

## **Winter Running with YakTraks**

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Wompatuck is a wonderful place for cross-country running in the spring, summer and fall. Carrying a trail map is a must, as maneuvering from trail to trail without one can make it easy to get lost. If this happens, a trail map can easily lead you back onto the main path. The sounds of birds, and the occasional sighting of wildlife are mingled in with sun dappled views and the silence of a run through the woods.

When winter brings its snow, Wompatuck comes alive in a different kind of way. Now you will see the occasional snowmobile, cross-country skier and deer. With a pair of YakTraks strapped to your running shoes and a handy trail map, you will gain a renewed awareness of your surroundings, magnified, sharpened and outlined by the snow.

Running with YakTraks enables you to keep enjoying Wompatuck year round, with the added enjoyment of running through snow without losing your footing. Guess what kinds of tracks were made before you and, if running over pristine snow, make new tracks. The silence of a run through the woods is magnified with the snow.

Wompatuck can be enjoyed year round, with wintertime being a great time to strap on a pair of YakTraks and hit the trails. Don't forget your trail map!