

Trail Running through mud and nature

21 JAN 2026



- yesterday grocery store
- instead of paved path or transport method I went trail running
- unique experience, even compared to running (more "in it", requires focus where to put your feet)

Doubling my daddy duties with my love for endurance sports, I decided to take advantage of me living in the country side 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.

[image]

testing my new Asics Trabuco 13 GTX shoes in mud on trails through the Dutch country side of Limburg



If you've 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] (link). 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 PB of 3h37m in Eindhoven 2025.

[image]

Five Marathons in 12 months (+ spec)

Trail Running vs Road Running



You may dismiss trail running because it's often a bit slower in terms of raw pace. But, it requires a bit 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.

[image]

Trail through the local forest in my backyard (if Ham, Hegeleson)

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. The micro May you can do it near your house, ~~the micro May~~ ~~that holiday~~ saving you fancy holiday tickets. PS: yes, I made it to the local store, see photo below 😊

[image]

With my trail running gear in the shop

Trail Running

Through mud and nature

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[image]

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

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

Trail Running versus Road Running

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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:

[image]

Mission accomplished: With my trail running gear in the shop