

## **ITRA Launches Inaugural Women's Trail Day: A Global Celebration of Women on the Trails**



The International Trail Running Association (ITRA) is proud to announce the first-ever [Women's Trail Day](#), a worldwide initiative dedicated to celebrating and championing women in trail running. Taking place on Sunday, June 1st, this global movement invites women everywhere to take to the trails, whether solo or with friends, to connect, move, and inspire greater female participation in the sport.

While 2024 saw a positive shift in female engagement, with women now making up 29% of ITRA's database (a 1% increase from the previous year), there's still significant ground to cover to achieve gender parity. Women's Trail Day aims to help bridge that gap by fostering visibility, community, and inclusivity within trail running.

### **Quote from Janet Ng, ITRA President:**

"I'm so excited to launch our new global initiative – Women's Trail Day – created to encourage more women to discover the joy of trail running and feel at home in our sport. Trail running has grown so much over the years, but we know there's still more we can do to make sure women feel truly invited and supported, no matter their age, fitness level, background or where they are starting from.

So, wherever you are in the world, we hope you'll grab a few friends and head out onto the trails. It doesn't matter how far or how fast you go – what matters is being out there

together, having fun, and feeling the freedom and connection with nature that trail running brings. We can't wait to hear your stories and celebrate this day with women from every corner of the globe."

### **How to Get Involved:**

Women across the globe are encouraged to lace up their shoes and participate in a trail run of their choice. Whether it's a short jog in a local park or a challenging mountain trail, every step counts toward raising awareness and empowering more women to experience the joys and benefits of trail running.

### **Special In-Person Event – Chamonix, France:**

To mark the occasion, ITRA is also hosting an in-person celebration in Chamonix, co-hosted by [Run the Alps](#), the heart of trail running in Europe. Participants are invited to join a relaxed 7–8 km social trail run, starting at 11:00 AM from Big Mountain Brewery.

The event is free to attend and will feature exclusive goodies from ITRA and its brand partners. Spaces are limited, and [pre-registration](#) is essential.

To find out more about this initiative, visit the [Women's Trail Day site](#).