



## What even is trail running?

Trail running is running (and sometimes hiking) on trails. As I was reminded on a recent rooty, rocky trail run, it requires mental focus and agility unlike anything a road could offer. Sometimes trail runners decide to race (and some trail runners don't race!). Races last anywhere from less than 5k to 200+ miles, or sometimes they are measured in hours, the common ones being 6, 12, and 24-hours. Good names to know are [Courtney Dauwalter](#) and [Kilian Jornet](#). No matter the distance or purpose, trail runners are starting to catch on to the benefits of fueling before, during, and after exertion that cyclists have known for years, including improved performance and recovery. Endurance Baking was inspired by this idea, and I sell some of my favorite post-run yums!

[Check out the yums!](#)

### Coaching opportunities

Intrigued by trails? I'm really hoping to expand my roster of athletes! Please spread the word! I'm taking athletes of all abilities (yes, that includes you) interested in running, triathlon, or rowing. The first 2 months are free so we can see if it works well for you. Check out my mission, values, and methods below!



[Coaching](#)

### Extra matzo meal?

No worries! Try this Passover Banana Bread! Using matzo meal/flour instead of regular flour makes this loaf dense (in a good way) and moist while preserving its great banana flavor.



[Recipe](#)

### Don't forget to sign up for EnduranceEats this week!

Sign up by 7pm Wednesday 4/30 for delivery Thursday 5/1. Reach out with any questions to my new email [coachserena326@gmail.com](mailto:coachserena326@gmail.com).

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