

snowshoe running



RainJumper 4 posts since

Jun 19, 2002

Has anyone here done snowshoe running?

If so, can you share your experience? What type of snowshoes do you run in? Was there a learning curve? How much harder is it than "road" running?

Thanks for any info!

"Adopt the pace of nature; her secret is patience."

- Ralph Waldo Emerson



AKTrail 360 posts since

Dec 14, 2007 1. Re: snowshoe running Dec 26, 2007 8:02 AM

Yep.



At least in years we have snow, which is scarce this year.

Here's a snowshoe running FAQ that I put together a couple years ago to help answer people's questions about getting into snowshoe running. It's not comprehensive - just intended to give people an idea of what it's all about and enough links for them to get started.

<http://home.att.net/akrunning/SSRunFAQ/index.html>[/URL" target="_blank">

For the type of running of do, I like my Dion snowshoes (see FAQ) partly because of their narrowness for single track trails and partly because of their modularily (can change cleats, size frame, or binding depending on needs, rather than needing a collection of ss for different conditions). Being a little smaller, they do seem to track my feet better as a run compared with my Northern Lites Elites.

Learning curve is negligible. Put them on and start running. Although do treat as any other running workout - build gradually. There is what I call a "novelty"

snowshoe running

curve. They're really fun to run with, and well, it's just fun to run with them.



However, it's like any kind of running - you can do all the regular workouts - rolling hills, hill repeats, LT, easy (loose use of word), whatever. Like with any trail running, forget about pace - just go by effort.

In terms of strength endurance (or whatever phrase one wants to use), I'd rank road running, then trail running, then snowshoe running. The ss are about 1 lb apiece that you need to lift with every step. If you've got, say, 6-8 inches of fresh snow, you will be high knee lifting with every step. Although when you turn around to come back, it's easier. I like ss running best when there's a couple inches of fresh snow on top of base. If no fresh snow and on groomed trails, it's like running on concrete. But if you've got a snowmachine trail (doesn't get packed like ski trails) or a couple inches of fresh snow on groomed trail, it's just the right amount of softness but not so soft that it's really hard work. But generally speaking, deeper means harder. If it's not too deep, it may not be that much harder than trail running. If it's really deep, ss walking becomes much more efficient or I'll sometimes break out the xc skis until I've gotten a decent trail broken.

If you run on urban trails that are groomed for xc skiing, check local rules and protocols. Some places only allow xc skiing on them. Other places, like where I live, allow any non-motorized use and snowshoers are welcome. We've got some single-track trails that don't get groomed (too narrow) and can be fun snowshoe running. (Narrowness means we may not have enough snow.) And then there's some places with no rules, and that's where we may find snowmachine trails.

A neat workout with snowshoes with fresh snow is to run the same route a few times (or back and forth in a field or whatever). The 1st time will be the hardest and slowest as you break trail, then each lap will get easier and faster.

Some people consider them xt, but not sure why. For those of us that may deal with snow from Nov to March in a good snow year, that's the way we run. Streets are way too dangerous in summer up here, let alone winter.

Enjoy! Hopefully that gives you some ideas for starters.

[[http://This](#) message has been edited by AKTrail (edited Dec-01-2007).][http://This](#) message has been edited by AKTrail (edited Dec-01-2007).]



[RainJumper](#) 4 posts since

Jun 19, 2002 2. **Re: snowshoe running** Dec 1, 2007 1:36 PM

snowshoe running

Thank you so much for your very helpful info AKTrail. Now I know what I'm in for! I anticipated snowshoe running would be a challenging thing to do and I'm up for a new challenge.

Road running gets challenging where I am in the winter because there just isn't much room for runners and cars to share the road. However, we do have lots of areas to run in the snow (fields, bike paths and rec. parks) so I'm looking to start utilizing them.

Now I just need to pick a pair of snowshoes. Thanks for your recommendations on those as well!



[mrwizard015](#) 8 posts since

Jul 5, 2005 3. **Re: snowshoe running** Dec 1, 2007 7:42 PM

quote:

Originally posted by AKTrail:

Yep.



Here's a snowshoe running FAQ that I put together a couple years ago to help answer people's questions about getting into snowshoe running. It's not comprehensive - just intended to give people an idea of what it's all about and enough links for them to get started.

.

AKTrail, did you mean to have a URL to your FAQ in your post maybe I just can't see it?

thanks.



[AKTrail](#) 360 posts since

Dec 14, 2007 4. **Re: snowshoe running** Dec 1, 2007 10:52 PM

quote:

Originally posted by mrwizard:

AKTrail, did you mean to have a URL to your FAQ in your post maybe I just can't see it? thanks.

oops, yep. Thanks for catching that. duh. Now RainJumper will have even more info. !<http://www.coolrunning.com/forums/smile.gif>|src=<http://www.coolrunning.com/forums/smile.gif>|border=0!

<a href="<http://home.att.net/akrunning/SSRunFAQ/index.html>" target="_blank"><http://home.att.net/akrunning/SSRunFAQ/index.html>[/URL" target="_blank">



RainJumper 4 posts since

Jun 19, 2002 5. **Re: snowshoe running** Dec 2, 2007 9:23 AM

I thought all of that info was from the FAQ's!

If I hurry and do my homework, I'll get some new snowshoes to run in the 1-2ft of snow we are getting in the next couple of days. =)

Out of curiosity, how far do you (AKTrail) usually run in your snowshoes? You must be in phenomenal shape!



AKTrail 360 posts since

Dec 14, 2007 6. **Re: snowshoe running** Dec 2, 2007 7:09 PM

quote:

Originally posted by RainJumper:

... Out of curiosity, how far do you (AKTrail) usually run in your snowshoes? You must be in phenomenal shape!

Generally 1-2 hrs - running / hiking combined. The last few years, I've gotten about 30 hrs of ss running / hiking in each year. BUT a lot depends on snow conditions. If deep and fresh, I may be mostly walking rather than running (like early last winter) and toast in 1 hr. If shallow,

snowshoe running

I can probably go 1-1.5 hrs 98% running. As I've gotten stronger over the years, I can go for longer duration and distances - under similar conditions. No, I'm not in great shape, but building toward goals. I'm just a 60yo lady that likes to run year round in Alaska - and usually finish DFL in most races I do. (interest is more in distance than speed, but will start consolidating some gains in next couple years)

Something to consider, when you look at some of the top (or at least above mid-pack) ultra and mountain runners, many of them are also top snowshoe runners. Nikki Kimball is one that comes to mind as she's been US Natl Snowshoe champion, on World Mtn Running Trophy team, and won many ultras, including Ultra Tour du Mont Blanc in France this summer.