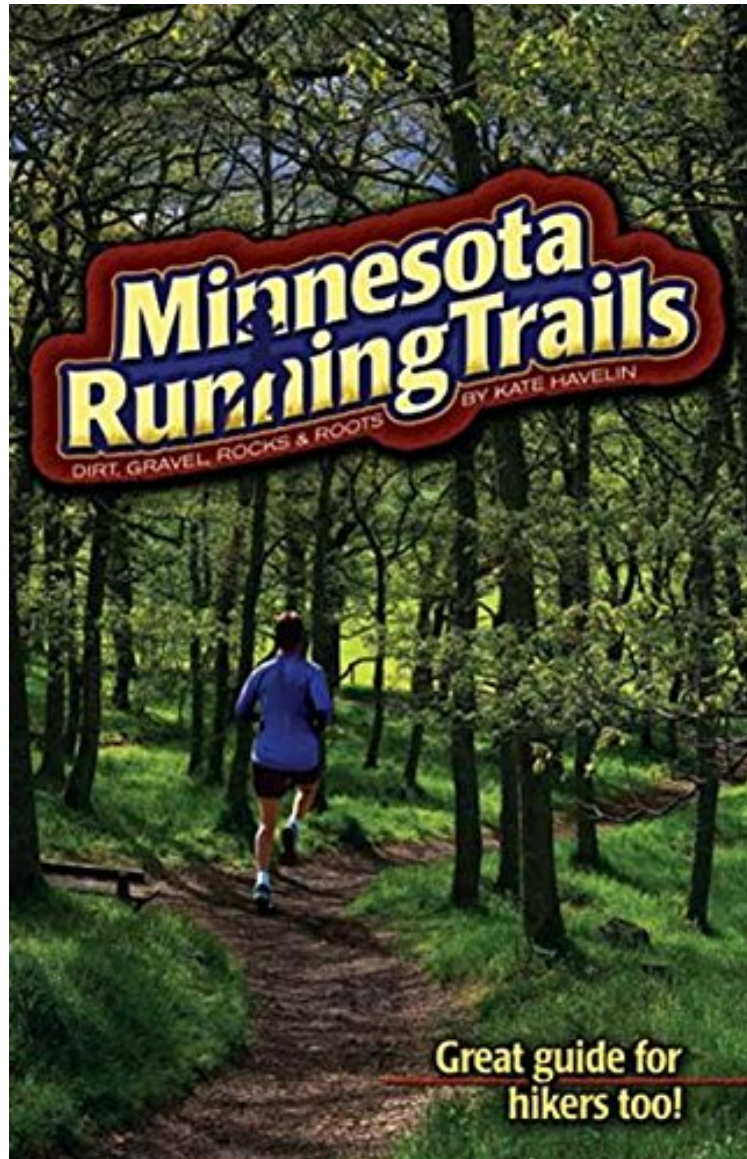


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Minnesota Running Trails: Dirt, Gravel, Rocks Roots

Kate Havelin

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If you run trails, this book is essential. If you hike, you'll appreciate the author's notes about her favorite trails, how to get to them, the best routes and highlights. From Afton State Park to Zumbro Bottoms, this book covers the best trails. Bonus: Clip-and-take descriptions.

"If you are looking for a Minnesota trail running guide, you have just hit the jackpot with this first-of-its-kind resource.... Author and trail runner Kate Havelin addresses what trail runners want to know from the obvious, such as location, trail specs and contact information, down to such details as water, toilets, suggested routes and other trail uses." *RunMINNESOTA*, Minnesota Distance Running Association magazine
"St. Paul marathon runner Kate Havelin loves Minnesota's running trails, and it is obvious that she has traversed most of them.... While hiking at Cascade River State Park near Grand Marais, I found Havelin's descriptions very accurate and helpful, right down to the need to plant feet sideways on a series of steps leading to the river." *StarTribune Gymbag* book reviews
"The book is also full of tidbits ranging from how a park got its name to an ode to outhouses to Havelin's encounters with moose and falling trees while she was trail running.... There are safety and gear tips, a race calendar and miniature, card-sized descriptions of each trail that you can cut out of the book and carry along with you on your run." *St. Paul Pioneer Press*
From the Back Cover
"The trails of Minnesota are where I ran my first trail miles. I've since run trails across the globe and have to say there truly is no place like home. The trails of Minnesota are a hidden treasure and this guidebook is your map. Get out there, explore them, and care for them." Scott Jurek, seven-time champion and course record holder of the Western States 100-mile Endurance Run and many others, including the Minnesota Voyageur 50-Mile.