

A Quiz... Are You a Trail Runner?

By: Blake Wood, Mary Fuka, Skip Eastman, and Tracey Chmielewski

The following quiz "Are you a trail runner?" first appeared in the RRCA Footnotes, Fall 1995.

1. Which would you prefer to run:
 - The Boston Marathon in under 3 hours (-1)
 - The Pike's Peak Marathon in under 5 hours (+1)
 - The Hardrock Hundred, and you don't care about the time (+2)
 - A 50k with no T-shirt - it's just a training run (+3)
 - It doesn't have a name, you don't have a number, you hope you'll be back by next week, but you're not particular (+3)
2. Your condition when you return from your regular run:
 - Sweating (-1)
 - Bleeding (+1)
 - Your blood has thickened from extended exposure to altitude (+2)
 - Blood? Like you have any left? (+3)
3. Running attire:
 - You don't need bleach to keep your socks and T-shirts white (-1)
 - All your running socks are tobacco brown (+1)
 - Your children empty your socks and pan for gold (+2)
4. Conditions on the run:
 - You've fallen and scraped your knee on the sidewalk (-1)
 - You've gotten dirt in your mouth or up your nose (+1)
 - You don't fall. If you did, you'd be dead (+2)
5. Distance:
 - Three miles a day is enough for anybody (-1)
 - You've detoured in a race to top a peak or see what's over the next ridge (+1)
 - You've detoured to see what's over the next mountain range (+2)
 - You've crossed three or more county lines during one run (+3)
6. Timing your runs:
 - You time your workouts (-1)
 - You record your times (-1)
 - You don't. The extra weight of the calendar is a nuisance (+2)
7. Running vs. work:
 - You can get in your run at lunch (-1)
 - You have missed a meeting at work because that loop was a little longer than you thought (+1)
 - You have missed more than a day at work because that loop was a little longer than you thought (+2)
 - You use your sick time for those mid-week mountain runs (+3)
 - You use all your vacation time to travel to trail races (+4)
8. Running through hazards:
 - You stubbed your toe once on a curb (-1)

- You have had to pull cactus thorns from your shoe or a yucca spine from your shin (+1)
 - You don't bother pulling thorns or spines out unless they've still got a cactus or bush attached (+2)
 - You don't bother to detach the rattlesnake from your body unless it's impeding your progress (+3)
9. How long it takes a pair of shoes to lose that "new" look:
- Two weeks (-1)
 - Three days (0)
 - One day (+1)
 - When you take them out of the store for a test run (+2)
 - You can't tell the color of your shoes after the test run (+3)
10. Directions:
- You have all four of your routes memorized (-1)
 - You carry a topo map (+2)
 - Who needs a map - you're prepared to bivouac (+3)
 - You can live for a week on the contents of your fanny pack (+4)
11. Run duration:
- You rarely run more than 30 minutes (-1)
 - You have gotten so lost that someone had to come looking for you (+1)
 - No one really expects you back until next month (+2)
12. Weather and your favorite run:
- When it's raining, you run on your treadmill (-1)
 - There are times you can't do your favorite run because of mud or high water (+1)
 - There are times you can't do your favorite run because of falling rocks, wildfire, avalanche danger, or flash flood warnings (+2)
 - There are times you go on your favorite run despite falling rocks, wildfire, avalanche danger, or flash flood warnings (+3)
 - There are times you go on your favorite run because of falling rocks, wildfire, avalanche danger, or flash flood warnings (+4)
13. Peeing on the run:
- You look around for a gas station restroom (-1)
 - You can pee anywhere you want on the run (+1)
 - You can pee anywhere you want, and in fact must do so to mark and defend your territory from other trail animals (+2)

Score Yourself:

(< 5) A true road runner - may your PRs ever decrease.

(5-10) Time to buy a trail pack and head uphill.

(11-15) Good potential - keep trying.

(16-20) Hardcore trail runner.

(21-25) You run with wolves.

(26-30) You're a wolf.

(30>) Sasquatch speaks of you with awe.