

# Welcome to Trail Running - KINA 252!

\*This course fulfills 1.0 KINA credit in the Kinesiology AD-T.

**Instructor:** Allison (Merzon) Head

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**Office Location/ Hours:** I can be reached via email or my office on the North County Campus (TBD).

**A Word About Trail Running:** Trail running is a sport that I am personally passionate about and that I actively participate in. I am looking forward to sharing my enthusiasm and knowledge with you!

**“The mountains are calling and I must go.” ~ John Muir**

**Instructor Contact Expectations:** The best and fastest way to contact me is email. I will generally respond to your emails within 24 hours during weekdays only. During busy times of the semester, the response time may increase to 48 hours. On weekends, I will do my best to get back to you ASAP but I cannot guarantee an expeditious response.

**Course Environment:** This is an activity class designed to introduce you to the fun of trail running! **No experience is necessary and runners/joggers of all skill levels are welcome!** The class will meet at a different location in the North County to explore various dirt trails and fun running options weekly.

**Class Begins:** Class begins Monday, June 12 from 9:00 - 10:45 am in room N2404 (North County). We will meet once in the classroom and then, each week, meet at an offsite, trail location. The total exercise time, including warm-up and cooldown, is approximately one hour and thirty minutes.

The Canvas-based online portion of the class is the content that will support your learning and exploring the sport of trail running.

You can access Canvas by logging into MyCuesta, then clicking on the Resources Tab, then clicking on Canvas in the Online Learning Channel, or by typing <https://cuesta.instructure.com/> into your browser address bar. If you are not familiar with logging into canvas, please refer to the [Canvas Quick Reference Guide](#). Once logged into Canvas you will be directed on where to get started. Be sure to read all the direction on the course home page.

If you are having difficulty logging into Canvas after June 12 and need assistance please email me or technical support at [support@my.cuesta.edu](mailto:support@my.cuesta.edu).