

Junior Trail Adventure

Words to Know for Trail Running and Day Hiking

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

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 be different depending on how tired you are.

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

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 to help prepare your body and prevent injuries