



Running the Long Path: A 350-Mile Journey of Discovery in New York's Hudson Valley

Kenneth A Posner

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Have you ever considered running 350 miles in nine days? Kenneth A. Posner did just that when he completed a record-setting run along New York's Long Path, a 350-mile hiking trail that stretches from New York City to Albany. *Running the Long Path*'s page-turning narrative combines the thrill and challenges of Posner's extreme endurance feat with the stunning natural beauty and deep historical significance of New York's Hudson Valley.

A one-time casual runner, Posner shares his excitement of developing into a trail-runner and eventually an ultrarunner, as well as the pursuit of a fastest known time a new dimension of extreme trail running, where some of the sport's fastest and most experienced athletes vie to set new speed records for important trails. Hikers, walkers, and runners will appreciate his detailed descriptions of planning, pacing, gear selection, nutrition, hydration, and navigation, which will help them prepare for their own adventures on the trails. Interspersed with the running adventure, Posner relates the interesting stories of the Long Path and the places it passes through, which include some of New York's most important parks and preserves and the distinctive mountains and forests they protect. Throughout the book, he channels the voices of famous New Yorkers associated with the Long Path Walt Whitman, John Burroughs, Theodore Roosevelt, and Raymond Torrey who express their appreciation of the natural beauty of the region.

Running the Long Path is the story of what ordinary people can accomplish with a little determination and a lot of grit. Whether you walk or run, you will find inspiration in Posner's tale."

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