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## Wandering the Web-Backpacking, Hiking, Trekking and Running on Trails in the U.S.

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# Wandering the Web — Backpacking, Hiking, Trekking, and Running on Trails in the United States

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**A**s outdoor sports activities continue to grow in popularity, two areas that have seen some of the most growth in recent years are trail hiking and running. According to a 2017 study by *outdoorindustry.org*, “running, including jogging and trail running, was the most popular activity among Americans when measured by both number of participants and by number of total annual outings.” Additionally, hiking has continued to remain one of the most popular outdoor sports in the United States. The following resources have been selected with beginner and intermediate hikers and trail runners in mind.

## Hiking, Backpacking, Trekking.

<https://americanhiking.org/gear-resources/tips-for-your-next-hike/> — *American Hiking* provides information on virtually every aspect of hiking, trekking, and camping. This page links to previously published *American Hiking Society* articles, fact sheets, and check lists which are well curated and organized into categories such as Outdoor Skills, Gear, and Safety & First Aid... etc. A must visit for those new to the outdoors, and equally beneficial for those with years of

experience. The home page also provides information on advocacy, preservation, and volunteer options.

<http://www.hikingbeginner.com/> — This site is dedicated entirely to new hikers. With sections on equipment, hiking etiquette, safety and first aid — as well as information on using a compass and gps, and exercises & techniques — it is an extensive go-to guide for beginner and intermediate hikers. The site also provides links to additional reading materials and resources on the subject.

<http://www.backpacking.net/beginner.html> — *The Beginner Backpacker* is an excellent resource for families and those with younger children. Provides a lot of practical and pragmatic advice with strong emphasis on safety and preparedness, including sections on “Hiking with Children” and “Common Sense” basics. Also includes a “Recommended Reading” list for further reading.

## Trail Running

<https://trailrunner.com/resources/> — The official website of the *American Trail Running Association*, this is a comprehensive site for

trail runners of all levels of experience and skill. The site features sections with tips on how to get started in the sport, as well as information on how to help preserve and maintain trails. The website also maintains lists of running organizations and clubs, magazines and blogs (with links), and also provides a community event calendar where users can post race dates and signup links for events around the world ranging in distance from 1 kilometer to 100+ mile ultramarathons.

<http://trailrunnermag.com/> — *Trail Runner Magazine* is a valuable source of both information and entertainment for trail running enthusiasts. The site regularly features training tips and plans, gear reviews, recipes, nutrition and hydration tips, as well as news about major trail races and feature articles on professional and amateur runners from around the globe.

<https://www.rei.com/learn/expert-advice/trail-running-basics.html> — Sponsored by *REI*, this site gives the basics for those new to trail running, including tips on choosing shoes that fit properly, first aid, and basic training guidelines. While no means exhaustive, this

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## Library Analytics ... from page 73

on an option because they understand what they will be getting.” He went on to say that there were multiple sessions dedicated to testing this aspect of the design posing questions such as, “does this make sense?” or “do you understand what is meant by Narrow by Subject?”

The real analytical aspect of this research and redesign was not so much in the initial draft or redesign, but to see how search patterns and user behaviors develop or change over time and using that knowledge to inform decisions on what boxes should be on the screen in the future. For example, **Smith** is tracking how users are customizing the bento box feature that allows them to add or drop boxes from their displays. Testing shows that a significant number of students are adding a box for journals but not using the existing box for videos. Such trends might lead librarians to swap out videos for journals on the main search page in the future. The **Smith** team’s goal is to understand and learn from user behavior and incorporate changes iteratively rather than force radical redesign changes all at once.

Finding patterns in the analytics of searching will allow librarians to apply those findings to the bento box. In the future, they can build and deploy customized bento boxes for search terms as they are utilized to help the user start in the direction they really want to move towards in their discovery process. **O’Connell** said all of these customized search options become possible and scalable at the institutional level because they can harvest data across their APIs, **Google Analytics** and other data points. The **Smith** team knows that it does not have to be at scale to start, just a few patterns emerging can lead to incremental changes and the further refinement of data collection. For example, they have plans to build a large database of how subjects are connected based on their search patterns and can track how those are added or removed from the bento box based on user behavior.

When asked what they would measure if they could, **O’Connell** said it would be helpful to track usage by undergraduates, graduate students and faculty to determine where they are starting their research and what are the successes and challenges for each group. He’d like to know how faculty are using the interface compared to students and whether graduate

students are leveraging the bento box or going right into database searching. He also said that authentication data could be valuable to explore, but because privacy is paramount for **Smith College** most of these direct analytics about type of user and authentication are not possible. **Smith** has considerable success with what he called “guerrilla testing.” By setting up a testing station in the student center or other spots on campus, librarians can capture students in various majors as well as students who log in rather than come to the library.

The goal is ultimately to build a dynamic search interface that will serve as both a starting point for initial research as well as support customized advanced research. At **Smith College**, analytics are not collected to help the organization prove their worth to the institution. While **O’Connell** concedes that many institutions need to collect data to prove their worth, **Smith College Libraries** are well supported by the institution allowing staff the flexibility to collect data to understand what they can do better and engage in an iterative development process based on observation that will continue to benefit students and the libraries. 🐼

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site serves as an excellent starting point for those new to the sport.

<https://runnersconnect.net/> — Provides resources for runners of all experience levels. Features blogs and regular podcasts, training plans, free books and courses, also includes tips for nutrition and race day strategy advice. Membership is free, though users must sign up and create a login to access content. Additional content is available via premium paid subscription.

<http://www.rrca.org/> — *Road Runners Club of America* provides networks and valuable resources for runners of all skill levels. Local chapters exist in towns and cities throughout the United States and are an excellent way to meet other trail, cross-country, and road runners in your local area. Local chapters are also an excellent way to hear about upcoming races and events as well.

### Trails and Maps

<https://www.nps.gov/index.htm> — The *National Park Service* lists national parks by state providing a link to each park with information about local attractions, hiking, camping, lodging, sightseeing and tourist attractions, as well as maps and directions to national park trails.

<http://www.americantrails.org/resources/statetrails/index.html> — *American Trails* provides a searchable database of national recreation, historic, and scenic trails in the U.S. Information is organized by state and, within those results, by trail type.

<https://www.trails.com/> — Features searchable maps and routes. Browse-able by activity/sport and organized by state. Hiking trails are also sorted by user rating, skill level, distance, and whether or not they are animal or child friendly. \*Search tip: when browsing by activity, users should search similar activities for additional results. For instance walking, hiking, and trail running are listed under sep-

arate categories and occasionally yield different results.

### First-Aid

As safety and preparedness are integral components to outdoor sports like hiking and trail running, several of the resources already listed in other sections contain valuable tips and information about first aid and trail safety. The following are two additional first aid supply checklists.

<http://www.wta.org/go-outside/basics/like-your-life-depends-on-it-building-your-first-aid-kit> — The *Washington Trails Association* supply checklist is an extensive list of first-aid supplies for extended hikes and excursions.

<https://sectionhiker.com/diy-first-aid-kit/> — This “ultralight” checklist takes a minimalist approach to backpacking, including only what the author considers first-aid essentials for a 3-day trip.

### Equipment Reviews

<http://www.trailspace.com/> — Searchable reviews on hiking, climbing, camping, running, boating, ski gear... etc. Powered by user reviews, anyone can submit a product review along with pics and explanation of their experience and why they would or would not recommend it. Reviews include pricing information and links to multiple vendors known to carry the items.

<https://www.outdoorgearlab.com/> — Reviews by professionals of outdoor gear for trails, camping, boating, cycling, and travel. Reviews are compiled in a “Best of...” format (ex. Best Women’s Hiking Boots of 2017). Each review uses an elaborate rating system that also takes into account price vs. perceived value and concludes with a “Buying Advice” section.

<http://www.gearinstitute.com/> — In depth and thorough reviews of outdoor sports gear by professionals. Reviews cover most major brands, though searching is not the most in-



tuitive and budget brands are often not reviewed. Nevertheless an excellent source for product reviews by professionals and athletes with experience.

### Apps

The following apps are Android and iPhone friendly and generally work with most newer smart phones that have gps capability.

<http://www.mapmyhike.com/> and <http://www.mapmyrun.com/> — Users can map their route in advance, log food and nutrition, track stats such as pace, distance, calorie burn, elevation gain. Interfaces easily with other health apps such as Apple Health to keep track of steps and other fitness data. Both apps also feature a gear tracker which lets users track hiking boot or shoe mileage.

[www.runkeeper.com](http://www.runkeeper.com) — Similar to mapmyrun, but designed specifically for running, allows users to map out runs in advance, track fitness progress, and performance statistics.

[www.Strava.com](http://www.Strava.com) — Useful for running, hiking and cycling. Tracks performance by keeping track of each time a similar route is repeated and mapping progress with valuable statistics such as pace, cadence, duration. Has a powerful social networking component which allows users to compare their performance with one another. Also features a gear tracker which alerts the user of when it’s time to replace their shoes.

<https://www.alltrails.com/> — Helps users locate trails closest to them, provides driving directions to the trails and community reviews, and allows users to download topographic maps for most trails and backcountry regions.

<http://www.sassurvivalguide.com/> — The app is based on the best-selling book *SAS Survival Guide Handbook* by **John “Lofty” Wiseman**. It includes image galleries of animal tracks, knots, edible, medicinal, and poisonous plants and a survival checklist. It also has the ability to type and convert messages into a Morse code signaling device. 🐾

## Rumors

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are particularly excited to welcome a group of Japanese dealers, who are exhibiting at our **Book Fair** for the first time.” This weekend extravaganza of books will also include talks and seminars including a session on the basics of collecting. Two sessions on Saturday will be devoted to *Frankenstein*. Professor of Communication at **Simmons College**, and professor of **Library and Information Science** at **Simmons** and at the **University of Illinois**, **Sidney Berger** will discuss the character in visual culture. *Los Angeles Times* film critic **Kenneth Turan** moderates *It’s Alive: How Mary Shelley’s Frankenstein Changed the World* with panelists **Miranda Butler**, scholar of 19th Century

literature, science, and technology; **David J. Skal**, historian and writer on horror literature and film and author of *The Monster Show: A Cultural History of Horror*; and **Sara Karloff**, the daughter of film’s most famous portrayal of *Frankenstein’s* monster. **Discovery Day** on Sunday lets attendees present three items to experts for free examination. Designed with the budding collector in mind, **Book Fair Finds** is a program in which dealers spotlight items priced at \$100 or less. The **Book Fair** takes place at the Pasadena Convention Center at 300 East Green Street, Pasadena, CA. I am ready to go, are you?

A little bit of trivia, the **very first Charleston Conference** was associated with the **College of Charleston’s Special Collections Antiquarian Book Fair!!** You read it here!

This is a quirky which **Leah** just posted on the **ATG NewsChannel**. How cool! **Garbage collectors in Ankara, Turkey browse for books at a library made up entirely of abandoned books.** <http://www.cnn.com/2018/01/15/europe/garbage-collectors-open-library-with-abandoned-books/index.html>

Just off the press via **Matthew** mail! “**Ar-end Kuester** will be joining **Springer Nature** in March and will be working in the **Open Research Group** with the responsibility for Greater China — based in **Shanghai**.” **Matthew** and I think this is fascinating!

The **Association of American University Presses (AAUP)** is pleased to announce a name change to the **Association of University**

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