



Official  
ITRA Partner



Dear Trail Running Community,

Today is **International Women's Day**.

On this occasion, ITRA is pleased to share with you the second episode of the ITRA Trail Talks:  
**SHARING THE TRAIL - THE INEQUALITY OF TRAIL RUNNING.**

In this episode of our podcast, Stephanie Case and Sophie Grant, two great athletes, talked to our host Jeff about their daily life and their experiences on and off the trails. **These two testimonies are striking and tell us how the everyday life of women can often be full of obstacles and judgment and strewn with inequalities.**

No matter who you are, if you are an occasional runner or sports addict, adventurer or elite athlete, early bird or late owl, skinny or strong, married or single, have kids or not, if you are fast or slow... the list goes on and on. The key is that women are unique just as they are, with their differences and their constraints, and they deserve the greatest respect as individuals and also as part of our community. **Today - just like every day - let's focus on the values that are so dear to all of us: equity, respect, solidarity, humility and fair play.**

We wish you all the best.

Good listening.

The ITRA team



Link: <https://youtu.be/RkhrDePcJ-Q> (automatic subtitles available in **all languages**)