

**HYDRATE OR DIE** // The latest in handheld bottles, waistbelts and backpacks

# Trail Runner

One Dirty Magazine

AUGUST 2009 ▶ ISSUE 60

## MUSINGS OF A VAGABOND RUNNER

Rickey Gates on running the European circuit

Q&A with rising ultra star Jenn Shelton

## SPECIAL PERFORMANCE SECTION

- Retraining after a layoff
- User's guide to the best trail blogs
- Night-running tips
- An amazing (hellish) four-minute workout

## TRAIL TIPS

Truth about caffeine  
Drop-bag advice  
Choosing sunscreen

## PICTURE PERFECT

Get your PR in trail-running photography

DISPLAY THRU AUG.



\$4.99 US // \$5.99 CAN