



All American Trail Running Association • Volume 4, No. 14 • Fall 1999

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

## Say Again? Snatches of Conversations at the Western States 100

by Timothy Martin

At Squaw Valley (0 miles): Only 100 miles to go. \*\*\* Nervous? I started hyperventilating at four o'clock yesterday. \*\*\* I'm so uptight that if you plucked me, you'd get a high E. \*\*\* The hardest part of this race begins at the start and ends at the finish. \*\*\* I hear they don't expect anyone to finish. \*\*\* I don't compete; I'm just here to run. \*\*\* I feel like a rack of lamb about to be thrown to a turkey vulture. \*\*\* I'm not out to win, I'm out to finish. \*\*\* By the time you get in shape to run this race, you're too old to do it. \*\*\* The course is tougher than a two-dollar steak. \*\*\* The idea is to have a good time. If that's not possible, then the idea is to get really drunk afterwards and think you did. \*\*\*

At Robinson Flat (30 miles): No, I didn't stop. The leader flew by so fast it just looked that way. \*\*\* Check out all the food. There's enough here to feed the five thousand, without the miracle. \*\*\* They actually had a topless aid station, but they were all guys. \*\*\* I thought I was slow, but I passed a guy who looked like a monument. \*\*\* He said it was a secret drink that gave him instant energy, then he threw up. \*\*\* If you start to feel good, don't worry, you'll get over it. \*\*\* I didn't go out too fast, I just died too soon. \*\*\* Any idiot can run a marathon. It takes a special kind of idiot to run an ultramarathon. \*\*\*

At Last Chance (43 miles): I spilled PowerAde on my hands,

and my fingers have been stuck together ever since. \*\*\* Crying about how tired you are is like termites bitching about aluminum siding. \*\*\* I hate it when I DNF and the spectators applaud. \*\*\* I'd like to see this race regulated to the same vortex of oblivion where rotary phones go to die. \*\*\* Hills always look steeper just before you run them. \*\*\* I've got to find another port-a-tree. \*\*\* I wish there was more oxygen in these mountains. \*\*\*

At Foresthill (62 miles): I'm not lost, just confused. \*\*\* My wife thinks I'm out here having fun. \*\*\* I can live with rain and I can live with dust, but when I eat dust in the rain it ticks me off. \*\*\* She not only caught her second wind, but her third, fourth and fifth wind. \*\*\* Speed is sex, distance is love. \*\*\* Stick a fork in me, I'm done. \*\*\* It hurts up to a point and then it doesn't get any worse. \*\*\* Your feet look better without toenails. \*\*\* I didn't fall, I'm studying these deer tracks. \*\*\* Why couldn't this be a 100K? \*\*\* I never met a hill I couldn't walk. \*\*\*

The River Crossing (78 miles): I was doing good until I hit the fourth check point for the second time. \*\*\* I thought he was sitting in the river too cool off, but when I ran by, I found out he was standing up. \*\*\* Is this the karmic caboose or what? \*\*\* There are worse ordeals, but at the moment I can't think of any. \*\*\* I swear, my IQ drops 50 points every time I lace up my running shoes. \*\*\* What doesn't kill me sure does make me hungry. \*\*\* If the bone's not showing, just keep going. \*\*\*

Highway 49 (93 miles): The finish is just ahead \*\*\* It only hurts when I breathe. \*\*\* The X-ray will probably look like a jigsaw puzzle. \*\*\* I'm sick of the pain. \*\*\* They used more arrows than Geronimo and he still got lost. \*\*\* I ducked a low branch, and when I looked up I caught a face full of lumber. \*\*\* Trust me, this is the last hill. \*\*\* I just experienced a warp in reality, like in the Wizard of Oz, when the movie shifted from black and white to color. \*\*\* Don't quit now. \*\*\* This is a race written by the Brothers Grimm. \*\*\* Lack of sleep is the cheapest and most underrated hallucinogenic drug known to man. \*\*\* You're almost there. \*\*\*

At Auburn (100 miles): All right! \*\*\* A finish line never looked so good. \*\*\* What I really need is a decent burial. \*\*\* One hundred miles of roots and rocks, and I tripped on my shoelace. \*\*\* I don't need that quick-energy stuff when I'm running; I need it when I'm

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driving home. \*\*\* Did anyone find a jog bra on the trail? \*\*\* He thought he was a good runner until he tried to keep up with Trason. \*\*\* You could retype Shakespeare's sonnets into Sanskrit in the time

### Next Meeting

The final AATRA meeting of the year will be held on December 11 following the Off Track/Off Beat Snowshoe Race in Leadville, Colorado. For more details about the race, contact Tom Sobal, (719) 486-3581.

All AATRA members and potential members are invited to participate in the meeting. We will reflect on the state of our sport and discuss different ideas to better inform the trail and mountain running public about our efforts at AATRA.

If you are unable to attend but would like to include an item on the agenda, please let us know by phone, fax, e-mail or snail mail.

Complete minutes from the meeting will be published in an upcoming issue of *Trail Times*.

## AATRA Member Statistics

**65% Men**  
**35% Women**  
**Average age is 41**  
**Representing 34**  
**states, Canada & UK**

### Corporate Members

*Alpine Dentistry*  
*Boulder Running Company*  
*Fila*  
*Montrail*  
*Nike*  
*Bryan LaRoche*  
*Out There!*  
*Run the Rock Sportswear*  
*Runner's World*  
*Salomon Designs*  
*Stratton Mountain-Trail*  
*Running Center*  
*Trail Runner*

### Donors

*Turquoise Lake 20K*  
*Lou Meyers*  
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*Dave Eckley*



**Nancy Hobbs**  
*Executive Director*

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(970) 476-0374

**Elliott Henry**  
*Webmaster*

**Tom Sobal**  
**Bart Yasso**  
*Advisors*

I truly enjoy traveling and, during the past few decades, I've been fortunate to visit 22 different countries and all 50 states. My most recent venture was to Malaysia last month with the US Mountain Running Team. After the competition, four of us decided to rent a car and take in some of the tourist spots.



Our team liaison commandeered a four-door Malaysian-made Proton from a friend for \$70 a day and, in spite of the high price tag, we convinced ourselves that we had a good deal since the odometer had logged only 1000 kilometers. We set off on a rugged and windy two-lane highway to the Orang-Utan sanctuary, the largest in the world. After four hours in a vehicle cramped with all of our luggage, we arrived at the park only to wait an additional two hours for one of the two designated feeding times.

When we finally purchased our tickets, we were told by park officials to leave our purses in a locker and to hang on to our cameras and sunglasses. Apparently the monkeys were notorious for grabbing anything that you held in your hands or wore around your neck. We were told of one instance when an aggressive primate tore all the clothes off a park visitor who got separated from the tour guide.

The four of us were certain that we could handle any situation and we set off alone down the trail without a guide. As we walked toward a foot bridge, we noticed several little macaque monkeys sitting on the bridge. Undaunted, we sauntered on. No sooner were we on the bridge that the little vermin started charging us. We fled in search of a park guide. Safe in the company of the guide, we marched onward to await the orang-utan feeding as the macaques kept their distance while they munched on leaves and swung on the ropes between the trees. As soon as the bananas were positioned on the feeding decks, the orang-utans and macaques gathered up as much as they could and carted it off to feast, a site that was well worth the trip.

However, the trip back to Kota Kinabalu was wrought with tragedies that included getting stuck in a pile of gravel, a near head-on collision with a motorcyclist, and the eventual demise of our Proton which sputtered, sparked, and died on the side of the road hours from our destination. Suffice it to say that Protons won't make the foreign trade market to the States!

Part of the joy of travel is the adventure that awaits, sometimes good, sometimes not so good, but always unpredictable. One thing for sure is that no matter where I go, I always long for that moment when I look out the airplane window and see Pikes Peak in the distance.

Please enjoy this issue of *Trail Times* which includes a report on the World Mountain Trophy Race, a comprehensive trail running shoe review by our president Adam Chase, and musings by a Western States 100 finisher. Of special note is our new relationship with *Trail Runner*, a four-color glossy magazine that debuts in November. Anyone who joins or renews their AATRA membership starting October 1 will receive a full year, six issues, of *Trail Runner*. AATRA has negotiated a special *Trail Runner* subscription rate of \$9 for our members, which will be included with the annual \$25 membership. See more details about *Trail Runner* on page 3.

Contributors to this issue of *Trail Times* include:

**Adam W. Chase**  
*Fall '99 Trail Running Shoes*

**Dave Dunham & Nancy Hobbs**  
*USA Mountain Running Team*

**Timothy Martin**  
*Western States 100*

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## World Mountain Trophy compiled by Dave Dunham & Nancy Hobbs

Kundasang, located in the state of Sabah in the country of Malaysia on the island of Borneo, was the site of the 15th World Mountain Trophy Race on Sunday, September 19. The events were held in Mount Kinabalu National Park whose namesake towers far above the surrounding region at 13,436 feet. A record 33 countries participated in the five events to include senior men, senior women, junior men, junior women, and an open race. The US fielded runners in both senior events and the open race.

The day started well for the US as David Eckley, a 42-year-old real estate broker from Telluride, Colorado, won the open race with a time of 38:24. Eckley, a top masters runner on the US mountain circuit, took command after the initial 2K loop, not surprising since the start and finish line were located at an oxygen-laden elevation of 5,100 feet and Eckley's home in Colorado is at a red blood cell-producing 12,000 feet. The course climbed and dropped more than 1,600 feet over the 7.8K multi-loop dirt track, winding its way through tropical rain forest with intermittent running on  
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### Contact us with your comments:

**All American Trail Running Association**

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80932

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(719) 570-9729 fax  
trlrunner@aol.com  
[www.trailrunner.com](http://www.trailrunner.com)

### AATRA Race & Club Members

*Event Marketing Group*

*Imogene Pass Run*

*Trail Runners Club*

*Moose Mountain Trail Races*

*Federation for Sport at Altitude*

*Oregon Road Runners Club*

Please take a few minutes to fill out this survey and return it to our offices. Your responses will help us to improve and grow our association.

**INDIVIDUAL DATA:**

- 1. Age \_\_\_\_\_
- 2. Male \_\_\_\_\_ Female \_\_\_\_\_
- 3. Married \_\_\_\_\_ Single \_\_\_\_\_
- 4. Highest level of education completed: High School \_\_\_\_\_ College \_\_\_\_\_ Graduate School \_\_\_\_\_ Post \_\_\_\_\_
- 5. Your Zip Code \_\_\_\_\_ (optional)
- 6. What type of car do you drive \_\_\_\_\_
- 7. Airline you fly most \_\_\_\_\_
- 8. Occupation: \_\_\_\_\_
- 9. Annual Income: Under \$20,000 \_\_\_\_\_ \$20-39,000 \_\_\_\_\_ \$40-59,000 \_\_\_\_\_ \$60-99,000 \_\_\_\_\_ \$100,00+ \_\_\_\_\_ (optional)
- 10. Do you RENT or OWN your own home. (CIRCLE ONE)
- 11. AATRA member: YES NO

**PERSONAL SPORTS PREFERNCES:**

- 12. Favorite Trail Running Shoe \_\_\_\_\_
- 13. Miles per week you run on trails: \_\_\_\_\_
- 14. Favorite Trail Race (location and distance) \_\_\_\_\_
- 15. Do you cycle: Yes \_\_\_\_\_ No \_\_\_\_\_ Do you own: road bike \_\_\_\_\_ mountain bike \_\_\_\_\_
- 16. Do you drink replacement fluids? \_\_\_\_\_ which one(s) \_\_\_\_\_
- 17. Favorite Energy Drink: \_\_\_\_\_
- 18. Favorite Energy Bar: \_\_\_\_\_
- 19. Favorite Energy Gel: \_\_\_\_\_

**AATRA RELATED QUESTIONS - TRAIL TIMES**

- 20. Since new and renewing members will receive *Trail Runner* magazine six times per year, would you be satisfied with two annual issues of *Trail Times*: YES NO
- 21. Are you happy with the coverage: YES NO
- 22. What features would you like to see in upcoming issues \_\_\_\_\_
- 23. What races would you like to see covered \_\_\_\_\_
- 24. What would you like to write an article about \_\_\_\_\_
- 25. Would you like to see results published: YES NO

**MEMBER BENEFITS:**

- 26. What is the most important member benefit \_\_\_\_\_
- 27. What other benefits would you like AATRA to provide for you \_\_\_\_\_
- 28. Would you be interested in a race director's handbook: YES NO
- 29. Would you be intersted in a beginners' guide to trail running: YES NO
- 30. What other publications would most interest you \_\_\_\_\_
- 31. Do you take advantage of the dicount subscription to SNOWSHOER: YES NO
- 32. Do you take advantage of the dicount subscription to ULTRARUNNING: YES NO

**WEBSITE:**

- 33. Do you have a computer: YES NO
- 34. Do you have access to the internet: YES NO
- 35. Have you visited the website: YES NO
- 36. What do you like most about the website \_\_\_\_\_
- 37. What would you like to see added to the website \_\_\_\_\_

**ADDITIONAL COMMENTS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please return this survey by December 1 to: AATRA Survey, PO Box 9175, Colorado Springs, CO 80932 or fax to (719) 570-9729 or respond on our website at [www.trailrunner.com](http://www.trailrunner.com)**

pavement. Eckley seemed pleased with his win noting, "I've never won a race, let alone an international one." The top three finishers were masters in a field of 47 runners representing 18 countries.

The championship events followed the open race. All of the events were held under cloudy skies with temperatures ranging from 65 to 70 degrees. Mount Kinabalu was visible in the distance early in the day but by mid-afternoon, the summit was hidden behind a thick band of clouds. The senior women ran the same 7.8K course as the open race and the junior men's course. Thirty-three-year-old Cassy Bradley-Byrne, Pottstown, PA and a two-time team member, lead the field during the initial 2K paved section. After 5K the US had all four runners (three score) in the top 45. Suzy West, a 36-year-old dentist from Putney, VT, in her first international mountain race, utilized her strong downhill running ability to take the top US spot. West finished 30th in 44:31. Multi-sport athlete and three-time team member Danelle Ballengee, 28, Dillon, CO, was close behind in 32nd with a time of 44:35. Five-time Olympic trials qualifier, and first time mountain team member, Julie Peterson, 39, Beverly, MA rounded out the scoring in 42nd (46:36). Bradley-Byrne succumbed to a muscle injury, but gamely held on to finish in 45th (47:01). "I ONLY fell twice," Peterson stated as she inspected a scratched leg and bruised arm. Rota Gelpi Rosita of Italy took the victory in 38:00 leading her team (four in the top 12) to the win with ten points. The US women had their best finish in five trips to the Worlds taking tenth place with 104 points among the 17 teams entered.

The men's team looked to improve on last year's finish. The six runners would test themselves on the 12.5K spectator-friendly course which featured four loops leaving ample opportunity to cheer on runners from 27 countries. The race looked to be a battle between last year's "up" champion, Jonathan Wyatt (NZL) and Marco De Gasperi (Italy) the "up/down" champion of 1997. The crowds were not disappointed as they staged a battle throughout.

De Gasperi powered to the win in the final loop with Wyatt fading to 7th (54:56 to 57:04). Scott Gall, Colorado Springs, CO, ran from the front (as high as third) to take fifth in 56:42. The 25-year-old Gall was the top US scoring runner in the 1997 Worlds and his finish was the best for a US runner since 1993. Paul Low, 25, Bend, OR, was originally selected as the first alternate but moved up to the team when Dave Dunham, 35, Bradford, MA, was injured competing in a mountain race earlier this summer. Low showed the depth of the US team by taking the second spot in 62:04 good for 42nd place overall. Richard Bolt, 29, Pepperell, MA, was running in his first mountain championships and took 62nd in 64:15. Jeremy Wright, 25, Laramie, WY, and Dan Verrington, 37, Bradford, MA, finished 73rd and 74th respectively (65:43 to 65:48). Wright rounded out the scoring for team USA. "I only saw Jeremy on the first and last lap, and just couldn't close on him," noted six-time team member Verrington. Tom Anderson, 34, Keene, NH, in his first international race, was the final US finisher in 71:27 placing 88th. "I was trying to hold off the guy with a walker," quipped Anderson. The team took ninth place with 182 points as Italy was once again the team champion with 23 points.

The week in Malaysia was quite busy with activities or meetings scheduled each day. One event during the stay that had all of the athletes raising their brows was dubbed, "Momulangghah." This turned out to be the blessing ritual (the sacrifice of a chicken) conducted by 20 Bobolian tribespeople during the opening ceremonies. That evening at dinner, the non-

descript meat was bypassed by some of the athletes.

Meals were served three times a day consisting mainly of rice, eggs, vegetables and fruit. Fortunately the gift shop sold candy bars and ice cream snacks — always a busy spot post dinner. During free time, team members enjoyed short walks along a gravel road through neighboring villages to the local market.

The 2 ½ hour bus rides to and from Kota Kinabalu (arrival city) enabled the teams to view the hilly landscape and surrounding villages where most of the homes were built on stilts so that only the most athletic of rats and snakes could enter the living quarters. The bus drivers were most adept at navigating the winding motorway that often had signs of "AWAS" which meant caution. It was most interesting that the reason for the caution was never explained and could mean either road damage ranging from marked erosion to complete washouts, or that a village was around the bend and speed was not an option for fear of careening into a herd of water buffalo or goats.

Another part of the program was the annual meeting of the World Mountain Running Association (WMRA). Team managers Nancy Hobbs and Dave Dunham attended as the US representatives. Discussions centered around the budget, the WMRA relationship with the IAAF, and the future growth of mountain running. The high point of the meeting was the bidding for the next up/down race to be held in 2001. The bids from Arte Terme, Italy and Sedbergh, England were both very well delivered and the decision came down to a single vote. Italy won by a count of 11 to 10. Innsbruck, Austria expressed interest in hosting the 2002 race which will be an uphill year.

Bergen Germany will host the World Mountain Trophy events on September 10, 2000. More information can be found at: <http://www.chiemgau.com/bergen/>. Athletes wishing to be considered for next year's team should submit "running resumes" (a list of accomplishments to include mountain and trail races, road races, and international racing experience). The women's contact is Nancy Hobbs ([trlrunner@aol.com](mailto:trlrunner@aol.com)) and the men's contact is Dave Dunham ([mtman@greenet.net](mailto:mtman@greenet.net)). There will also be selection races for the team which will be announced in December at the USATF annual convention in Los Angeles.

## DON'T FORGET YOUR FISHIN' TALE

**Submit your "Fishin' Tales" to: Danelle Ballengee, P.O. Box 1590, Dillon, CO 80435 or fax to (970) 262-5772, or e-mail to [Danelle@Colorado.net](mailto:Danelle@Colorado.net).**

### OFFICIAL RULES

**Your run must have been on an unpaved surface; limit of 1000 words; submit stories by January 1 for an upcoming edition of *Trail Times*. Be sure to include your name & address. Best of all, an AATRA T-shirt for the author of selected stories.**

September 5, 1999 Griffith Lodge, Breckenridge  
site of awards ceremonies for the Breckenridge Crest Trail Races  
started at 11:20 a.m.

**Attendance:** Eric Black, Luke Cammack, Adam Feerst, Elliott Henry, Nancy Hobbs, Megan Reville, Tom Sobal, Melissa Lee Sobal  
Unable to attend but sent information for review and discussion: Danelle Ballegee, Adam Chase

**Finances:** Nancy reported that our financial position is better than this time last year. This is primarily due to the renewing individual and corporate members and new corporate members along with mailing labels sold (less those that checked off the box to not include on mailing list) to *Runner's World* magazine. We have income of approximately \$3000 and expenses just a bit lower. The majority of costs are postage and newsletter printing. Nancy prepared a report about the impact of *Trail Runner* magazine subscriptions for members to be discussed in the next agenda item.

**Trail Runner magazine/AATRA relationship:** Adam Chase and Nancy have had a lengthy meeting with the organizers of the new TR magazine. TR will be published in Boulder by the same folks who do Rock and Ice. It'll be 6X the first year and have a sub rate of \$14.95. In June, Adam and I proposed that AATRA members would receive TR as part of their membership for a nominal fee from our association but for no additional cost to members and that TR would provide some space to AATRA in TR for ads/editorial. We initially spoke about 2 pages per issue and then we would cut our publication of newsletters for AATRA to 1 or 2 per year. Discussions have progressed and now we are working to negotiate a final agreement. As it stands, AATRA will receive ½ page ad in each of the 6 TR mags for '99-2000. We have not yet agreed to the price for each subscription. Danelle is concerned about the amount of money the subs will cost AATRA. Tom was concerned about benefits to AATRA members if we drop publishing a few of the newsletters. Nancy suggested that we direct our efforts to additional items such as a race director publication and a beginner trail running kit/pamphlet. Tom also expressed concern about how TR will impact our association. Adam wanted to get feedback on what the ½ page would be used for. Discussion focused on printing our membership form, our mission statement, goals, upcoming meetings and tips. Tom also suggested that AATRA has a great resource/data bank of writers and trail experts. Nancy said that TR was planning to do an ask the experts column and that AATRA folks could help support in responding to questions. Eric suggested that we survey the members as to what they would like to see with the TR/AATRA relationship. Though a very good idea, we may not have enough time. Danelle also suggested that in our Fall AATRA newsletter, we attach a survey for our members on various topics. Nancy mentioned that she is working on the TR annual events calendar and will have at least 700 national/some international events for the publication. The 2000 calendar will be included with the first TR issue and also as extras for races, etc. In wrapping up the discussion, Nancy provide dollar figures and stated that the membership hovers around 85 individuals (some don't renew, joining at different times, etc.), she stated that the database is well over 1600 names and that we print and distribute about 250-275 newsletters per issue. Nancy suggested that we cut down to 2 issues per year and make them a bit smaller for less postage and that they are only mailed to AATRA members. This would afford us the sub rate to TR for AATRA members of approximately \$8-\$10. Nancy and Adam will meet with TR staff to finalize the arrangements.

**Website:** Elliott has been doing a great job with the website and the site has increasing activity, more than double from this time last year. Elliott gets lots of requests for links. Nancy thinks the site will have additional hits as TR debuts especially since the site names are so close in trailrunner.com and trailrunnermag.com.

**Newsletter:** The Fall newsletter will go to press in early October. Nancy

can use some articles and ideas for the upcoming newsletter. We have no fishin' tales winner yet for the fall.

**Publicity:** AATRA continues to receive requests from the media. Most recently featured in ESPN.com and in *City Sports* magazine in California. *Runner's World* printed our phone number and web address in the October issue and the office is receiving more calls and requests for information probably as a result of the article. Adam and Nancy wrote an article on bandits that was printed in *Rocky Mountain Sports and Fitness* and reprinted in the *Buffalo Enquirer* (Sacramento running club publication). We continue to get media requests for information and feedback primarily on stats and ways to get into trail running.

#### Other business/ideas:

**Front Range Snowshoe Race:** Adam (Feerst) said that he had received many requests for a front range snowshoe race. He is willing to direct such a race if he gets support and has a consensus on a site. Options for site include Henderson Mine, Echo Lake, Bakersville (Tom's suggestion), Bethoud Pass. Tom suggested that Adam also speak with Darrin Eisman. Tom will keep in touch with Adam (Feerst) regarding the potential race.

**Race Director Publication:** Tom and Nancy will meet this Fall to put together the race director handbook/publication. We would like to have the publication funded and provide as a benefit to members.

**Local/Regional Reps:** Elliott wondered about the local/regional rep idea. He has had requests via email for contacts in various regions. Nancy said that it was a good idea, one that had been tried initially but not enough support from people willing to be the reps. When requests come in for "local" experts, Nancy usually refers people to a race director or running club or store in the area.

**Leave No Trace:** Megan Reville was in attendance to provide some information on the Leave No Trace program. Megan spoke about the program as asked for support and ideas from AATRA. She provided a brochure for further details on the program. Nancy said that Ellen Miller was working on the trail days program for AATRA with the forest service and that we were supportive of the Leave No Trace concept. Nancy asked Megan to send some information to her for the newsletter.

**AATRA supported race:** During the past year we have discussed putting on an AATRA supported event. Nancy presented an idea for a race that she and Matt Carpenter were working on. The race would be on Barr Trail from the base to Barr Camp as a fundraiser for Barr Camp. Tom suggested that the funds be split between Barr Camp, Friends of the Peak and AATRA. Nancy suggested a split of 50% proceeds to Barr Camp and 25% each to AATRA and Friends of the Peak. Adam and Danelle both had provided feedback that the race (as long as it didn't compete with Pikes –from Adam) they would support it. Member Kevin Cooney also expressed positive feedback on the idea. After receiving positive support, Nancy said that she would prepare the permit application for the US Forest Service for Sunday, August 13, 2000. It takes the Forest Service 4 months for review and they charge a minimum of \$75 or percentage of gross receipts less awards.

**Adjournment:** Meeting adjourned at noon.

**Next meeting:** We will poll the group to see if Tom's snowshoe race in Leadville in December is the best site and date for the next meeting.

**IMPORTANT:** The trail calendar highlights just a few races since a full race calendar is included as an insert with this issue for AATRA members. There is also updated calendar information on our website.

### Saturday, October 23

*Harvest Harrier - 5K*

**LOCATION:** Glenwood, MD

**START:** 9:30 a.m.

**ENTRY FEE:** \$15; \$20 late.

**DESCRIPTION:** Open fields, corn trails, wooded trails and stream jumps.

**CONTACT:** Janell Coffman, (410) 313-4715, www.hcrpsports.com/runners.htm

### Saturday, October 30

*Napa Valley Fall Trail Races - 26.2, 13.1 and 6.2Miles*

**LOCATION:** Bothe-Napa Valley, CA

**START:** 9:00 a.m.

**ENTRY FEE:** \$30; \$35 late.

**DESCRIPTION:** Hilly wooded course.

**CONTACT:** Dave Horning, (415) 868-1829, www.envirosports.com

### Sunday, October 31

*Wunderlich Wilderness Wrans - 4.25&10.25Miles*

**LOCATION:** Woodside, CA

**START:** 9:00 a.m.

**ENTRY FEE:** \$20; \$25 late

**DESCRIPTION:** Mild trails, scenic loop course.

**CONTACT:** Sky High, (510) 223-5778.

*Niketown Off Road Challenge - 4&8 Miles*

**LOCATION:** Kaneohe, HI

**START:** 8:00 a.m.

**DESCRIPTION:** 100% trails at Kualoa Ranch, Oahu. Challenging.

**CONTACT:** Richard Varley, (808) 956-4398, www.maukamakai.com

*Haunted Texas Trail Runs - 13.5&27M*

**LOCATION:** Burnet, TX

**START:** 7:00 a.m.

**ENTRY FEE:** \$30; \$40 late

**DESCRIPTION:** Trails with some park roads. Benefit for Inks Lake Trail Fund.

**CONTACT:** Rick Lewis, (512) 663-4927, www.tpmarathons.org

### Saturday, November 6

*Veterans Day XC Championship - 5K*

**LOCATION:** Northport, NY

**START:** 10:00 a.m.

**DESCRIPTION:** Loops through golf course and wooded trails. 60% grass, 40% dirt.

**CONTACT:** Dennis Golden, (516) 424-7169, www.nrccrun.org

### Sunday, November 7

*Mid-Atlantic XC Challenge - 5K & 13.1M*

**LOCATION:** Newark, DE

**START:** 10:00 a.m.

**DESCRIPTION:** Varies from hilly to fairly flat. One creek crossing in the half marathon that can be knee high!

**CONTACT:** MACCC Director, (302) 234-2204, website is: <http://sites.netscape.com/dina2000/macc.html>

### Saturday, November 13

*Rock Ledge Rumble - 50Kand 25K*

**LOCATION:** Irving, TX

**START:** 7:30 a.m.

**ENTRY FEE:** \$35; \$45.

**DESCRIPTION:** Also a 50K relay. Trails on the north shore of Lake Grapevine. Limit to 200.

**CONTACT:** Jay & Betty Norman, (972) 556-1347, www.ntrr.org

*Harford Park Y2K - 5K*

**LOCATION:** Bel Air, MD

**START:** 8:00 a.m.

**DESCRIPTION:** New race this year. On the MA & PA trail.

**CONTACT:** Cathy Burley, (410) 638-3559, www.rasac.com

### Sunday, November 14

*After the Leaves Have Fallen - 20K*

**LOCATION:** New Paltz, NY

**START:** 11:00 a.m.

**ENTRY FEE:** \$8; \$10 late

**DESCRIPTION:** Lake Minnewaska State Park. Carriage paths with gradual but long climbs. Circles two glacial lakes and parallels several granite cliffs. Elevation changes. Very runnable.

**CONTACT:** Beth Glace, (212) 434-2717.

### Sunday, November 21

*Burlingame Trail Run - 7.9M*

**LOCATION:** Charlestown, RI

**START:** 11:00 a.m.

**ENTRY FEE:** \$8; \$10 late

**DESCRIPTION:** Flat, fast course which includes 5.7M of trail and 2.2M of tar roads. Loop around the lake, no major hills but some slippery log crossings.

**CONTACT:** Geneveve Kurdziel, (401) 596-3361.

*Heritage Greenway 5 Mile Trail Run*

**LOCATION:** Conowingo, MD

**START:** 8:00 a.m.

**ENTRY FEE:** \$20

**DESCRIPTION:** 100% gravel trail run.

**CONTACT:** Rob Bartholomew, (410) 272-1064, www.rasac.com

### Thursday, November 25

*Turkey Trot - 10M*

**LOCATION:** Santa Monica Mtns., CA

**START:** 7:00 a.m.

**DESCRIPTION:** Loop course on trail,

club event, no fee. Several stream crossings, magnificent views of Santa Monica mountains.

**CONTACT:** Stan Swartz, (310) 458-3757, website is: [geocities.com/colosseum/track/2844](http://geocities.com/colosseum/track/2844)

### Saturday, December 4

*Vail Nordic Center 4 Miler- SNOWSHOE*

**LOCATION:** Vail, CO

**START:** 6:30 p.m.

**ENTRY FEE:** \$12; \$15 late.

**DESCRIPTION:** Demanding course. Off track, partial to no grooming on course.

**CONTACT:** Pedal Power, (970) 845-0931.

### Sunday, December 5

*Day of Infamy - 8K - SNOWSHOE*

**LOCATION:** Glenwood Springs, CO

**START:** 10:00 a.m.

**ENTRY FEE:** \$10; \$12.

**DESCRIPTION:** Climb 860 feet with equal descent. At Ski Sunlight.

**CONTACT:** Dorothy Howard, (970) 945-7491.

### Sunday, December 12

*Lasse Viren 20K*

**LOCATION:** Malibu, CA

**START:** 9:00 a.m.

**DESCRIPTION:** Point Mugu State Park. Big sycamore trail course with 600 feet climbing. Gradual descents to finish.

**CONTACT:** Steve Blum, (805) 652-1744.

### Saturday, December 18

*Huntington Ultra Frigid 50K*

**LOCATION:** Huntington, IN

**START:** 8:00 a.m.

**ENTRY FEE:** \$25; \$30 late.

**DESCRIPTION:** Gently rolling wooded trail at the Huntington Reservoir. Held on the Kekionga Mountain Bike Trail along the banks of the Wabash River.

**CONTACT:** Mitch Harper (219) 456-1381.

**Be sure to check with the event contact prior to heading to a race to find out about any last minute changes.**

For additional information on ultra distance events, contact *Ultrarunning* magazine, (413) 586-1971. For information on snowshoe events, contact *The Snowshoer* magazine, (651) 523-0666. Both publications offer discount subscription rates to AATRA members.

Trail running is one of the fastest growing outdoor sports in America and a new magazine will appeal to the beginner and enthusiast alike. *Trail Runner*, the first nationally distributed, four-color magazine devoted solely to off-road running, will hit newsstands by November 26, 1999.

“The sport is the mountain biking of running,” says Dougald MacDonald, Publisher. “It’s exciting to give a voice to this adventurous and growing community.”

With six issues in its first year, *Trail Runner* will be published by North South Publications, which also produces the climbing magazine *Rock & Ice*. Both publications are based in the outdoor sports mecca of Boulder, Colorado.

*Trail Runner* will cover all aspects of off-road running, from leisurely fitness runs to grueling mountain ultra marathons. Snowshoeing, adventure racing, orienteering, and other trail running derivatives are also included in the content. Readers will be informed and entertained with interesting news coverage, useful training and nutrition advice, critical product reviews, and inspirational destination features.

With an initial press run of 45,000 copies, *Trail Runner* will be distributed through specialty outdoor and running retailers, outdoor chains such as Eastern Mountain Sports and REI, broader newsstands, and targeted events. (See page two for a special deal for AATRA members.)

For more information visit the magazine’s website at [www.trailrunnermag.com](http://www.trailrunnermag.com) or call (303) 499-8410.

**From *Trail Runner***

**It’s our mission to excite, entertain and enlighten trail runners of all ability levels with stunning photography and invigorating editorial content.**

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Miles/week on trails \_\_\_\_\_

Favorite Trail Race (include location and distance):  
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trail shoe last season. That shoe has been slightly modified for fall 1999 as the 802, which offers the same technical features of its popular predecessor with some minor changes. New Balance has also continued with the 700 series, which becomes the 702 for Fall 1999. The primary differences between the 802 and 702 are that the 802 has Abzorb in both the mid and rearfoot, while the 702 has only rearfoot Abzorb, some upper and cosmetic additions to the 802 and a \$15 price difference. Oh, and the 702 weighs less. New Balance also introduces the 902 for the fall season as an all-terrain cushioned shoe with extra stability. The 902 midsole incorporates a TPU medial post for pronation control, dual Abzorb and two densities of "C-Cap" compression molded EVA. The upper features an "Exoskeletal Support System" for added midfoot support. True to New Balance's reputation, all three of these styles are offered in several widths in both the men's and women's models.

### Nike

Nike's "G-Tek" traction concept was inspired by the hooves of mountain goats and, under the right conditions, do a fine job of mimicking the performance of ungulate feet. The idea is that three sets of sticky rubber pads that are backed with soft Poron foam and surrounded by hard carbon rubber to grip and conform to varying types of terrain. The shape and placement of the soft pads is designed to maximize uphill and downhill traction.

The skinny on G-Tek is that it worked very well on hard surfaces, including roads, regardless whether they were wet or dry. On soft surfaces, however, the outsole did not fare as well. On snow, the shoes did even worse. The problem is that G-Tek gets its traction from compression of the soft rubber pads, which allows the carbon rubber to grip the trail. If you are running on a sandy, muddy, or snowy trail, there is no compression and the carbon rim never gets to do its biting.

Maybe I'm just a sore loser who is upset that Nike discontinued my all-time favorite trail shoe, the Terra Albis, but Nike's fall 1999 and spring 2000 lines are a retreat from their past successes and offer little ingenuity. Many of the shoes are, however, well made, stable, durable designs that incorporate some of Nike's attractive technologies, such as Zoom Air and Air Sole units for cushioning and fabric webs for stone bruise protection. The Air Terra Wild is a women's-only technical trail shoe that received a glowing review from a local female trail fanatic. The Air Crested Butte offers G-Tek in a Gore-Tex lined shoe.

### The North Face

Finally, a shoe that was designed for long-distance trail running and extreme conditions! The North Face's Ultra 100, true to its name, is a stable, aggressive, durable trail shoe that incorporates a firm midsole that is good over the long haul. In addition to a novel two-tier lacing system, the breathable mesh uppers feature gaiter attachment points and, for an additional \$10, you can get some lightweight gaiters that work well to keep out trail debris. The Ultra 100 midsole is constructed with "Roll Control" dual density EVA and composite fiber in the midfoot for support and stability and X2 inserts under the heel and ball of the foot for cushioning. I foresee this shoe becoming a favorite of those entering Hard Rock and other more extreme races where the shoe (and its wearer) has to live up to a lot of abuse. The Fire Road is also new for the season to come. It is more tame than the Ultra 100 and does well on mixed terrain.

### Puma

Two seasons ago I made fun of Puma for manufacturing a trail shoe that was better suited for an Elton John concert because its midsole was so elevated. Last season Puma did not make a trail shoe. This season, Puma has managed to pull it all together by producing two trail shoes, both of which are well made. The Trail XC uses Puma's iCell technology in the heel of the midsole to offer a low profile with adequate cushioning. This shoe is a lighter weight shoe and certainly handled like a running shoe, without sacrificing durability or feeling flimsy. Puma got it right with the Trail XC! The Cell Lhotse is a more substantial shoe than the XC and is a better choice for those who need more cushioning and support. The Cell Lhotse has Puma Cell in both the heel and arch, ArchTec to provide stability in the arch, and a premolded EVA sockliner for added cushioning.

### Reebok

Billed as an "off-trail" running shoe, Reebok's Armadillo really surprised me as a performance shoe that felt lighter and faster than what I had expected would feel like an SUV for my feet. I won't say the shoe was like a racing car, but it outshined all of Reebok's previous attempts at trail shoes by a long shot. Reebok got smart and took the capricious DMX technology out of its trail shoe, replacing it with a more stable Ultra Hexalite for rearfoot cushioning. The rest of the Armadillo is true to the shoe's name, with a durable, rugged upper that is well crafted and not overdone. Not that it is all that important, but the Armadillo is also a very attractive shoe.

### Saucony

Saucony's Kyotee is a lightweight performance

trail shoe that provides plenty of traction and adequate cushioning for the trails. The outsole has an aggressive, multidirectional tread pattern and incorporates carbon and sticky rubber for durability and grip. The midsole consists of compression-molded EVA with a heel GRID Technology unit for shock absorption. The upper is pretty much a standard high-quality Saucony running shoe with an "arch cookie" and an Achilles flex notch. The Kyotee II, which will be released in the second quarter of 2000, will have a completely different upper as well as dual-density midsole and a medial post for added support. The outsole will also be reconstructed for greater stability.

### Salomon

You may be familiar with Salomon's rugged adventure racing image, one that the company earned by putting their footwear to the test on the feet of winning teams in Raid Gauloises and Eco Challenge. The Raidwind can withstand multiple days of pounding through extreme conditions and while running, hiking, fastpacking, climbing, mountain biking, etc. Sounds pretty good for a trail runner, yes? Well, that depends. If you want a stable, well-constructed, durable shoe for multi-sport use and if you need that shoe to be relatively light for what it offers, then the Raidwind and Raid C/D ClimaDry, waterproof-lined version, are excellent choices. However, if you are using your shoes for the sole purpose of running trails, the Raidwind and Raid C/D may be more than you need. Nonetheless, Salomon has put together an excellent shoe that will stand up to as many miles as you want to log during a single effort and over whatever terrain and in whatever conditions you can tolerate.

### Timberland

Fortunately for trailrunners, Timberland has decided that our sport deserves its concerted effort and, accordingly, the company has jumped feet first into the market with a number of styles. Timberland brings to the trail shoe market a wealth of technologies and advanced materials and has managed to incorporate those into the shoes tested for this review. The

(continued on page 9)

Ravine is a sporty shoe that has a novel "speed lace" fastening strap that ties into the heel for added stability. Depending on how your foot and ankle are shaped, the strap may rub you the wrong way, so try the shoes on before you buy them. The rest of the Ravine is a well-made, solid trail shoe. The Thruway is designed for more tame trails and does well on pavement as well. It was built with comfort in mind, but is burly enough to stand up to more

rigorous terrain. All-in-all, these shoes represent a pretty admirable effort on Timberland's part and we should look for this company to make some progress in the trail arena in seasons to come. As a minor observation, Timberland's shoelaces outperformed all of the others that came with the shoes tested for this review. They never came unlaced and retained a fair amount of flexibility across the instep.

### Vasque

Exodus Avanti is a multi-use shoe that would be suitable for *very* rugged trails. Vasque will be coming out with trail "running" shoes next year, but in the meantime, the Avanti moves in that direction as a shoe built for fastpacking, cross training, and speed hiking. It features a new Trail Tread rubber lug design from Skywalk. The lug design offers great traction over varied trail conditions. The dual density Phylon midsole offers superior support and cushioned comfort while allowing the natural strike and roll motion of the foot. The unique VST (Vasque Shank Technology) shank is shaped to add support under the arch of the foot without using steel. Manufactured of durable lightweight nylon, the shank is combined with the midsole and outsole to offer support and comfort for quick trips with small loads over trails. The uppers are a combination of leather and nylon for durability but not lightness. At an additional cost, you can purchase the Exodus Avanti with a Gore-Tex lining.

## Recommendations by Runner Type

### Hard Rocker (Rugged and Durable)

North Face Trail 100  
Montrail Vitesse  
Salomon Raidwind

### Women Rule (Women's Shoes)

Nike Terra Wild  
ASICS GEL Trabuco  
New Balance 802

### 12-Stepper (Support)

adidas Brahma  
ASICS GEL Trabuco  
Brooks Gila  
New Balance 902

### Dough Boy (Cushioning)

adidas Radiant  
New Balance 902  
Puma Lhotse  
Reebok Armadillo

### Jack-be-Nimble (Fast and Light)

adidas Boost  
adidas Incision

### Jack-of-All-Surfaces (On and Off Road)

adidas Estes  
ASICS GEL Nandi DS  
Brooks ASR Light III  
New Balance 702  
Nike Goatek  
Puma Trail XC  
Saucony Kyotee

### Amphibious Unit (Water Proof)

Etonic Dri-Frogger

### Parsimonious Prancer (Good Value)

adidas Savage  
Fila Ancerus TR  
New Balance 702

### What Our Members Wear

Nike - 31%  
Adidas - 27%  
New Balance - 12%  
Montrail - 11%  
Asics - 8%  
Brooks - 6%  
Saucony - 2%  
Fila, North Face, Salomon - 1%

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it took me to finish. \*\*\* I did it! \*\*\*  
Fast? I was passing rocks and trees like they  
were standing still. \*\*\* Any ultra you can  
walk away from is a good race. \*\*\* I reek  
like a roadie who's toured for a year with the  
Sex Pistols. \*\*\* Man, they should put me out  
to stud! \*\*\* Wanna do a cool down? \*\*\*

This story is excerpted from *There's Nothing  
Funny About Running* (208 pp./\$14.95) by Tim

Martin. The book is a light-hearted,  
introspective look at the sport of running and  
the people who embrace it.

This collection of over sixty snappy  
short stories is filled with illuminations and  
personal observations that allow you to  
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courage of running.

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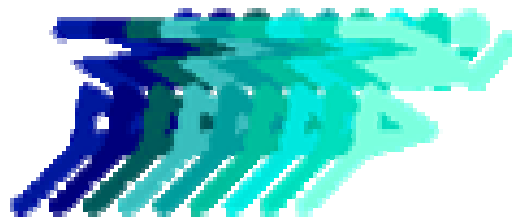
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### GOALS OF AATRA

- ◆ Compile & publish a comprehensive listing of nationwide trail running events
- ◆ Provide additional member benefits
- ◆ 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 AATRA sponsored & supported events
- ◆ Be sensitive to the environment.
- ◆ Provide a forum whereby the business of the sport can be discussed and organized



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The number of trail running shoes on the market is escalating at a pace that is even faster and steadier than Ian Torrence. And it just keeps getting quicker. A little more than two years ago, when I wrote my first fall trail shoe review, there were only 13 pairs of shoes from 10 manufacturers. The number of shoes has more than tripled, as this review features more than 40 pairs from 14 manufacturers.

Given the vast number of shoes from which to pick and the limited attention span of trailrunners, I will keep my comments to a minimum and discuss each manufacturer's shoes as a group. I will also offer recommendations on the basis of runner types. Please note that some of the shoes featured in this "review" will not hit the shoe stores until early 2000, so a few models tested were prototypes that may be further refined before they are ready for market.

### adidas

If you are looking for a very lightweight and nimble shoe that fits like a slipper and stings like a bee (runs like a gazelle?), the [Equipment Boost](#) is a prime choice. The Boost is the lightest shoe tested for this review. Both the [Incision](#) and the [Boost](#) have a unique medial midfoot cut-out construction that appears a bit barren, but, once you try it, it will make you wonder why other shoes have so much bulk. Both the [Boost](#) and the [Incision](#) are somewhat minimalist when it comes to support and protection, although the adiPRENE and adiPRENE+ do a remarkable job absorbing the impact of hard surfaces without being soft to the point where the shoes lose propulsion efficiency.

The entire line of adidas trail shoes boasts "TraXion" outsoles. The TraXion feature is a crossover from adidas' soccer background that uses penetrating, aggressive, cleat-like treads that offer stability and increase forward propulsion. Another feature that appears in most of adidas trail line is the TorSion system, designed to provide midfoot support by allowing the heel and rearfoot to act independent of one another. Other features that show up in adidas extensive line of thoughtfully-designed and gimmick-free shoes include the "Feet You Wear" last, open or water-resistant mesh uppers to allow for quick moisture exit, Three-Stripe overlay support for a snug fit, and a "Road Zone" built into the outsole for a smooth ride when off the trail.

If you are a heavier runner or require more support or protection, the [Radiant](#) and [Response Trail 5](#) are attractive choices. The [Brahma](#) is a lightweight trail shoe that does well on both trail and road with extra stability. The [Brahma](#) is such an improvement on the Al Fresco and Al Fresco 2 that adidas completely changed the name. Finally, the [Estes](#) and

[Savage](#) are affordable on-and-off trail shoes that perform well on almost any surface. adidas has done an outstanding job with its trail line and I commend it for avoiding the urge to rest on its laurels. While other manufacturers have pursued the trail shoe market, adidas has maintained a hegemonic role and continues to strive for better technologies and set a pace that has kept its trail shoes ahead of the pack.

### ASICS Tiger Corp.

Named for the Kenyan village that has produced many a fleet-footed runner and for a Southern California trail running venue, the [GEL-Nandi DS](#) and [GEL-Trabuco](#), respectively, represent the high end of ASICS' trail line. The [GEL Nandi DS](#) (DuoSole) features an outsole that layers both AHAR (ASICS High Abrasion Resistant) and a spongy substance that, although unique, added little to the shoe other than weight once it absorbed moisture. The [GEL-Trabuco](#) offers DouMax medial support for mild pronators. The combination of midsole features in both the [Nandi](#) and [Trabuco](#) — which lacks some of the attributes of the [Nandi](#) — make for a supportive and well-cushioned ride. Both of these ASICS shoes are excellent for running on and off the trail and, unlike some trail shoes, feel more like running shoes than light hiking boots, which makes sense given that 1999 marks the company's 50th year in footwear manufacturing.

### Brooks

The [Gecko II](#) continues Brooks' commitment to the unique TerraPod mid and outsole design, and the [Gila](#) takes the concept one step further with a thermo-polyurethane (TPU) plate called "DRB Accel" and a Diagonal Rollbar in the midsole for motion control and stability. The [Gila](#) also sports a Hyper-Dri lined upper with a climate control fabric from Polartec. Brooks designed the TerraPod for improved traction and more natural foot motion, flexibility, and comfort. To add cushioning and support, the [Gecko II](#) and [Gila](#) have HydroFlow ST in the heel and HydroFlow in the forefoot for cushioning and protection. Finally, both of those shoe styles and the [ASR Light III](#) offer low profile midsoles and Crumple None configured outsoles for smooth heel strikes. These three styles make up Brooks' "All Season Running" line and are suitable for rough trail running and long miles.

### Etonic

The [Dri-Frogghopper](#) makes it on the short list of truly unique designs for the Fall '99-Spring 2000 season, especially for running during the wetter and snowier months. The merits of having a waterproof running shoe are debatable, given that the benefit of dry feet when running through dewy grass or

underbrush rarely outweighs the negative of running in what ends up feeling like heavy buckets after the shoes get wet. Many shoes have been touted to be "waterproof", but moisture invariably gets into the shoe, either through the ankle or by way of perspiration due to reduced breathability. However, for those who train on wet trails, Etonic has addressed the ankle penetration problem with the advent of the [Dri-Frogghopper](#). With a built-in GORE-TEX lined gaiter that extends 5.5 inches above the shoe, the [Dri-Frogghopper](#) actually keeps you dry. That is, assuming your feet do not sweat. As with the [Dri-Frogghopper Low](#), the [Dri-Trainer](#), and the [Dri-Ouback](#), the [Dri-Frogghopper](#) is a relatively rigid shoe that does well in snowy conditions, especially for runners who desire substantial support. The shoes should not be purchased for use in hot weather or for those who find foot flexion to be important to their trail running.

### Fila

Fila has been busy restructuring its running line over the past couple of seasons and, after scrapping the Fila Outdoor concept, there was concern that the company would completely abandon what had been a tremendous effort to build a superior line of trail shoes. Those fears have been partially allayed with the introduction of the affordable, comfortable, and attractive [Ancerus TR](#). The [Ancerus](#) performs well on and off the trail with a relatively simple design that results in a solid and stable shoe that has enough cushioning for the trail without losing the feel for the trail. The [Delta Trail](#) is an equivalent shoe with the addition of an arch shank for support.

### Montrail

These days Montrail and its [Vitesse](#) have understandably become synonymous with trail running, especially in the ultrarunning world. With its firm midsole, the [Vitesse](#) does a remarkable job of feeling the same on the first mile of a long run as on the last mile. Montrail's mountaineering and hiking background help explain why the [Vitesse](#) and [Jura](#) are so rugged and durable. The [Vitesse](#) is the lightest of its kind — sturdy, stable, and trail proven. The [Jura](#) is a beefier shoe that incorporates Montrail's TerraFlex 2000 cushioning and stability, an Integrafit three-

(continued on page 8)

dimensional shaping system, and advanced tread design for use on both trail and road.

### New Balance

It has been reported that New Balance's [801AT](#) (All Terrain) was the biggest selling

Nigel Finney, Edina, MN  
*White Dive 50 Miler; Wahsatch 100*  
 George Velasco, Bishop, CA  
*Western State 100; Angeles Crest 100*  
 David Cotter, South Lake Tahoe, CA  
*Way too Cool 50K*  
 Robert Hansen, MD, Salt Lake City, UT  
*Wahsatch Steeplechase*  
 Barry Valko, Troy, MI  
*Vasa Trail Run*  
 Helen and John Stergius, Colo Springs, CO  
*Uwharrie 40 miler, Troy, NC*  
 Ken Christensen, Cedar, MN  
*Timberwolf Run, Ely, MN*  
 Marcus Speckhahn, Escondido, CA  
*The Dipsea*  
 Laura Pless, Copper Mtn., CO  
*Shut In Ridge & Breckenridge Crest Marathon*  
 Richard Munger, Asheville, NC  
*Shut in Ridge*  
 Jeff Blackwell, Edmond, OK  
*Rockledge Rumble 50K, Grapevine TX*  
 Clayton Johnston, Jasper, GA  
*Ranger Run*  
 Sheldon Nicol, Joliet, IL; Mark Nesfeder,  
 Harrisburg, PA; Lois Cook, Ukiah, CA; Brian  
 Lematta, Albuquerque, NM  
*Pikes Peak Ascent and Marathon*  
 LeNore Ralston, Fountain, CO; David White,  
 Florissant, MO; Bill Harvey, Ft Meyers, FL;  
*Pikes Peak Ascent*  
 Dave Tattan, Zeeland, MI; Albert Threlfall, Colo

Springs, CO  
*Pikes Peak Marathon*  
 Bob Whitney, Colorado Springs, CO  
*Pony Express*  
 John Dickey, Brentwood, MO  
*Pere Marquette Run*  
 Woody Keen, Cedar Mtn., NC  
*Mt. Mitchell Challenge 40 Miler*  
 Steven Griffith, Louisville, CO  
*Mosquito Pass; Turquoise Lake 20K Snowsho*  
 Ellen Miller, Vail, CO  
*LT 100/SkyMarathons*  
 Pam Cruse-Sollazzo, Ft Collins, CO  
*Leadville 100; Mosquito Marathon*  
 Jo Ann Beine, Littleton, CO  
*Leadville 100; Collegiate Peaks, Mosquito*  
 Victor Nemudrov, Albuquerque, NM  
*La Luz 9.2 miler; Man against Horse 50M*  
 Anthony Collier, Vancouver, WA  
*La Luz*  
 Shelley Lancaster, Indianapolis, IN; Mark Larter,  
 Boulder, CO  
*Kokopelli*  
 Carolyn Erdman, Silverton, CO  
*Hardrock 100*  
 Kathy Rondeau, Larkspur, CO  
*Hamlin Scramble*  
 Kevin Cooney, Boulder, CO; Michael Travis,  
 Boulder, CO  
*Telluride Get High*  
 Mark Mannering, Toronto, Ontario, Canada  
*Ganaraska 25/50K; Horseshoe Valley, Ont.*

Ernie Rambo, Las Vegas, NV  
*Forest Challenge, Lee Canyon, NV*  
 Dan Brannen, Morristown, NJ  
*Escarpment Trail Race*  
 Deb Balaz, Bozeman, MT  
*Ed Anacker Bridger Ridge Run - 19.4 mile*  
 Ruth Anderson, Oakland, CA  
*Dick Collins Fire Trails 50M*  
 Rick Olson, Capistrano Beach, CA  
*Catalina Run For Sight*  
 Kevin O'Connor, Midlothian, VA  
*Bull Run 50M*  
 Andy Nauman, Thornton, CO; Martha Lunskey,  
 Frisco, CO; Art Howells, Colo Springs, CO  
*Breckenridge Crest*  
 Phil Mislinski, Boulder, CO  
*Basic Boulder Mountain Marathon*  
 Jim Dill, Indianapolis, IN  
*Barkley Marathon*  
 Patty Van Devander, Castle Rock, CO  
*Aspen Golden Leaf 1/2 Marathon*  
 Peter Brunn, Indianapolis, IN  
*AR 50; Le Grizz; Western States*  
 Ian Torrence, Boulder City, NV  
*Angeles Crest 100*  
 Dan Bigelow, Woodstock, NY; Paul  
 Muessig, Wallkill, NY  
*After the Leaves Have Fallen 20K*  
 Melissa Butler, Phoenix, AZ  
*100 miler in Phoenix Mtn. Reserve*



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