

# Trail Running

## *Through mud and nature*

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Doubling my daddy duties with my love for endurance sports, I decided to take advantage of me living in the countryside and run to the store through nature, following local creeks and trails. It's a unique experience, I may even like it better than normal running, let me explain.





*Testing the new Asics Trabuco 13 GTX shoes in proper Limburg mud*

If you have been following my blog you might know that I like running after my buddy and [I had some beers and commitments were made to run my first marathon in Amsterdam](#). Endurance sports have this mental aspect that I think makes it so interesting and extra challenging. I love this and it is no surprise to those close to me that I have now completed 5 full marathons, with a current personal best of 3h37m in Eindhoven 2025.



*Five marathons in 12 months (Amsterdam '24, Valencia '24, Amstelveen '25, Leiden '25, Eindhoven '25)*



## Trail Running versus Road Running

You may dismiss trail running because it's often a bit slower in terms of raw pace. But, it requires more technique and coordination as you need to pay attention where you place your feet. Terrain is uneven, wet and your route could be twisty and hilly. This traversing through wilderness demands you be there, in the moment, out there.



*Trail through the local forest in my backyard ('t Ham, Hegelsom)*

While your road run can certainly give you that state of flow (so loved by many), trail running hits you differently. The birds, the wind, the way everything smells, how sunlight interacts with bushes, twigs and leaves. This magic is dynamic, different weather or seasons renew the wonders you'll encounter, making each trail run a fresh adventure.

## Conclusion

Do you know that feeling you get after a nice holiday, feeling fresh and full of ideas and energy? That is how trail running hits me. Maybe you can do it near your house, too - saving you fancy holiday tickets! I highly recommend you try it!

PS: Yes, I made it to the local store, see photo below:



*Mission accomplished: With my trail running gear in the shop*