



## **SPRING INTO GOOD TRAIL RUNNING PRACTICES!!!!**

1. Stay on the trail. Don't cut switchbacks. Don't go outside the trail tread due to mud, snow or water (see number 2 below). Don't make your own trails. Stay single file on single track.
  
2. Be prepared for mud and getting a little dirty!
  - Walkers/Runners - go through the slop and stay in the center of the trail (see #1 above). This ensures our trails aren't expanding and eroding.
  - Don't want to get muddy – go in the early morning when the ground is more solid. Or, wait a few days until the trails dry out.
  - If it's too muddy, maybe it's a good time to work on your speed down in the valley. Staying off the trails until they're a little more stable is better than causing ruts or erosion.
  
3. Be a responsible dog owner – spring means snow melt and lots of “presents” that were left over from the winter. Pick it up, toss it out. Bags on the side of the trail won't walk themselves to the trash; and, are you really going to pick it up later?
  
4. Have awesome trail etiquette –
  - Uphill traffic always has the right of way.
  - Slow down if the trail is congested. Always stay in control – Really, no one cares about your Strava time but you.
  - Be aware of your surroundings: Take an earbud out if you're recreating with music. Look up and be alert.
  - Always be kind and courteous with fellow trail users. Don't be afraid to toss out a high five and/or a hearty hello!
  - Respect private property – especially when trails cross private lands by way of easements. Respect and obey No Trespassing signs.
  - Respect trail closures.