

Brownie Trail Adventure

Words to Know: Brownie Trail Adventure

Backcountry: An isolated area without roads

Essential gear: Items that are important or necessary for your outdoor adventure

Off-road: Running or hiking on softer surfaces, not roads

Pace: How fast you are running or hiking. Your pace will change depending on how tired you are.

Recovery: A break, like when you slow to a walk or jog after running at a fast pace or when you stop to catch your breath while on a hike. Take a recovery break whenever you need to!

Trailhead: Starting point of a trail, usually marked with a sign.

Warmup: Light movements, like stretches and easy jogging, that you do before an activity. You warm up to help prepare your body and prevent injuries.

