

The Trail Commandments

- 1. Thou shalt be responsible for thyself** – everyone must take the attitude that their own safety and experience on the trails is up to themselves and nobody else. Be accountable.
- 2. Thou shalt be thoughtful and generous** – be willing to share transportation duties to and from the trails from week to week or at least offer gas money, and help split parking fees with other riders.
- 3. Thou shalt carry liquids** – whether it's some form of electrolyte drink or just water, everyone must carry adequate amounts of liquids with them on trails... preferably more than is thought necessary. Use a hydration pack, fuel belt, fanny pack or bottles in your hands, but use something. This could be life threatening and is non-negotiable! No liquids... no running that day... period!
- 4. Thou shalt know thy route** – know the directions to the trailhead and always carry a map of the route with you during the run! Don't be a follower, continually relying on others to show you where to go. Enjoy the scenery, but pay attention to your surroundings, identify landmarks, learn the trail names. If you come to an intersection and are not sure which way to go, wait until someone else comes by.
- 5. Thou shalt dress appropriately for the conditions** – check the weather forecast. Do not wear a black long-sleeve shirt with tights on a day predicted to be 75 degrees, but do wear them plus gloves and cap if it will be cold. Bring a towel to dry off afterward and a change of clothes for the ride home.
- 6. Thou shalt not impede thy hearing** – DO NOT use an iPod or wear earbuds on a trail run! This is extremely dangerous for many reasons. You are sharing the trails with others... including mountain bikers that are traveling very fast, often downhill and around blind single-track corners, who may not see you. But you may hear them first. Reducing or eliminating this sense puts you both in harm's way! You also share the trails with animals... including deer, coyote, rattlesnakes and even possibly mountain lions. And honestly, why would you want to tune out the incredible natural setting that is around you?
- 7. Thou shalt carry calories** – whether it's gels, bars, trail mix or whatever you like, bring some on the run. It's better to have them and not need them than to need them and not have them.
- 8. Thou shalt be prepared for emergencies** – always bring some form of identification! It's also wise to have toilet paper, a snake bite kit and other first aid items for the same reason as commandment #7.
- 9. Thou shalt carry a cell phone** – program the Trail Coordinator's number in it. What happens if you break commandment #3 and run out of liquids, break commandment #4 and get lost on a hot day when you break commandment # 5 and are over-dressed, then break your ankle and cannot move? Don't think that it can't happen. When you don't return, we will likely search the scheduled routes first.
- 10. Thou shalt treat the trails with respect** – We want these areas to remain available to us. Respect the trails, respect other's experiences. Take only pictures, leave only footprints.

By following these Trail Commandments, you will be assured a memorable experience while affording increased safety to yourself and everyone around you. Now go out and have fun on the trails!