

Cadette Trail Adventure

Words to Know: Long-Distance Trail Running or Hiking

Backcountry: An isolated area without roads

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

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

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.

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

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, if needed—can help you reduce injury.

Recovery: A break, like when you slow to a walk or jog while you are running at a fast pace, or when you stop to catch your breath while on a hike. Listen to your body and take recovery breaks whenever you need to. Never push through serious discomfort or pain.

Switchback: A steep trail that zigzags

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.

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

Warm-up: Light movements, like stretches and easy jogging, that you do before more strenuous exercise. You warm up to help prepare your body and to prevent injuries.