

# TRAIL **ATRA** TIMES

American Trail Running Association • Volume 15, No. 52 • summer 2010

*Mission: To represent and promote trail and mountain running.*

## Don't Let Fear Affect Your Running

by Steve Popovich

Sometimes, fear and anxiety can get the best of us in running. The key is to know how to manage that fear and anxiety. Following is a list of techniques that runners can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to run in an upcoming event. When this happens, visualize yourself doing the task in your mind. Before the big day comes, imagine yourself performing the event. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed when everything happens at once. Take a deep breath and try to find something to do for a few minutes to redirect your mental energy. Read the newspaper, listen to some music, or do an activity that will give you a fresh perspective. This is a great technique to use right before your next race.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down and whenever you feel stressed, open up your notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. If you have a lot of anxiety, take a short walk before your event to help you feel better. The next time you feel anxious you can remind yourself

that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. It never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your running.



*Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information visit: [www.managingfear.com](http://www.managingfear.com).*

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## Following our Sport

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It is exciting to witness the increase in the amount of coverage our sport has received over the past decade. Not only do we see numerous articles in magazines and local, regional, and national newspapers about athletes, events, and great trail running destinations, we also can enjoy daily blogs from trail runners — the record-setting athletes as well as the middle of the pack finishers. Because our sport is so scenic, advertising agencies use images of trail runners in fantastic settings to promote their client's many products. We want to share with you the newest launch from our friends at Runningtimes.com. Visit this link,

[www.runningtimes.com/Trails](http://www.runningtimes.com/Trails), and you will find blogs, news, training, and stories from the trail. If you have a favorite blog or website you like to visit, please share it with us.



Enjoy the trails! Nancy

## ATRA RACE & CLUB MEMBERS

- |  |  |
|--|--|
| <i>A Trail Runner's Blog</i>                     | <i>Northfield Mountain Race</i>                    |
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| <i>Dolphin South End Runners/Double Dipsea</i>   | <i>Runuphill Racing</i>                            |
| <i>Grand Teton Races</i>                         | <i>Samuel Fuller School Trail Run</i>              |
| <i>Green Lakes Endurance Runs</i>                | <i>San Clemente Trail Run</i>                      |
| <i>Katie Trail 50</i>                            | <i>SoCal Trail Headz</i>                           |
| <i>Lean Horse Trail Races – 50 Mile/100 Mile</i> | <i>Spillway Classic Trail Run</i>                  |
| <i>Long Island Greenbelt Trail 50K</i>           | <i>Spokane River Run</i>                           |
| <i>Loon Mountain Trail Race</i>                  | <i>Squaw Valley Mountain Run</i>                   |
| <i>Malibu Creek Trail Challenge (Xterra)</i>     | <i>Taos Ski Valley Up &amp; Over 10K Trail Run</i> |
| <i>Marathon of Trail Races (Xterra)</i>          | <i>The Endurables</i>                              |
| <i>Mickelson Trail Marathon and Half</i>         | <i>Trail Nerds Association</i>                     |
| <i>Moose Mountain Trail Races</i>                | <i>Trail Runners Club</i>                          |
| <i>Mountain Divas</i>                            | <i>Ultimate XC Moab Edition</i>                    |
| <i>Northern Arizona Trail Runners Assoc.</i>     | <i>Vasque Golden Leaf Half Marathon</i>            |

Contributors to this issue of *Trail Times* include:

**Soapstone**  
*Laura Clark*

**Trail Running Camps**  
*Garry Harrington*

**Dealing with Anxieties**  
*Steve Popovich*

**Map Reading 101**  
*Sarah Seeds*

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## GOALS OF ATRA

- ◆ Compile & publish a comprehensive listing of nationwide trail running events
- ◆ Educate and provide information about our sport to the rest of the outdoor community, to the media and to non-running entities that have similar goals and objectives
- ◆ Organize ATRA sponsored & supported events
- ◆ Be sensitive to the environment.
- ◆ Provide a forum whereby the business of the sport can be discussed and organized
- ◆ Create & nurture alliances with other associations
- ◆ Develop recreational participation and provide opportunities for families to enjoy our sport through events and clinics

"I've never been lost, though I will admit to being confused for several weeks." – Daniel Boone



Knowing how to read a map is an integral part of trail running and hiking. Being able to determine where you are on a map is key to discovering how you will get to your next destination. Basic map reading skills will allow you to explore new territory and help to get you back to your car safely!

### Types of Maps:

**Topographic.** Portrays the shape and elevation of the terrain using contour lines.

**Pictorial.** An artist's conception of a given area based on a topographical survey.

**Planimetric.** Show major features such as roads, trails, rivers, lakes, peak elevations and many notable man made features. Road maps are a good example.

**Orienteering.** Very detailed map with a range of symbols- used to navigate through a given course.

**Mental.** You should always have one of these with you!

### Important Things to Look for on Your Map:

**Scale.** Look for a scale symbol to determine the size of your map. 1:20 is a closer view than 1:20000. There will also be a bar with distances marked on it. Use this bar scale to measure out distances on your map using a piece of string or paper.

**Legend.** These are clues to help you find your way! Common symbols include paved, gravel, or dirt roads, main trails, less used trails, railroads, rivers, lakes, buildings, marshes.

**North Indication.** Look for the arrow to find your true North symbol (magnetic north is usually shown with declination setting on topographical maps).

**Landmarks.** These are important points/symbols on your map that are obvious.

Make note of landmarks that you will encounter on your route, so that when you come across them you will know almost exactly where you are. These include intersecting trails or roads, sharp corners on trails or roads, human-made



structures such as buildings or bridges, as well as fences, train tracks or bodies of water you may cross.

### Plot Your Course

Once you have familiarized yourself with the map and symbols, it is time to plot your course. It is a good idea to have a pencil to make notes or write down distances on your map. No matter where your feet take you, there are 3 simple steps to follow:

**1. You are Here.** Determine where you are using recognizable symbols. You need to know where you are before you can plan a route to your destination!

**2. Where are you going?** Once you know where you are, take a few moments to determine what you are looking for next. Choose a landmark that you will be able to recognize easily once you are upon it. This may be an intersecting trail etc. Make note of the approximate distance to your next landmark so that you will have an idea of how long it should take you to get there. Remember to adjust your minutes/km for the difficulty of the trail. You may run a 5 min/km on the road, but you won't be nearly as quick in steep terrain.

**Catch Features:** An easily recognized landmark that will tell you where you are on the map once you reach it. I.e.: intersecting trail, creek that crosses a trail, large human made object.

**Handrails:** A well-established landmark that you can follow with ease for extended periods of time. I.e.: river, lake perimeter, hydro lines, roads, and main trails.

**3. How far is it?** You can use the km marker on your map (if it has one) to approximate the distance of your route. Simply mark a piece of string or the edge of a sheet of paper with the scale on your map (meters or kms usually) then trace your route for a rough 'guesstimate' of distance. Pacing is also a great way to let you know how much distance you have covered in the trails or through the bush. To determine your trail pace: Measure off a 100m section on a typical trail that you run/hike (use a tape measure/odometer/pedometer). Next, run/jog/hike the section at your normal pace. Count the number of strides (one swing of one foot from ground to ground) that you take to cover the 100m. You can count off your strides for a variety of terrain i.e. open trail, open brush, thick brush.

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*Sarah Seeds is a passionate trail runner and the owner of Equilibrium Lifestyle Management (ELM) a group fitness and personal training company in the Comox Valley on Vancouver Island, British Columbia. Contact ELM for trail maps and information about trail running adventures on Vancouver Island at this link: [www.elmhealth.com](http://www.elmhealth.com)*

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Everyone has done it, and most have certainly regretted it. It seemed like a good idea at the start, but it was definitely a bad idea on the drive home. It leaves not a taste of satisfaction, but a desire for redemption.

Everyone approaches the start line with a handy list of disclaimers: My (fill in appropriate body part) has been bothering me, I forgot my lucky T-shirt, I was sick last week, I ran a marathon yesterday. Sometimes these excuses are valid. Sometimes they are mere justifications. Why enter a race as a training run? Wouldn't it make more sense simply to save the money and just run around the neighborhood? It would seem so. Except if you have a twenty year streak going, the post-race barbecue is terrific or you feel the need for company.

Few of us can take it to the limit each and every time. After all, this is not a job. It is supposed to be fun. But sometimes the concept of fun expands to include George Sheehan's "no regrets" policy. During his competitive days, Sheehan's goal was to collapse on the other side of the finish line, assured that he had truly given his all to the moment. While this is a daunting enough physical task, the mental stamina required is more telling.

While most reserve this sort of effort for a goal race, for others, the challenge surfaces after a string of mediocre efforts born not of adversity, but for no discernible reason. After a ho-hum performance at 7 Sisters, followed by an uninspired climb up Prospect Mountain, I felt the need to prove that I was not nearly as old as I felt. I sought redemption with a 3:30 in the Soapstone Half, a goal which teetered tantalizingly on the edge of the possible.

After we had stumbled out of Harry Potter's Sorting Hat, I found myself running with Marty Glendon. We make a good team, finishing fairly close in the pecking order. Since Marty was also aiming at 3:30, this seemed a perfect match. We even took turns sharing the front spot, searching for white dots and passable terrain. I thoughtfully passed over the lead when the trail veered into the streambed figuring I could alter my foot placement if he lost his shoe. But this was not even a remote possibility. After one of the driest springs on record we were lucky to locate even a smidgen of mud.

Although I encountered only one unfriendly rock, there were an inordinate number of fallen branches willing to fill the gap. Most deadly were the thin twigs that appear harmless but curl upwards and lasso your sneakers. You would think we could have avoided the thicker appendages, but we were so used to dodging rocks roots that we were babes in the woods as far as more nimble predators were concerned. Marty hit upon the best technique—land full force with both feet and break the suckers in two. Never mind those behind who were forced to dodge the sharp missiles; at least they could see what was coming.

Once again, with the lure of a PR dangling before their eyes, folks forgot that accuracy counts. I have two spots on this trail that I once found difficult: the sharp left after the stream bed and resurfacing after the bushwhack portion. I know enough by now to be on the lookout for these perennial problem spots. This time, as Marty and I hurdled relentlessly toward our time goal, we discovered lots of other options. As we were returning uphill from one such foray and shouting to the group behind us to go straight, a woman detached herself from the crowd and headed downhill. She had earbuds and a blissful expression on her face. Three separate groups tried to waylay her, but to no avail. I hope her music was good enough to carry her back to camp from wherever she found herself when she woke up. I felt bad, even tugging on her clothes to

turn her around, which in retrospect probably did more harm than good. I'd have probably run away from anyone trying to attack me.

Getting lost appeared to be a universal problem. It shouldn't have been as the white dots marking the course were quite close together and thoughtfully placed at exact eye level. The only problem I had was the fact that the splotched tree fungus, at quick glance, eerily resembled faded white dots from last year's version. My bigger problem was that as much as I tried to convince myself that 3:30 was a mere sprint compared to the upcoming Nipmuck Marathon, the credibility gap widened, not to mention the gap between me and my partner.

But low and behold! Who should I overtake but Kathleen Furilani whom I had assumed was way ahead of Marty. Wow! Perhaps, being new to this event, she doesn't know that only the first in an impossibly long string of age group decades wins the coveted Soapstone Trophy (not sold in stores). I have won three of these, mostly by default during years when Carol Kane didn't show up. I could even be magnanimous! We could finish together and then I could award my trophy to Kathleen, who after all did rescue me on yet another false turn. Or, I could win and generously bestow the trophy on her in a reverse St. Bernard gesture. I could envision the white circle of a halo beginning to appear.

I struggled on the final trail uphill and Kathleen paced ahead. But was I concerned? Of course not, figuring I could once again overtake her on the downhill. I forgot all about Kathleen's road racing background. Latching onto terra firma at last, she simply vanished. It reminded of a shark encounter Jeff and I had while scuba diving. One minute the shark was there, the next he wasn't.

Still, I did have a final piece of good luck. While Marty and I both finished our races at 3:14, ahead of goal pace, he and his group ended up so far from the projected finish that the local who obligingly hitchhiked them back relied heavily on his GPS to do so. At least we were uniformly matched even if not ultimately in the same race. I definitely had a fun day and even exceeded my goal. Perhaps it is possible to do both. Just not at every race.

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*Soapstone Mountain is located in Somers, CT, and is a source of soapstone, used in kitchen countertops. Age-group winners receive a customized piece of the rock. For more information go to [www.runwmac.com](http://www.runwmac.com). Click Grand Tree and scroll for Soapstone. Or visit [www.shenipsitriders.org](http://www.shenipsitriders.org).*

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**Albany Running Exchange**

Albany, NY

Director: Josh Merlis

Web site: [www.albanyrunningexchange.org](http://www.albanyrunningexchange.org)

July 15-18, Warrensburg, NY

**Vail Trail Running Camp**

Vail, CO

Director: Ellen Miller

Web site: <http://summer.vail.com/summer/active/ellen-miller-running-camp.asp>

July 18-21 with Bart Yasso

**Active at Altitude**

Estes Park, CO

Director: Terry Chiplin

Web site: [www.activeataltitude.com](http://www.activeataltitude.com)

July 24-31 (w); September 18-25 (w); Estes Park, CO

**Camp Marafiki**

Santa Fe, NM

Director: Jon Woo, MD

Web site: [www.kenyausa.com](http://www.kenyausa.com)

July 25-August 1

**Christian Team Ministries High Altitude Running Camp**

Grouse Ridge, CA

Director: Nick Vogt

Web site: [www.christianteam.org](http://www.christianteam.org)

July 26-30

**Colorado Adventure**

Winter Park, CO

Director: Colleen Cannon

Web site: [www.womensquest.com](http://www.womensquest.com)

July 13-18 (w)

**Dreamchasers Outdoor Adventure Club**

Victor, ID

Directors: Jay Batchen and Lisa Smith-Batchen

Web site: [www.dreamchaserevents.com](http://www.dreamchaserevents.com)

July 1-6 with David Goggins; Oct. 5-10 with Karl Meltzer; both in Victor, ID; also: November (dates TBA), Galapagos Islands, Ecuador

**Dreams in Action/impossible2Possible**

Idaho Springs, CO

Directors: Marshall Ulrich, Ray Zahab

Web site: [www.marshallulrich.com](http://www.marshallulrich.com)

October 6-10, Death Valley, CA; Dec. 1-5, Hong Kong

**Endurance Trail & Mountain Running Camp**

Whistler/Squamish, British Columbia, Canada

Director: Jen Segger

Web site: [jensegger.com](http://jensegger.com)

July 15-18

**Lake Champlain Women's Running Camp**

Vergennes, VT

Director: Andrea Sisino

Web site: [www.runvermont.org](http://www.runvermont.org)

June 13-19 (w)

**Leadville Trail 100 Run Training Camp**

Leadville, CO

Web site: [www.leadvilletrail100.com](http://www.leadvilletrail100.com)

June 26-28

**Owen Anderson's Running Camps**

Director: Owen Anderson

Web site: [www.educatedrunner.com](http://www.educatedrunner.com)

July 3-8, Eugene, OR; June 5-10 and August 14-19, Thetford Center, VT

**Run Wild Missoula**

Tarkio, MT

Director: Eva Dunn-Froebig

Web site: [www.runwildmissoula.org](http://www.runwildmissoula.org)

September 17-19 (w)

**2L Coaching Services Running Retreat**

Weston, CO

Directors: Lowell and Aaron Ladd

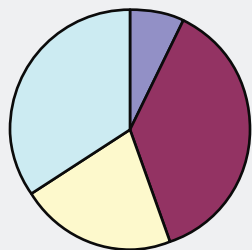
Web site: [www.2lcoaching.com](http://www.2lcoaching.com)

August 1-7

(w)—women only

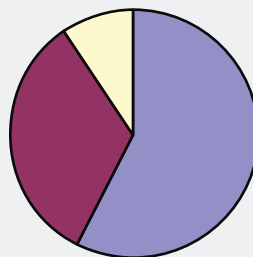


How many years have you been running on the trails?



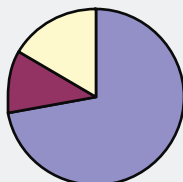
- Less than one year
- 1-5 years
- 6-10 years
- more than 10 years

What type of trail running surface do you typically run on?



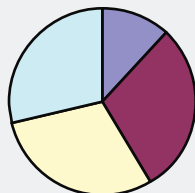
- Rocky, really gnarly terrain, lot of elevation changes
- Smooth surface, good footing, fairly gentle trail
- Grassy or mixed surface

Do you wear trail-specific running shoes when you train on trails?



- Yes
- No
- Sometimes

How many pairs of trail running shoes will you purchase this year?



- None
- One
- Two
- Three or More

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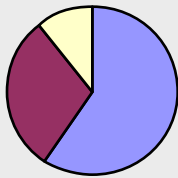
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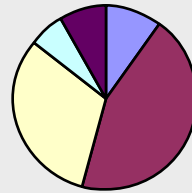
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How many trail races will you run this year?



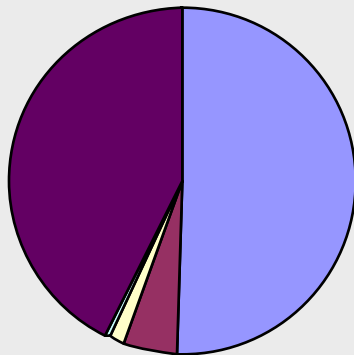
- One to 5
- 6-10
- More than 10

Average number of miles you run on trails each week:



- less than 5
- 6-20
- 21-40
- 41-50
- More than 50

What is your favorite type of trail?



- Single Track
- Wide Path - dirt and/or gravel
- Fire Road
- Open Fields
- Mix it up - single track, wider paths, meadows

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## USATF Mountain and Trail Championships 2010

*Open and Masters' Championship Competition*

USA Half Marathon—June 13, Bend, OR

USA Mountain — Mt. Washington — *50th Anniversary\** — June 19, Gorham, NH

*\*Also the 2010 U.S. Mountain Running Team Selection Race*

USA 100 Mile Trail — July 31, Burning River, OH

USA 15km Trail — July 31, Spokane, WA

USA 50 Mile Trail — July 31, Crystal Mountain, WA

USA 10km Trail — August 28, Laurel Springs, NC

USA 50km Trail — September 25, Willamette Pass, OR

USA Trail Marathon — November 6, Ashland, OR

Watch for details on a USATF Sub-Ultra Grand Prix Series for 2010, [www.usatf.org](http://www.usatf.org).



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