

Equinox Training Run #5

Written by Dee Daniels

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Are you running or hiking the Equinox this year? Relay or Full? Or are you braving the 60-64Km ultra?

If yes, then you gotta train, right? So how about you all join us for Steve's Equinox Training Run this week on Thursday, August 11th at 6pm where we'll meet at the top of Ester Dome near the chute.

It's free. It's fun. There's food (namely sugar, and sometimes even homemade thanks to Karen). And I know for a fact that dark chocolate will be present this evening.

And why would you ever pass up a chance to run/walk not only down the chute, but back up again? Let me explain.

This week's run is an 8 mile (closer to 7.85 miles, but that's okay) run starting at the top of the chute which is around mile 17 of the Equinox marathon. We'll start here and travel down the incredibly steep slope known as the chute. Sprinting and skipping down this is highly discouraged. The chute seems to last forever, but is a mere 1/3 of a mile. You'll continue on the trail here for a total of 2 ¼ miles before you turn right on Henderson Road and continue to run downhill until you hit mile 21. And then turn around and look up. You have to run back up this from whence you came, and yeah, that includes back up up up the chute. A negative split for this training run is highly unlikely.

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Course is well marked with paint, flags and signs.

Questions? Call Dee at 347-7277.

We're hosting these training runs for the whole community, and everyone is welcome (except for furry things that bark and retrieve balls).

