



Never Wipe Your Ass with a Squirrel: A Trail and Ultramarathon Running Guide for Weird Folks

Jason Robillard

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A basic primer in trail running and ultramarathon running geared toward novices. Includes A LOT of rather obscure tips, so even expert runners will find something useful. This is the table of contents:

Introduction

Why DO people run trails?

What is a trail?

Technical versus nontechnical trails

How does trail running compare to other activities?

Trail etiquette

Trailcraft

Elements of good running form

Run efficiently

Difference between road running gait and trail running gait

Uphill technique

Downhill technique

Pooping

What to drink

Food

Food before a run

Food during a run

Gear

Shoes

Carrying water

Know where to find water

Cell phones

Personal location beacons

Personal protection

Flashlights and headlamps

Familiarity with Local Weather Patterns

Check the weather forecast

Natural weather predictors

What to do in a severe thunderstorm

Stretching and rolling

Learning to fall

Prepare for trouble

First aid kit

Why you should run ultras

The different race options

Choosing your first ultramarathon

Elevation profiles

How much do ultramarathons cost?

What about fatass races?
The difference between road and trail ultras
Taking the leap and signing up for your first ultra
Learn all you can about the race
Finding the time to train for ultras
Balancing life commitments
Is there such thing as a perfect career for ultramarathons?
Picking a race
Learning about the race
Give me a training plan!
How do I choose a training plan?
Using heart rate as a training tool
Do I have to follow the plan religiously?
Listening to your body
Overtraining
Training partners
Training run conversations
How to get rid of that annoying training partner
The art of experimentation
Speedwork
Fartleks
Hill repeats
The long run
Crosstraining
Course specificity training
Periodization
Losing weight for race day
Race etiquette
Runner personalities
Race strategy
Run/walk strategy
So how do you get faster?
Walking technique?
Speeding up strategy
Fasting while training
Gluttony training
Thermoregulation
Electrolytes
Chafing
Shave the junk or rock the 'fro?
Foot care
Popping blisters
Running with dogs
Training in various bodily states
Night running
Sleep deprivation training
Learning when shit's about to go bad
Racing as training
Coaching and ultramarathons

Does body type matter

Pacers

Crew

Some additional ultrarunning tips

About us

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From Reader Review Never Wipe Your Ass with a Squirrel: A Trail and Ultramarathon Running Guide for Weird Folks for online ebook

Ashley says

Not as funny as I except but good for a few laughs & filled with GREAT training info. Definitely not your casual running book. This book is really geared towards someone serious about entering the ultra world.

Sonja says

I really enjoyed this book. As someone new to ultra running I felt like it gave a lot of good beginner's info without being condescending. It got me excited about the community and made me laugh. If you're looking for a serious training manual, this book isn't for you. If you're looking for a fun introduction that will get you hooked on the mental side of undertaking an ultra, I would suggest giving this a read.

Aubrey Anne says

This book was slow in parts (like about trails, weather, gear) but very interesting and helpful in other parts. I've been running for 5 years and frequently run in trails. I'm also trained in wilderness first aid, so parts of the book were old news to me. But, I am currently preparing for my first Ultra and the certainly was some useful information in here. I'm sure I will review this book every so often.

Allan Schoenberg says

A must read for any trail runner runner

Jason is funny, serious and honest. His stories all provide great information and detail and he's very open that these are ideas that work for him. They may not work for you. I've read many books that teach the "only" way to be a successful runner. You will laugh and learn from this book and I highly recommend it whether you are a novice or advanced trail runner.

Jeffrey says

This book is not anecdotal type of book, or a personal journal about how running got him through a bad time. It is truly just an instructional book on ultra and trail running.

For a beginner, there is a lot of ideas to try out. For the rest, there is some information in there, and a few ideas I hadn't heard of before.

I did like it. I would recommend everybody who runs to read it. There is also a great section for pacers and crew members that should be read by everyone that will be doing that at some point in their lives.

It could also be a good book for non-runners to read that have a runner as a loved one. Good insight.

Tom Foster says

Entertaining and informative

Some very good tips for running and life in general. Funny, entertaining and serious. The author provides helpful tips and guidelines that help you discover what may work better for you. I will read more from this author

Jack says

Great book filled with useful training tips brought about with brutal honesty. Informative and often hilarious. As the subtitle states this is a Trail Running, Ultramarathon and Wilderness Survival Guide for Weird Folks. I fit into two of those categories and am planning on running an Ultra in the near future.

Vít Kota?ka says

The title of this book is brilliant. In fact, it's the reason why it caught my eye and why I choose to read it.

Comparing to it, the content is not so stellar, but still good and worth reading. There is plenty of topics related to trail and ultra running. The style is episodic - I guess, half of the "chapters" have been previous blogposts.

The book is split in two parts. The first one is about trail running and I didn't find it much interesting - anyone, who spent childhood in boy/girl scout, or something similar, won't be surprised.

The second part is about ultras and for me, that was something different. I have never run ultra myself, but still dreaming that some day, I will. Western States, UMTB, Transvulcania...

Tony Hastie says

The casual approach to ultra running...if there is such a thing! Jason is my favourite kind of teacher, one that makes the subject fun. Ive run a few ultras and learned a lot the hard way, on the trail, so am always looking for new ideas and angles to approach putting one foot in front of the other for 50 or 100 miles. This book had plenty of tips. And like the man says...use what you want, discard the rest. That in itself is damn good advice. One question does remain unanswered though...how do you catch the squirrel in the first place?

Josiah says

Great intro

This book is an easy and often humorous intro to a very monumental endeavor. I recommend this easy read if you are new to ultra running and want to get a general survey of the sport. From here pick up another title that is perhaps more detailed.

Flo Wachter says

Learnt nothing new but had a hell of a time while reading. Definitely the most funniest book about running i've ever read!

Roberto Rigolin F Lopes says

Don't do it because squirrel is a grabby little fellow and you are in a pretty vulnerable position doing a squad with your pants down. Yes, this book is that useful! Using no frills, Jason unveils several tips for ultra marathoning into the wild. Feeling quite motivated to start working on my survival toolbox.

Andrew says

This book is a collection of fairly random tips for running ultras. I enjoyed reading the book as I like any ultrarunning books (there's not all that many out there as it's a fairly niche sport). It's pretty basic, and most of the tips are fairly obvious. The author is no Scott Jurek, and from what I gather is more of a midpack runner, so if you're looking for a book that will help you win Western States, then perhaps this is not for you.

Lumirb says

Very simple written book for all long distance runners. There are described so many tips and experiences worth to know without to do the experience myself.

The book is targeted to "normal" runners, if there are such in long distance running;-)

From the literature point of view it is not really the best work, it remembers rather a blog than a book, but it is very easy and quick to read.

Aggie says

I cracked up a few times reading this. I really liked the way it's written, but wish it went into more detail in some of the chapters. I've never run a marathon, never mind an ultra, but this book got me to sign up for my first race (a 5k with my 6 & 8 year olds) in February (: I used to think marathon were crazy, but recently started running with my kids and we all love it. Thanks to the author for an informative, funny and friendly take on trail running in general (we only have one road where we live and the race is on arenal volcano, a few hours away...see? I'm using social media to keep us from chickening out, one of the authors tips).

I didn't know much about barefoot running except that some remote places had very good runners who never had shoes. I was having a problem with all the shoes i tried- nothing like the running shoes of high school cross country. zero-drop is where it's at for me. I want to find some for my boys too now.
