TITLE INFORMATION
Tel: +44 (0) 1394 389950
Email: uksales@accartbooks.com
Web: https://www.accartbooks.com/uk



Off Track

Passion for Trail Running

Kim Schreiber

ISBN	9783766729057
Publisher	Callwey
Binding	Hardback
Territory	World excluding Germany, Austria, Switzerland, USA & Canada
Size	280 mm x 250 mm
Pages	256 Pages
Illustrations	200 color
Price	£40.00

- Captivating stories from the international trail running community
- Insights into the most important races, most beautiful routes and the sport's most unforgettable moments
- A practical guide to training, mindset and equipment

Off Track showcases the full fascination of running off the beaten track in all its facets: from portraits of influential figures and legendary races to the most beautiful routes around the globe. Striking photography allows readers to immerse themselves deeply in nature and feel the thrill of every climb, while inspiring texts tell of the determination to push beyond one's limits and the power of a supportive community.

Trail running is far more than a sport – it is a way of life that unites a spirit of adventure, a close connection to nature and mindfulness. Rounded off with practical tips on training, equipment and planning, this book is for adventurers, nature lovers and anyone who wants to experience the magic of trail running.

Kim Schreiber lives and breathes trail running – both as an athlete and as a writer. She knows the pre-race nerves on the start line and the euphoria at the summit from her own experience: she has celebrated victories at international classics such as the Ultra-Trail Cape Town (South Africa), Davos X Trails (Switzerland) and the Koasamarsch (Austria), as well as a podium finish at the Canyons Endurance Run in California, USA. As a freelance copywriter, she has been writing about sport, the outdoors and travel for many years. Together with Ida-Sophie Hegemann, she hosts the podcast *Höhenmeter pro Kilometer*, which offers a humorous and authentic look at everyday running life.





Published 1st May 2026