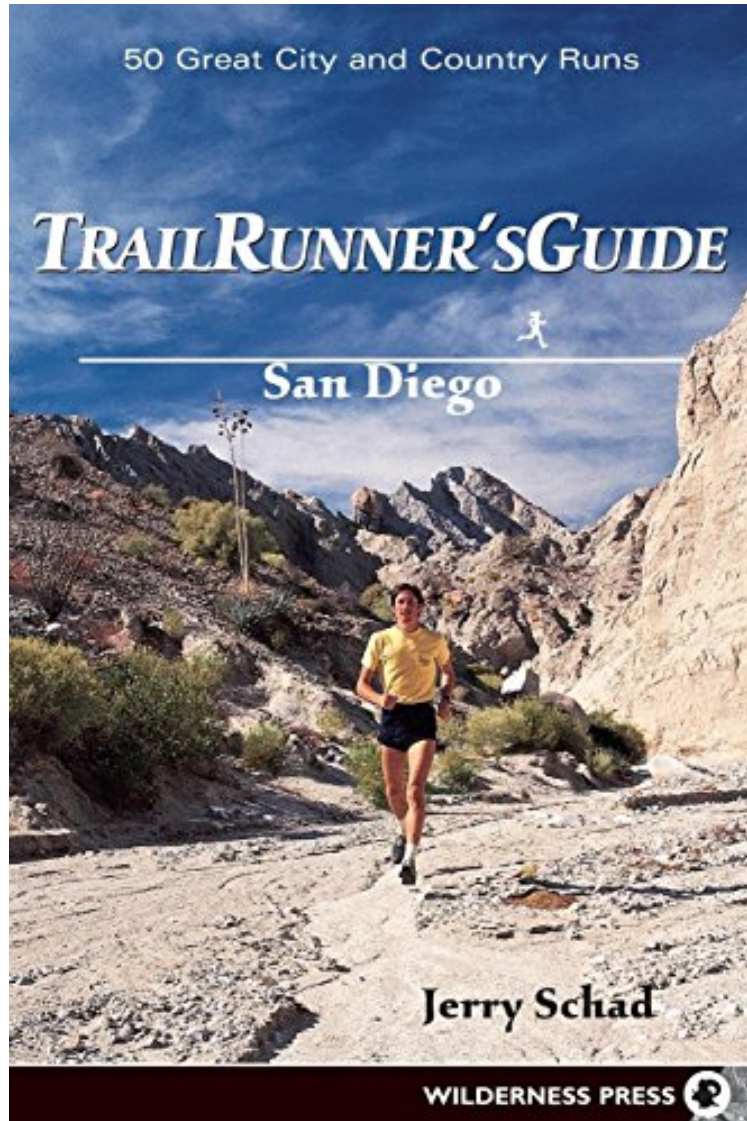


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Trail Runners Guide: San Diego

Jerry Schad

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Jerry Schad : Trail Runners Guide: San Diego before purchasing it in order to gauge whether or not it would be worth my time, and all praised Trail Runners Guide: San Diego:

0 of 0 people found the following review helpful. Good ol' TrailsBy CustomerVery useful! Love it.8 of 8 people found the following review helpful. Best resource for trail running in SD.By grifterjoel have been eagerly awaiting this book, having relied on another of Jerry Schad's books, Afoot and Afield in San Diego, for trail running information. There are some great runs outlined in this book, with clear directions and information about each trail, along with sufficiently

detailed maps. One thing which surprised me was that he included several runs in the coastal area which are on paved sidewalks and paths, like the Mission Bay run, but excluded nearby trail runs, such as Tecolote Canyon. Overall, I would highly recommend this book for anyone looking for information about trail running in San Diego county.

In the only trail-running guide to the area, veteran trail runner--and best-selling author--Jerry Schad describes 50 of his all-time favorite runs in and around San Diego. Selected for their proximity to the city and suburbs, as well as for scenic beauty and range of difficulty, the routes in Trail Runner's Guide San Diego offer choices for locals looking for new runs, visitors who want to explore the area's trails, and beginners just testing the dirt. Includes routes from 2 to 16 miles include loop, out-and-back, and shuttle runs.