

signed up for first race!!



[zookeeperrunning](#) 227 posts since

Aug 8, 2008

+Just to let you all know, I have FINALLY signed up for my first race!! It is a 5k race for women's health and it is scheduled for April 25th...gives me ample time to get ready!! I have 7-8 other races that I am preparing to sign up for this year...just waiting for open registration on those! However there is one race that I was considering...but before I do, I am interested in hearing what others think about it first. +

+It is a 5k night flight trail race, so obviously it is run in the dark, and it is also a trail race. I have never run on any other surface aside from my treadmill, and road. The description of the course is hilly(it's in the mountains), small streams, roots, downed trees, and possibly mud! There will only be glow sticks to guide the runners along the trail, any other form of light is to be provided by the runners themselves. The part that deters me is that I am not used to running that kind of terrain, especially in the dark, and I am just a bit concerned of the risk of injury. This race is being held April 5th, so I definitely don't want to jeopardize the April 25th race I have already registered for. +

+Anyone with trail racing experience...would love to hear your take on this particular event. +

*Half of the other races I am waiting to register for are also trail races, one being a half marathon at the end of September. I am definitely signing up for these trail races, I'm just not sure that my very first race should be trail, especially in the dark! *

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+KEEP ON RUNNING!!:) +

+Carey +



lenzlaw 7,023 posts since

Jan 18, 2008 1. **Re: signed up for first race!!** Feb 7, 2009 1:19 PM

So you're on your way! Congratulations. You'll find it's a lot of fun.

As for the nighttime trail race - you don't want to run a trail race without trail experience. And you don't want to run a nighttime trail race without nighttime trail experience. Trails are a different ball game. Get a couple solid training runs (4 or 5 miles) on trails, then consider further. If you still want to try it, buy a headlight (an absolute necessity) and try a couple nighttime runs on trails. Here's a place to check on headlights: <http://community.active.com/message/547902#547902>

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Len



[crl8686](#) 689 posts since

Nov 11, 2007 2. **Re: signed up for first race!!** Feb 7, 2009 3:13 PM

The only trail running I've done has been on hard packed dirt (the type one can run on with regular running shoes), but I've done a bit of mountain biking both on hard packed dirt/gravel and also on a trail full of roots/ruts/rocks. Based on the mountain bike experience, although both were reasonably flat, there was a large difference in difficulty. Biking on the dirt/gravel was straightforward as long as I slowed down some. But as for the rocky trail....I was Newbie 101. I had to creep along to avoid skidding off the bike, especially on turns. I could have probably hiked the trail faster. And that was in broad daylight where all the roots etc. were clearly visible. Bottom line for your race...as Len mentioned it would be an excellent idea to do some nighttime trail runs, under comparable trail conditions, before doing it in a race.



[strangerthanfitness](#) 120 posts since

Dec 3, 2008 3. **Re: signed up for first race!!** Feb 7, 2009 5:44 PM


I am very lucky to live in a part of the country that has mountains and as a result many amazing places to trail run. Trail running is, in my opinion, a ton of fun. However, I agree with Len (big supprize) that you should do a little study on trail running and then do it your self. Then, get a head lamp and practice, with a friend or two, trail running in the dark. One other thing to consider is what kind of altitude and what kind of hills are you going to be dealing with. Around Albuquerque where I live you have to deal with high altitude and some major inclines when trail running and that can zap your endurance very quickly, so training for those kind of things is important as well. One last thing, I have a pair of running shoes and a pair of Trail running shoes. They are two different things, go to an REI or better yet some local running store and ask to be fitted for some trail running shoes if the trail you will be running on will dictate that.



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Aug 8, 2008 4. **Re: signed up for first race!!** Feb 7, 2009 5:45 PM

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 in response to: [crl8686](#)

+Len & crl8686- +

+I totally agree with you both...that is why I was leery about the night flight race. I have done dozens of searches over the last several months for 2009 races within my general area, and they mainly all seem to be trail races. There are 4 in my area that are road races, and I will definitely be doing all of those. I just figured since the rest around me were trail races I would give it a try...who knows, I may really enjoy them. I am in the process of getting some trail shoes so I can actually go to a few of these trails and test them out before the actual races. I am pretty much surrounded my mountains, so they are everywhere!! +

+I am excited to finally be registered for races, tonight I just signed up for 2 more...a 10k in August, and a half marathon in September!! +

+Thanks for the advice! +


KEEP ON RUNNING!! +Carey +



[zookeeperrunning](#) 227 posts since

Aug 8, 2008 5. **Re: signed up for first race!!** Feb 7, 2009 5:54 PM

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 in response to: [strangerthanfitness](#)

strangerthanfitness-

Thanks for replying...as for the elevation, I know for the half the elevation is 2000 ft. as far as the other trail runs it does not say, but I am planning on getting a map of the courses for each race so I can go out and practice them myself, so I can be more prepared. And for shoes...Well I do road running in brooks, so I figured I would try out a pair of trail runners from brooks as well. I know my regular running shoes definitely will not be suitable for any of these trail races!

Thanks so much for your advice...I'll let you all know how it goes!!:)

KEEP ON RUNNING!!

Carey