

Senior Trail Adventure

Words to Know: Trail Running or Backpacking

Backcountry: An isolated area without roads

Blaze: A colored marker, usually painted or nailed to a tree, used to help guide runners/hikers along the trail

DOMS (delayed onset muscle soreness): Pain or stiffness you feel in your muscles one to three days after a run or hike. Light training or going for a walk can help you feel better.

Hitting the wall/bonking: Feeling very fatigued

Privy: An outhouse along the trail; used for solid waste only.

Cairns: A human-made pile of rocks found along a trail, marking the trail's path

Pronation: Natural side-to-side movement of your foot as you run or hike. Overpronation (rolling your foot inward) and supination (rolling your foot outward) can lead to injuries. Having the right running/hiking shoes and inserts can help you reduce injury.

Switchback: A steep trail that zigzags

Chafing: Skin that becomes irritated, usually from rubbing against clothes. To prevent, apply a thin layer of lubricant on these areas, wear longer shorts, or use talcum powder.

Ditty Bag: A small bag with smaller gear you might take, such as spare matches/lighter, ear plugs, spare eyeglasses/contacts, or duct tape

Time control plan (TCP): Determining where you should be on the trail at certain points of the day, taking into account elevation changes, fitness level, weather, and terrain

Taper: To cut back on training intensity one to two weeks prior to your outdoor adventure in order to let your muscles rest
