ASPIRE ENDURANCE AND MINDSET

Night Running Without the Fear

Your first night-run plan 🌙



"You're not scared of the dark. You're unfamiliar with it.
Unfamiliar is fixable in one run."

THE PLAN — YOUR FIRST TWO WEEKS

RUN 1 · WEEK 1

Your first night run

A familiar 3–5 km loop. Go 30 minutes after sunset — not midnight, just dark.

RUN 2 · WEEK 1

Same loop, second night

Same rules, same loop. Notice what already feels easier.

RUN 3 · WEEK 2

Run one downhill

Same loop. Try running one downhill you walked the first time. The rest stays the same.

RUN 4 · WEEK 2

A second familiar loop

One you know in daylight — or the same loop, a little longer.

ON EVERY RUN

- ☐ Familiar 3–5 km loop — one you know in daylight
- ☐ Go 30 minutes after sunset — not midnight, just dark
- ☐ Bring a friend if you can — solo is fine with the checklist
- ☐ Walk the downhills the first time — no heroics
- ☐ Tell someone your route + ETA

RUN IT LIKE THIS

- ✦ **Shorten your stride.**
- ✦ **Look 3–4 feet ahead** — not at your feet.
- ✦ **Let the headlamp do the work.**
- ✦ **Walk the hills** — walking is a strategy, not a failure.

GEAR — YOU NEED LESS THAN YOU THINK

- **Headlamp:** 400–600 lumens is good for most people. 900–1100+ is what I use — great for long distances and it genuinely helps with alertness. 1500 is top of the line, honestly overkill.
- **Always bring a small backup light.** Your phone isn't good enough for nav — cold kills phone batteries fast.
- **One layer warmer** than you'd guess — you generate less heat going slower in the dark.
- **Reflective bits** if there's any road.
- **Consider a pack** — gloves, headband, shell, snack, water.

SAFETY, NO DRAMA

Safety isn't scary. It's just a checklist.

- **Know your route before it gets dark.** Check it on Trailforks first. Your first night run is a trail you could run blindfolded in daylight — don't make it an exploration run.
- **Tell someone your route + ETA.** Every time. Non-negotiable.
- **Wildlife: noise over speed** — talk, clap, sing badly.
- **No music, or one earbud only** — you need to hear what's around you.
- **Turning back is always an option** — the trail doesn't grade you.
- Phone charged · headlamp + backup · someone knows where you are.

NAVIGATION APPS

- **Trailforks is my first pick** — it's built for BC trails. AllTrails if you want the biggest trail database.
- **Download the map offline before you go** — there's no signal in the forest.
- **Keep your phone warm and charged** — cold kills the battery fast.
- **Strava Beacon** shares your live location with someone at home — it covers the tell-someone-your-route rule.

IF YOU GET SCARED MID-RUN

Stop. Turn back the way you came. Turning back is always an option. And remember — you're not scared of the dark, you're unfamiliar with it.

"Do that once, and the dark stops being a wall."

Keep going — Aspire to Ultra

Enrollment opens Nov 15–29. The waitlist gets first access Sun Nov 15, 7 AM.

aspire-endurance.ca/aspire-to-ultra-1

— Rhonda, Aspire Endurance and Mindset