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Active Adventures

By Margie Goldsmith



Wild, Wild West

Just getting to Wyoming's **Spring Creek Ranch** is a hill workout in itself. The resort rests above a two-mile long road leading skywards from downtown Jackson Hole, and boasts sensationally gorgeous surroundings. Head to the ranch for a trail-running escape to explore the Grand Teton range. When you're not sweating it out on the switchbacks, try a wildlife safari in nearby Yellowstone National Park or relax with a float trip down Snake River. Return to the resort for a soothing massage at the Ranch's Wilderness Adventure Spa. Prices start at \$170 per night based on double occupancy. For more information, call (800) 443-6139 or visit springcreekranch.com.

Chi Made Easy

Marathon training doesn't have to mean monthly trips to the orthopedist. **ChiRunning** is a method of running instruction that teaches athletes how to run faster, farther and most importantly pain-free. Developed by ultramarathoner and tai chi practitioner Danny Dreyer, ChiRunning has helped thousands of runners reach their goals. While Dreyer and his wife host yearly camps in Asheville, N.C., you can practice the Chi technique in your own home with the DVD, "ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running." \$40, chiliving.com



Marathoner and triathlete Margie Goldsmith has hiked, biked, kayaked and climbed her way through 118 countries on assignment. Become her fan at huffingtonpost.com and follow her on Twitter @margiegoldsmith.

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Room with a View

Just six miles from the easternmost tip of Maine lies Grand Manan Island, a New Brunswick beauty that's the perfect getaway for runners, nature enthusiasts and bibliophiles alike. Head to the unspoiled fishing isle to run on coastal trails, battle the surf with a sea kayak or bird watch from your bedroom at the **Inn at Whale Cove**. Reserve the Willa Cather Cottage where the author wrote *Death Comes to the Archbishop*, and enjoy breathtaking views. Prices start at \$250 per person, per night, including full breakfast. For more information, call (506) 662-3181 or visit whalecovecottages.ca.

Water World

Get your eight glasses in while saving the planet! **Hydros** gives you access to fresh water on the go, combined with a feel-good mission. The company's *Reusable Bottles* come with disposable filters to help you do your part to reduce the 1.5 million tons of plastic currently used to make bottled water each year. Choose from five colors, and a dollar from your purchase will be used to fund sustainable water initiatives around the world. \$24, hydrosbottle.com

