



All American Trail Running Association • Volume 5, No. 15 • Winter 2000

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

## Eating for the Long Run

by Lisa Dorfman, MS, RD, LHMC

The millennium's training season has just begun! While you're busy building up your mileage, think about a new millennium dietary prescription to optimize your training and performance for the coming year.

It doesn't have to be something radical since the same rules apply year after year. While carbohydrates continue to lead the race for the best fuel for training, racing and recovery, consuming a plate of pasta, raw carrots, fresh fruits and grains still doesn't work. Even an abundance of scientifically designed sport bars, shakes, drinks and gels may ruin the best intentions.

### Back to basics

For running or other endurance events that last more than 90 minutes, the body requires muscle and liver to "give it up." The it — *sugars* (glycogen) only lasts about two hours. Therefore, pre-trail snacks, beverages and foods consumed during your run have been shown to energize up to 1/2 your needs, particularly when you've used all your stored carbohydrate fuel and need to call on fat to finish the job.

Actually, energy losses can begin long before you take your first step. Controlled and uncontrolled factors can contribute to gradual glycogen losses over time. Inadequate daily carbohydrate intake, poor tapering, weather changes, high altitude or running intensity can use up additional fuels and dip into the glycogen well. Flat, heavy or stale workouts or races are signs of glycogen deficiency.

To prevent your glycogen well from drying out, a

minimum of 4 grams carbohydrate per kilogram body weight must be consumed daily to keep up with training demands. For example, a runner who weighs 150 pounds (70 kilograms) will need at least 280 grams daily to adequately replenish glycogen stores. Research has shown that athletes who train heavily on successive days may actually need about 500-600 grams carbohydrates or about 7-10 grams/per kilogram body weight daily.

### A Load of Carb

One method of ensuring adequate carbohydrate fuel before the long run is called glycogen loading. It allows you to pack in two to three times the normal amount of glycogen in the muscle. The key to effectively using this technique is to plan ahead since it takes a total of seven days before the race to actually execute. Just like marathon training, in order for the glycogen loading technique to be effective, months of healthy eating (barring the occasional splurge or two) is critical.

To maximize the amount of glycogen your body can hold without ill effects, you need to:

- ◆ Consume a minimum of 60-75% carbohydrate diet for training;
- ◆ Be endurance trained or it won't work. Endurance training increases the activity of glycogen synthetase, the enzyme responsible for glycogen storage.
- ◆ Train extra hard for big events so when you go to taper, it's actually a taper. In the final three days before the race, you need to reduce your training, otherwise glycogen will be used and the procedure will be useless. Ouch, this is the tough part for most long distance runners, but it's critical for maximizing glycogen stores, resting and repairing muscle tissue.
- ◆ Train hard and deplete to specific muscle groups for your event. For instance, if it's a long distance trail run race, get out on the trails. A two hour mountain bike ride for a marathon won't cut it.
- ◆ Only use it for long distance events. Since the program does not improve speed and can add additional water weight, this method is not helpful for shorter distance events and may actually hinder performance. Don't use it for your local 5K.

### How much is enough?

In addition to fueling longer events, the pre race meal or beverage especially provides fuel when the last meal was consumed the evening or 15 hours total before. The pre-race meal requires enough carbohydrates, a ratio of one to four grams carbohydrate per your kilogram bodyweight, one to four hours before the racing, respectively.

*(continued on page 3)*

To calculate how much food or beverage that is, take the 150-pound runner:

### Next Meeting

The first AATRA meeting of the year will be held on Saturday, April 29 at 11:30 a.m. at our president's home in Boulder, Colorado. The meeting will follow an annual run and pot-luck brunch hosted by Adam Chase and his family. For location, contact AATRA.

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 Race & Club Members

*Event Marketing Group  
Imogene Pass Run  
Trail Runners Club  
Moose Mountain Trail Races  
Federation for Sport at Altitude (FSA)  
Oregon Road Runners Club*

### Corporate Members

*Alpine Dentistry  
Boulder Running Company  
Fila  
Montrail  
Nike  
Runner's World  
Salomon Designs  
Trail Runner magazine*

### Donors

*Turquoise Lake 20K  
Lou Meyers  
Randolph Shiraiishi  
David Eckley*



**Nancy Hobbs**  
*Executive Director*

**Adam W. Chase**  
*President*  
(303) 440-7149

**Danelle Ballengee**  
*Vice President*  
(970) 262-0477

**Eric Black**  
*Secretary/Treasurer*

**Ellen Miller**  
*Trail Advocacy*  
(970) 476-0374

**Elliott Henry**  
*Webmaster*

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

It has been a very busy and productive few months for AATRA with an influx of new memberships (many resulting from our ad in *Trail Runner* magazine), and numerous inquiries from national publications. In the next few months, our association will be featured in *Oxygen* magazine and in the *Orange County Register*. Many of the questions we receive refer to statistics and current trends in our sport. The number one question always seems to be, "Is trail running a growing sport?" For all of us who participate in the sport, either once per month or daily, the answer is a resounding "Yes." There are more people experiencing our sport, there are more races for runners to enjoy, and the industry is responding to our needs by providing new footwear, apparel, and energy supplements. The best recent news for our sport comes in the form of a new magazine, *Trail Runner*. Happily, AATRA has established a relationship with the publication and we look forward to a great future with *Trail Runner*.



On the electronic side, our website has seen increased activity, not only in returned surveys but we are also getting many requests to add new links to our site. The number of visits to our site has doubled from this time last year.

In between processing new memberships and responding to e-mails, I have frequent conversations with trail runners throughout the country. Not only do we receive questions about trail running specifics but we also get many questions this time of year regarding snowshoeing. Tom Sobal wrote a story for the *Snowshoer* (Sept/Oct '99) regarding snowshoe size restrictions. This article was placed on our website for feedback and we've gotten some interesting comments, one appears on page 10 of this newslet. We'll continue to track this debate and provide some updates on the website and at our next AATRA meeting.

With this issue of *Trail Times*, we introduce Lisa Dorfman on page one. We are fortunate to have a nutritionist as a contributor to this issue. Not only is she well-versed in her professional career, Lisa is an accomplished athlete and certainly knows how to relate her experiences to the reader. We share some website musings for your enjoyment, favorite trails of our members, meetings from the recent AATRA meeting, and a fun Fishin' Tale.

We hope to see you at the April meeting of AATRA which is preceded by a run. You can run as short or as long as you like, just subtract your run time from 10AM which is the time the pot-luck brunch begins. So, show up for the run, food, meeting, and good cheer. In the meantime, stay healthy and injury free.

Enjoy the trails, whether snow covered, wet and wild, or dry and dusty.

Nancy

Contributors to this issue of *Trail Times* include:

**Teri Adams-Fjellman**  
*Survey Results*

**Eric Black**  
*Meeting Minutes*

**Lisa Dorfman**  
*Running Nutrition*

**Diane Sherrer**  
*Finger Lakes Snowshoe Race*

**Erik Siewertsen**  
*Fishin' Tale*

No part of this publication may be reproduced without the written consent of AATRA.

### 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

Contact us with your comments:

All American Trail Running Association

P.O. Box 9175  
Colorado Springs, CO  
80932

(719) 570-9795 phone  
(719) 570-9729 fax  
trrunner@aol.com

### AATRA MEMBER STATISTICS

**67% Men, average age is 44**  
**33% Women, average age is 40**  
**Ages ranging from 19 to 76**  
**Representing 35 states, plus DC, Canada, Italy & the UK**

# Eating for the Long Run

(continued from front cover)

150 pounds (divided by 2.2) = 70kilograms and multiply this weight by:

- ⇒ 1 gram carbohydrate, 1 hour before = 70 grams
- ⇒ 2 grams carbohydrate, 2 hours before= 140 grams
- ⇒ 3 grams carbohydrate, 3 hours before= 210grams
- ⇒ 4 grams carbohydrate, 4 hours before= 280grams

Pre-race foods or beverages like Gatorade, sports bars, white toast or crackers, and low fiber cereals of less than 3 grams of fiber per serving, that are easy to digest, low in fiber and fortified in vitamins and minerals are best. Other good examples of carbohydrate-rich pre-race foods include: fruit or fruit juice, nondairy yogurt or bagel with jam. Depending on race time, your size and hence, carbohydrate needs, many other foods may also work for you.

During the race, 25-30 grams carbohydrates (100-200 calories) every half-hour can prevent a glycogen crash! However, no more than 60 grams of carbohydrates from drinks, food and "sport specific foods" per hour is suggested since it can cause an intestinal blowout. An 8-oz sports drink or ½ pack of sports gel every half hour is sufficient.

## After hours

The best time to replenish your thirsty glycogen stores is immediately after the run. At that time, blood flow is greater to the muscles. More sugar is sucked up by the muscle. Also, the muscle cells are more sensitive to insulin, which promotes glycogen synthesis. For you that means building back the muscle that you've depleted during your run at twice the speed. Wait two hours and you decrease your ability to build back by 66%. Do this repeatedly over time and you become overtrained, burnt, sick and injured.

Immediately after training or racing, eat at least two grams carbohydrate per kilogram bodyweight, 100 grams carbohydrate (440 calories) within 15 minutes to ½ hour after, and an additional 100-gram feeding every two to four hours until your last major meal. Since eating may not be your priority after finishing a race or normal training run, consuming food could be a challenge

## Designer foods and beverages

Finding a high-carbohydrate, nutritious fuel

source that's tolerable when experiencing racing jitters or post race flutter is always a challenge. Sport bars with 150-300 (plus) calories composed of complex and simple carbohydrate blends with varying amounts of high quality protein, unsaturated fat, vitamins, minerals and fiber can be ideal.

The latest ingredients to boost the "marketing value" of bars are "expresso shot" doses of caffeine, herbs and antioxidants. The energy bar Companies' sport specific bars join the current trend of adding the three "Gs": Guarana, Ginseng and Ginkgo Biloba to sports food products. These herbs can potentially act as antioxidants, stress reducers and energy enhancers and aid in recovery. However, buyer beware.

Some herbal additives act as physical and mental stimulants and can effect long distance performance and are illegal. Look at the latest wave of athletes testing positive to illegal substances. Could it be from these mystery doses of amphetamine like herbs added to over-the-counter sports products?

The most well known of these illegal herbs is Ma Huang, scientifically called ephedrine. Ma Huang has an amphetamine type effect on the body and is illegal to use in competitive events under the US Olympic Committee's umbrella.

## Low carbs, high fat.

### Low carbs, High protein?

Other bars designed originally for the bodybuilding industry are also catching up in distance running circles. But should they? Body builders tend to prefer lower carbohydrate bars, which tend to eliminate excess fluid normally held by the body when eating a healthy dose of carbohydrates. While it leaves the bodybuilder looking finely chiseled, this state is not desirable for the endurance athlete since stored glycogen is exactly what the distance athlete needs. Taking in too much protein and not enough carbohydrates can potentially cause more serious complications such as dehydration, kidney stress, lethargy and staleness.

While the jury is still out on conclusively answering which food, bar or beverage is best for the competitive diet, experts agree that some form of food is critical before, during and after training. Finding your best personal choices is the ultimate quest. However here are some tips to get you started:

*Choose foods that are colder than body temperature, low in fat and are acidic. These foods leave the stomach quicker and are absorbed by the body sooner, i.e., cool orange slices, citrus juices or pops.*

*Keep the fat and protein content low enough to eliminate unnecessary stomach cramps and nausea since these nutrients take almost twice as long to digest than carbohydrates. By the time your run starts, you want all blood flow directed towards your working muscles, not your gut.*

*If you can't consume food immediately after competition or training, sports drinks can help. At most of the races you'll find some form of sports drink. Bring your own if you're just training or unsure of the race amenities.*

*If you choose to consume a sports bar or related product, try a variety of bars under similar conditions. Never experiment with a new bar and be sure to drink plenty of fluids with the bar. Check the label for mystery herbs, supplements or caffeine that may be contraindicated for running and illegal in competitive sports.*

*If you want a brew after your long run, go for it! It's OK to have one or two since beer replaces plenty of carbohydrates and helps you to relax before getting back to the reality of laundry, cleaning and other daily chores.*

*Lisa Dorfman, nationally known as The Running Nutritionist, is a sports nutritionist, psychotherapist and coach to novice through Olympian athletes. She is also a competitive and accomplished marathoner, Skyrunner and Ironwoman. Contact Lisa directly at her website [www.runningnutritionist.com](http://www.runningnutritionist.com), or look for her book The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists (John Wiley & Sons), at bookstores and running shops worldwide.*

Dear Mr. Chase,  
I read your Fall 1999 issue with interest, particularly your shoe review. I have experience in road running (35 marathons, etc.) and joined AATRA to inform myself better about trail running. I have not run on trails but am registering for the Kilaeua Mountain Volcano marathon this summer. I understand that I need trail shoes rather than my regular road running shoes. The only local shoe that I could find was the New Balance 802 (and only 3 pairs, none of them my size). Since I have trouble finding shoes that suit me anyway, I believe that I need to try some on. In February I have a trip to Washington, D.C., and perhaps I can locate a store there that has a good selection.

Because the ball of my right foot is subject to overuse injuries, I run in thick Thor-Lo running socks, and insert a commercial full-length silicone orthotic under the sock liner. Would you recommend that for trail running? I suspect that it could lead to instability. In any case, it influences my choice of shoe size, so I need to choose my shoe with the sock and liner that will be in use during running.

Thanks in advance for your advice.

Paul Hargrave, Gainesville, FL

Dr. Hargrave:

First off, just call me Adam, trail runners are first name basis kinds of folks.

I always recommend running trails on a stiffer shoe (with less of a midsole) and thicker socks, especially some of the Smartwool trail or low-cut hiking socks, which do well in almost any weather condition. I too wear orthotics and have not had any problems with stability unless the shoe itself is overbuilt and unstable. That is why I normally choose shoes with a lower midsole profile, which provides both stability and lateral agility for tricky single track. For the volcano race, I would recommend a shoe with a highly breathable mesh upper.

Good luck with your adventure and I hope that the race serves to get you hooked on trails.

Adam Chase, AATRA President

Nancy,

I have just started mountain running. I've never run a race and I doubt the times I've worked up to would compete even locally (yet :). But, I am absolutely enamored with this. Any information or insight you could pass on to me would be greatly appreciated. I am not sure if what I currently run is even in this league. I'd love to have some guidelines as to how long a typical race is, what the elevation is (I live in San Diego :), and what the elevation change is so I know how far I have to go...In looking on the net, I think the 'short races' are more my style and the 50 - 100 mile races are definitely out for me.

Thanks so much for your time,

Karen Tschorn

Hi Karen,

There are so many races for novice trail and mountain runners across the country. In fact, we list most of them on our website at <http://www.trailrunner.com>. If you'd like to get information on specific races or in specific geographic regions, we can send the information to you by email.

In regard to Skyrunning events, there are about 20 on the circuit ranging from about 3 miles to the marathon distance. They are in about 8 states right now, all reach or exceed 2000 meters (about 6500 feet). Some are tougher than others. We had several first time racers (not just trail racers but any type...ie: had never run on roads), in our US Vertical K last year in Vail. They all had a great time. The crowds are smaller at trail races and runners are very supportive of one another. In fact, when I was racing in a 10 miler back in '91, I came

upon a gal sitting on a rock (I was in second place at the time, and she was in the lead). Well, I encouraged her to get up and keep moving. She ended up passing me a while later and beat me. She came up to me after the race and thanked me for inspiring her to finish.

Please let me know if you have any additional questions.

Cheers,

Nancy

Nancy,

I am a South African adventure journalist currently doing a story on trailrunning in this region. I had a "run-in" with a local parks ranger who threatened to prosecute me for running on a hiking trail. In fact, he said running was banned in the reserve - only mountain biking and hiking were allowed. I pointed out that:

\* I am busy with a story on the reserve, Groenkloof ("Green chasm") just outside of Pretoria. Within sight of the city's towers, there are zebras, blesbuck, nyala, black wildebeest, and 26km of trails winding through a thick forest. It is ideal for outdoor lovers.

\* I also pointed out that trail running is the oldest and lowest impact of all adventure activities.

He melted a bit and agreed that if I could help the park to design a running trail, with rules for runners, they might allow it. They are most worried that South Africa's hundreds of thousands of joggers will descend on them and spoil the atmosphere.

Graeme Addison, Centurion, South Africa:

Hi Graeme,

1. Design of running trails - what type of land are you working with? Can you do single-track only, or, can you do up to 10-12' wide for multi-use? Will they all be non-motorized? Will you have signage

2. Ethics for trail runners - typically, if multi-use trail; all yield for horse back riders, cyclists yield for runners. If trail is remote, it would be good to provide a sign in sheet for runners. That way you have a record in case of any "missing person." You can work this out with the local authorities (forest department, recreation department).

3. Limitation of numbers - you probably only need to worry about numbers if you are staging a race. However, if groups of more than 25 venture out at one time, you may want to institute some type of permit application...safety and environmental concerns.

4. Minimum impact. again, will the trail be multi-use? Make sure users know to pack out what they pack in...

Please let me know if you have any additional questions and if the brief responses help at all?

Cheers,

Nancy

Hi Nancy

Thanks for your prompt response. I have been having discussions with the manager of the nature reserve and our notions are:

\* This running trail would be South Africa's first officially declared Wilderness Trail Run. By that we mean that numbers would be limited to 20 at any one time, no races or club events except by special arrangement, and the intention is that runners would enjoy the natural African bush surroundings, the wildlife, and the spiritual experience rather than use the trail for competition.

\* There are parts where the trail would be one person wide... just enough to run at all, as it is rocky and steep. Other areas, the trail follows or

*(continued on page 10)*

crosses gravel tracks or winds along forest paths where it is possible to run two abreast but would not be easy. So I think the answer is: single track.

\* There will be no motorised traffic whatsoever, except for the parks ranger vehicle which patrols the area and does maintenance. They are felling the exotic trees and replacing them with indigenous plants and

*Road Ends Trail Run - 8K*

**LOCATION:** Pinckney, MI

**START:** 2:00 p.m.

**DESCRIPTION:** Hilly and tight trails. In conjunction with the Michigan Marathon and half marathon held the day after. Pinckney Rec Area, Silver Lake Beach, Potawatomi Trail.

**CONTACT:** Randy Step, Running Fit, (734) 769-5016, trailrun98@aol.com, www.runningfit.com

### Sunday, April 23

*Michigan Trail Marathon & Half Marathon*

**LOCATION:** Pinckney, MI

**START:** 8:30 a.m.

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

**DESCRIPTION:** Run on a 13.1 mile loop of the Potawatomi Trail in the Pinckney Recreation Area northwest of Ann Arbor. Winding and hilly.

**CONTACT:** Randy Step, Running Fit, (734) 769-5016, trailrun98@aol.com, www.runningfit.com

*Douglas Treadwell Ditch Trail Run - 5M*

**LOCATION:** Douglas, AK

**START:** 1:30 p.m.

**ENTRY FEE:** \$5; \$8 late.

**CONTACT:** Paul Pusich, (907) 364-2734

### Saturday, April 29

*Triple Crown Trail Races-10K, 5K, 13.1M*

**LOCATION:** Newark, DE

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

**ENTRY FEE:** \$18

**DESCRIPTION:** White Clay Creek State Park. All trails, all morning! Lower piedmont terrain is moderately hilly but hills aren't very big; some stream crossings.

**CONTACT:** John Mackenzie, (302) 453-0859, johnmack@udel.edu

*McDonald Forest 50K*

**LOCATION:** Corvallis, OR

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

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

**DESCRIPTION:** On trails and logging roads in the McDonald Forest with 6400 feet of elevation gain starting and finishing at Peavy Arboretum. 6 water stops. 129 finishers in '99 - 28Women. 55% trail and 45% logging roads.

**CONTACT:** Clem LaCava, (541) 758-8124, macultra@proaxis.com

### Sunday, April 30

*McDonald Forest 15K Cross Country*

**LOCATION:** Corvallis, OR

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

**ENTRY FEE:** \$23.

**DESCRIPTION:** On trails and logging roads with 1400 feet of elevation gain at Peavy Arboretum. 207 finishers in '99, 120Men. 70% trail and rest logging

roads.

**CONTACT:** Clem LaCava, (541) 758-8124, macultra@proaxis.com

### Sunday, May 7

*Wild Wild West Marathon and 10 Miler*

**LOCATION:** Lone Pine, CA

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

**DESCRIPTION:** Dirt trail through the Mt. Whitney foothills. Also 3 mile fun run. Picnic and awards ceremony start after marathon. Over 300 entries in '99.

**CONTACT:** Diane Taylor, (760) 876-4444, filming@lone-pine.com, www.lone-pine.com

### Saturday, May 13

*Mrs. Smith's Challenge - All Feamle 5M*

**LOCATION:** Lancaster, PA

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

**ENTRY FEE:** \$15; \$25 late.

**DESCRIPTION:** 5 mile loop in county park. 2 knee deep water crossings (65' & 80' wide). Much single track.

**CONTACT:** Bill Smith, (717) 394-7812, billsmith@redrose.net

### Sunday, May 14

*Tom Bugliosi Trail Run*

**LOCATION:** Dryden, NY

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

**DESCRIPTION:** Scenic and especially rugged section of the Finger Lakes Hiking Trail. 11k loop in hammond Hill State Forest on hiking and xc ski trails. Water stops every 2-3 miles. Climbs of 5200 feet in longer race.

**CONTACT:** Vanessa Bauer, (607) 844-3129, vb2@cornell.edu

### Sunday, May 21

*Soapstone Mountain Trail Race -13.75M*

**LOCATION:** Somers, CT

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

**DESCRIPTION:** Varying quality dirt

roads, old logging roads, narrow footpaths & a rocky stream bed on scenic route through the Shenipsit Forest including two trips over the top of Soapstone Mtn. Challenging trail with roots, rocks and streambeds. Poor footing in spots.

**CONTACT:** Jerry Stage, (860) 870-4255, jerrystage@aol.com

*Lake Chabot Trail Challenge - 13.1M*

**LOCATION:** Castro Valley, CA

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

**ENTRY FEE:** \$17, \$20 late.

**DESCRIPTION:** At Lake Chabot Park Marina. Mostly dirt fireroads, loop. Hilly. Excellent Dipsea trainer. Also a 5K that is on paved roads. 99% trail. Very challenging.

**CONTACT:** Will Uhler, (510) 278-0451, willuher@pacbell.net

**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.



## Special offer for AATRA members

Subscribe to *The Snowshoer* magazine! **\$2** off the annual \$15 subscription rate. Destinations, equipment reviews, races, events, nature, health, & much, much more. Send this coupon and a cc # or a check for \$13 payable to: **The Snowshoer, PO Box 14268, St. Paul, MN 55114**

Check Enclosed **OR** Credit Card: Visa  DIS  AX  MC   
Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

NAME \_\_\_\_\_ Phone \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

On January 1st, after a New Year's Eve at the Pyramids of Giza, I travelled through the Sinai Desert to a little hippy town called Dahab on the Red Sea. I had been there three years earlier but had passed up on a chance to hike up Mt. Sinai. It was quite a regret that I hadn't gone, and this time I decided to run up to the top to catch the sunrise.

At 11 pm I left with a group that would set out at 2 am to reach the top at around 5:30. I decided to bivvy by St. Katherine's Monastery for a few hours until starting my ascent at 5 am. The cold air and strong winds soon brought a light drizzle as well, and when my alarm went off at 5:15, I was happy to start moving. I stashed my blanket under a big rock, stripped down to my shorts and a light shirt, donned my headlamp, and I was off. There were two routes to choose from: a camel trail that was a bit longer but rather easy, or the 3000 Steps of Repentance—created by a monk as a form of penance. I chose the Steps since in the darkness and rain it would be quite a bit easier to follow. As I got higher up the mountain the light drizzle turned to rain, and then to sleet as I got nearer to the top. It was quite a run, and reminded me of the Royal Arch trail in Boulder. After 52 minutes, I reached the summit where it was snowing and crowded with Italians. There wasn't much of a sunrise to see, and it was quite cold...but I felt a certain warm feeling at having achieved my dream of running up Sinai. The blinding snow and frigid temperature convinced me to retreat to the warming hut a little farther down the mountain. As I entered, many Italians kept asking what I was doing wearing shorts

and a thin shirt when it was snowing outside—so I replied, "Correando!!, Correando!!!" They all laughed and started patting me on the back cheering, "Campione!, Campione!" After warming up with some hot tea, I started my descent and received more cheers of "campione!" on the way down. Despite the weather, it was a great run and hope to do it again someday.

*Erik Siewertsen is an AATRA member from Boulder and is presently traveling through Egypt and the Middle East.*

**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.**

**OFFICIAL RULES**

**Your run must have been on an unpaved surface; limit of 1000 words; submit stories by June 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.**

**Finger Lakes Snowshoe Race**

Diane Sherrer

Alan Evans was having one of those bad dreams where it feels like he's running in quicksand —getting absolutely nowhere —and lots of people are chasing him.

The bad dream must have been caused by something he ate. In reality, not many folks can actually catch the 36-year-old Beaver Dams resident, whether he's racing on roads, trails or snow. Evans proved that Saturday, January 29 when he won the third annual Finger Lakes Snowshoe 7.3-miler in 1 hour, 7 minutes, 7 seconds — his third straight victory.

Dan Fox, 39, of Fabius placed second in 1:15:02, and Ithaca's John Stiner, 38, was third in 1:17:23. "It was definitely not PR snow here today," said Evans, the course record holder, of the estimated 14 inches of snow that blanketed the race site in the Finger Lakes National Forest in Hector.

Race day weather was picture-perfect. But due to the depth of snow and 4-foot drifts on the southern end of the forest, race directors Joe Reynolds and Earl Steinbrecher took safety into consideration and modified the original one-loop course. Snowshoe racers followed two 5K loops plus an extra 1-mile loop —all tracked by a snowmobile — around the Potomac Campsite headquarters.

"We saw the potential danger and revised the race course," said Reynolds, the event's creator. "We had concerns that someone might become over fatigued, need help and could not be reached quickly."

A record field of 56 individuals competed in the try-it fun run, 5K or 7.3-mile race, using Redfeather snowshoes provided by Ken Moses, or their own pair. Everyone seemed to enjoy the snowshoe experience and the beauty of the forest trails, despite some hardcore whining.

"Ladies, put away your thigh-master and butt-master and put on a pair of snowshoes," said Burdett's Phyllis Radke, a snowshoe rookie. "It's a lot harder than running and tremendous strength training."

A breathless Ed Winebold had never encountered any sport quite like it. "It's the hardest race I've ever done," said the Pine City resident, who finished in 1:48:53. "I kept getting ice balls stuck on the bottom of my snowshoes, and cramps in my legs. I stopped to try and get the ice balls kicked off, got tangled up and fell three times."

Mike DuBois and Adam Carne, Horseheads High seniors, agreed it was harder than lacrosse or soccer. "It's the hardest thing I've ever done; it was rough," said Carne, 11th in 1:34:35. "I didn't know how I'd get through the whole thing. But I said to myself, 'Everyone else did it and I should be able to do it too.'"

Added DuBois, 13th in 1:37:54: "It was really fun. The first loop was tough, but I got used to it and it definitely got easier."

"Today's race theme is welcome to my nightmare," said Evans, who warmed up for the race by cross country skiing. "People have dreams where you're running and running in slow motion, and someone or something is after you. That was what this race was like. I'm trying to run faster but things are going by really slow. My mind says I'm going 15-minute miles, my body says 5-minute miles."

A former national-class winter/summer biathlete, Gillian Sharp, 38, of Ithaca, won the women's race in 1:19:20. Defending champion Barb Bellows, 45, of Ithaca was second in 1:24:16, and Moravia's Donna Lockett, 42, was third in 1:30:57.

"It's brutal. It was fun, but it was definitely a tough go," said Sharp, who missed making the US Olympic Team in the winter biathlon by one place. "As I was snowshoeing, I was thinking, 'Where are my skis?'"

Both Evans and Sharp made the snowshoeing look easy, even if it wasn't. "Alan is a strong work horse with real determination," observed Reynolds. "He brutalizes a brutal course, and takes it to the limit. I think he says to himself, 'Fourteen inches of snow is not going to hurt me.'"

"And Gillian is a strong winter athlete that few in this area can compare to — man or woman. She had never raced on snowshoes, but I'm not surprised she won it. In fact, I think all the snowshoers put their best shoe forward, put their aches and pains aside, and just finished. It was a very tough run for everyone."

It's one event Evans refuses to miss. "There's something in my mind, I don't know if it's at all similar to childbirth. Maybe there's enough time on a yearly basis to forget exactly what the previous race year was like," said Evans, a Corning Inc. research scientist. "You think, 'Oh yeah, that would be kind of fun. Let me go out and do that again,' But I have a cure for the wintertime blues and cabin fever: Come out and do this race (next year). We had a campfire, food, chili and a beautiful sunny day —it's a big party."

*Diane Sherrer's running column appears in the Star-Gazette, P.O. Box 285, Elmira, N.Y. 14902.*

December 11, 1999 Sugar Loafin' Campground, Leadville, CO site of awards ceremonies for the Off Track/Off Beat Snowshoe Race started at 12:15PM

**Attendance:** Danelle Ballengee, Charles Bedford, Eric Black, Carl Bruggerman, Spencer Casey, Adam Chase, Sue Covington, Darrin Eisman, Adam Feerst, Lynn Hellinga, Nancy Hobbs, Bruce Kelly, Dan Nielsen, Tanya Pacev, Ramsey Rainer, Eric Sewardson, Tom Sobal, Liz Steinweg, Sid Steinweg, Tamara Vanhorn.

**USATF Convention:** Nancy discussed the USATF Convention, which she attended in LA in December. She presented and accepted the USATF Mountain Runner of the Year awards on behalf of Matt Carpenter and Danelle Ballengee who were unable to attend. Danelle was presented with her award during the awards ceremony for the snowshoe race. The minutes from the USATF-MUT subcommittee meeting were distributed for those present to review. There was a short discussion on the current ultra running issue involving AUA (American Ultra Association), USATF and the IAU. Dan Brannen, the executive director of AUA and past board member of the IAU had contacted AATRA and had also brought up at the USATF Convention that the IAU had invited USATF to join the IAU as the representative organization from the US. The AUA has been the representative organization of the IAU from the US since its inception. At the USATF convention, the MUT subcommittee drafted a letter in support of the AUA remaining the representative for ultra running from the US. We'll request an update from AUA for the next AATRA meeting.

**Finances:** Nancy provided the financial report. Major expense items are postage, printing, website, and phone.

**Trail Runner magazine/AATRA relationship:** Adam and Nancy met with TR magazine representatives to solidify the agreement for our members to receive TR for 6 issues (one year). Most of our members by now have received the premier issue of Trail Runner magazine. The current distribution is estimated at 35,000 - 40,000 copies, and AATRA has one half page ad in each of the first 6 issues. The magazine seems to be getting positive feedback, although the pages are a bit busy graphically. That will probably change for future issues.

**Website:** Elliott continues to do a great job with the website. It is getting increased usage and is a popular way for people to get information on our association. Total Hits to the website are double from this time last year averaging about 9000/month with about 4500 unique site visits.

**Newsletter:** We decided to have the newsletter only printed two times per year based on the feedback from the surveys and since members will receive TR now. We may send out an abbreviated issue in between the major issues. The next issue will go to press at the end of January. Danelle received a few Fishin' Tales and one will be printed in the next issue of the newsletter.

**FSA Relationship:** Nancy received a request from the FSA (Federation of Sport at Altitude) to discuss a possible relationship with AATRA. Discussion centered on various issues with the main theme that the FSA should provide equal prize money for male and female overall winners and for overall masters male and female winners (or at least equal prizes and recognition of men and women). Discussion included the current US Skyrunning program and that the events are now open to more than just the athletes who qualify, for instance the vertical k events and the Skyrares. The World SkyGames 2000 will be held in July in Cervinia, Italy. Qualification letters will be sent in February or March.

**Placerville Inn:** Rick from the Inn had inquired about us helping with some training camps. However, since there has been a fire there recently, we're not sure what is going to happen with the Inn. Rick was not able to attend the AATRA meeting.

**Snowshoeing Relationship:** AATRA received some questions about the relationship between AATRA and snowshoeing and where AATRA stood on guidelines and sanctions for snowshoeing events. We discussed

whether we should be involved with snowshoeing in any way and what that would be, for instance race sanctioning, race support, and working with the USSA. There was also discussion regarding Tom's article about snowshoe size requirements. Adam suggested a standardized snowshoe length for all races. Right now it seems to be haphazard with no uniform standards. There was discussion as to whether the race directors, participants, or snowshoe manufacturers should take the lead on this issue. We agreed to post Tom's article on the website to get feedback on the issue. Adam also mentioned that he had brought up to TR magazine, the idea to become more involved in snowshoe coverage.

**Lyndon Ellefson Snowshoe Race:** AATRA is involved with the upcoming event that will be a fund raiser for the Ellefson family. The event will be held in Vail on the vertical k route that is part of the US Skyrunning series. AATRA will provide additional insured certificates for the race as AATRA is involved in the event management and support. The race will be on Sunday, January 30. Contact Danelle for more information.

**Barr Trail Mountain Run:** The proposed event will be held on Sunday, August 6 from the Barr Trailhead parking lot to Barr Camp and back. The distance is approximately 12 miles. The event will be held two weeks before the Pikes Peak events as a tune-up for the race. The race is currently in the permit process with the US Forest Service. There has been one pre event organizational meeting to discuss issues such as parking, trail use, prizes, fund raising, logistics. The feedback from the Colorado Springs running community has been positive. Funds will be raised for AATRA, Barr Camp Foundation and the Friends of the Peak. There will also be a competition between high schools at the aid stations to raise money for the cross country and track programs. AATRA is very involved in the organization and management of the event.

**Survey Responses:** Results of the AATRA survey were distributed. There were not that many initial responses so the survey will also be posted on the website. Some interesting facts and figures came out of the survey responses including a lot of good ideas for articles. Survey results will be included in the upcoming issue of the newsletter.

**Race Director Publication:** Tom and Nancy will be working on the publication early this year and hope to go to press with a final product by the spring.

**Trail Maintenance:** Ellen was unable to attend the meeting as she is at the EcoChallenge in South America. She will give a report at the next AATRA meeting.

**Next Meeting:** There were several options for the next AATRA meeting including the Beaver Creek snowshoe race in April, the Collegiate Peaks race in May or some other site to be determined. Nancy will forward information on the upcoming site to members in the next newsletter.

**Adjournment:** Meeting adjourned at 1PM.



AATRA is a member of the Road Runners Club of America. As part of our membership in RRCA, each of our members receives *Footnotes*, the official quarterly publication of the RRCA. If you are an AATRA member and have not yet received a copy of *Footnotes*, please let us

**IMPORTANT:** The trail calendar highlights just a few races (all that request inclusion in the newsletter appear) 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, February 26

*Black Mountain Marathon*

**LOCATION:** Fletcher, NC

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

**DESCRIPTION:** 19.2 on double track trail. Up 2300' steady climb for 13.1 miles to turnaround in sight of highest peak east of the Rockies then back down. Weather unpredictable. Limited entry.  
**CONTACT:** Jim Curwen, (828) 687-0749 jimcurwen@mindspring.com

### Saturday, March 4

*Moody Springs Madness - 15K Snowshoe*

**LOCATION:** West Hawley, MA

**START:** 10:30 a.m.

**DESCRIPTION:** 100% snow. 65% unbroken single track and 35% groomed snowmobile path. 1200' climb/descent. 4/5 mile "stem" leads participants out to the 7.5 mile "loop" around Moody Spring and Shleter.

**CONTACT:** Edward Alibozek, (860) 668-7484, edtrnews@aol.com

*Tubbs Snowshoe Fit For Life Carnival - 5K, 100M hurdles Snowshoe*

**LOCATION:** Keystone, CO

**START:** 3:00 p.m.

**ENTRY FEE:** \$10; \$13 late

**DESCRIPTION:** Hill Climb on snowshoes. Good course.

**CONTACT:** Danelle Ballengee, (970) 262-0477, Danelle@colorado.net

### Sunday, March 12

*B&A Trail Races - 13.1, 26.2M*

**LOCATION:** Severna Park, MD

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

**ENTRY FEE:** \$20; \$35 late

**DESCRIPTION:** Loop with out and back, mostly flat, mostly on a rails-to-trails park. Also a half marathon.

**CONTACT:** Tom Bradford, (410) 987-0674, TABslab@aol.com, www.anapolisstriders.org

### Saturday, March 18

*Catalina Island Marathon, 10K and 5K*

**LOCATION:** Two Harbors, CA

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

**DESCRIPTION:** Hilly, scenic point-to-point from Two Harbors to Avalon on unpaved roads. Climb 3,700 feet. 20% road; 80% dirt. 800 entrants.

**CONTACT:** Katie Caress, (714) 978-1528, www.pacificsportsllc.com

*Crown King Scramble - 50M and 50K*

**LOCATION:** Phoenix, AZ

**START:** 3:00 a.m. for 50M, 7:00 a.m. for 50K

**ENTRY FEE:** \$50; \$75.

**DESCRIPTION:** Point-to-point from Lake Pleasant to Crown King along dirt roads through desert and forest; one hill, but 6,000 feet elevation gain.

**CONTACT:** Arizona Road Racers, (602) 954-8341, www.arizonaroadracers.com

### Saturday, March 25

*MDA Trail Breaker - 13.1, 26.2 and 5Mile*

**LOCATION:** Waukesha, WI

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

**ENTRY FEE:** \$26; \$31.

**DESCRIPTION:** Starts on pavement then follows a rail trail until reaching the rugged Ice Age Trail. 10% paved. 250 runners.

**CONTACT:** Muscular Dystrophy Association, (414) 453-7600.

*Hinte-Anderson Trail Run*

**LOCATION:** Susquehanna State Park, MD

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

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

**DESCRIPTION:** Seventh year in '95; two loops with six climbs per loop - short but steep. Footing varies from hard packed fast single-track to rocky single-track. Water, snacks. 6 water stops; 98% trail. 251 participants, 211 finish.

**CONTACT:** Phil Anderson, (410) 879-7679, npanders@prvbankmd.com, www.rasac.com

### Saturday, April 1

*Croom Trail Fools Run - 50M*

**LOCATION:** Brooksville, FL

**START:** 6:00 a.m.

**ENTRY FEE:** \$45; \$55 late

**DESCRIPTION:** Three loops with 4 aid stations/loop. Small hills, sand & pine straw covered trail. 29 runners in '99 - 21 males. 100% trail. Very runnable. RRCA 30 Mile State Championship.

**CONTACT:** John Holmes, (727) 546-9399, croomtrailrunners@juno.com, www.croomtrailrunners.com

*Batram Bash - 50M and 50K*

**LOCATION:** Auburn, AL

**START:** 6:30 a.m.

**DESCRIPTION:** 85% trail, rest is isolated dirt road. Gently rolling 8.5M Bartram Trail is single track isolated trail with some pine needles, wooden footbridges, and mud and tree roots. Includes a 13-mile horse trail. Runnable and scenic

**CONTACT:** Mark Kunkel, (334) 826-7375, kunkema@mail.auburn.com

### Saturday, April 15

*Tyler Arboretum Trail Run - 6.2M*

**LOCATION:** Springfield, PA

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

**ENTRY FEE:** \$11; \$15.

**DESCRIPTION:** About 180 runners. Four creek crossings (low). One water station that you hit twice. Trail marked w/Bio-caulk arrows on ground. well marked. Narrow & wide hiking trails w/rolling and climbing hills.

**CONTACT:** Tom Hirsch, (610) 544-2280, delcorrc@aol.com

*Hidden Peak Snowshoe Run - 5M*

**LOCATION:** Snowbird, UT

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

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

**DESCRIPTION:** Starts at Snowbird Ski Resort Pavillion at about 8500' Descends about .5 miles and few hundred feet before climbing to summit of Hidden Peak at about 11,000' Total gain about 3000'

**CONTACT:** Sports Am, (801) 583-6281, sports-am@abac.com

### Saturday, April 22

*Trail Mix 25K and 50K*

**LOCATION:** Bloomington, MN

**START:** 6:30 a.m.

**ENTRY FEE:** \$25.

**DESCRIPTION:** Moderately hilly, 7.75 mile loop course on narrow grass and woodchip footpaths in the Hyland Park Game Preserve. Aid stations are well stocked. Water every 2 1/2 miles; 173 entrants. 98% on trails. Also a 50K. 521 runners.

**CONTACT:** O.C. Williams, (612) 588-1132, OCW1949@aol.com

*Mt. Penn Mudfest - 15K*

**LOCATION:** Reading, PA

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

**DESCRIPTION:** 470 runners in '99. 95% trail. 4 water stops. Clydesdale division for men and women. At Rotary Park. Over rocks, roots, mud, much, streams, and stumps. Pig-adorned shirts and awards. Was '98 RRCA 15K trail championship.

**CONTACT:** Ron Horn, (610) 779-2668, RHornPCS@aol.com, www.pagodapacers.com

*Shoesucker 7*

**LOCATION:** Huntington, IN

**DESCRIPTION:** 150 participants in '99; 100% trail. The Kekionga Mtn. Bike Trail on the north side of Huntington Reservoir. Some rocks, some roots, lots of mud.

**CONTACT:** Rick Beemer, (219) 672-8323.

**Category      Percent**

Male	84%
Female	16%
Married	59%
Single	41%

**Education:**

High School	17%
College	53%
Grad/PhD	27%

**Car:**

Toyota	24%
Ford	13%
Chevrolet	12%
Honda	12%
Nissan	6%
VW	7%
Subaru	7%

**Airline:**

United	26%
Delta	15%
America West	13%
American	9%

**Income:**

<\$40,000	46%
\$40 - 99,000	44%
>\$100,000	10%

Own Home      62%

**Running Shoe:**

Nike	23%
Asics	19%
Adidas	17%
New Balance	17%
Montrail	13%
Other	11%

**Miles Per Week:**

10-30	69%
35-60	25%
more than 70	5%

**Misc.**

Uses Replacement Fluids	80%
Favorite Energy Drink	Gatorade
Favorite Energy Bar	Clif Bar
Favorite Energy Gel	Gu
Has Computer	94%
Access to Internet	94%
Cycles	83%

**AATRA Specifics:**

AATRA Member	29%
Publish results in Trail Times	40%
Interested in RD handbook	44%
Interested in Beginning guide	61%
Use Snowshoer Discount	22%
Use Ultraunning Discount	39%
Has visited AATRA website	95%

**Benefits you'd like to see:**

- Discounts at merchants
- Better and more complete schedule
- Discounts on shoes
- Discounts on products
- Liability insurance
- Trail maps
- Free T-shirt
- Online service
- Updates and discounts
- Special offers

**Likes most about website:**

- Race listing
- Updates, news, links
- Calendar
- Schedule of races
- Info on state trails
- Event information
- Well-rounded and informative
- Running shoe review
- Trail reviews
- Ease of navigation
- It is organized
- Easy to get information



## 2000 US Skyrunning Circuit

**Date — Event, site**

- January 30 — Lyndon Ellefson Snowshoe Race, Vail, CO
  - February 27 — Swift Skeedadle Snowshoe Race, Frisco, CO
  - March 18 — America's Uphill, Aspen, CO  
(snowshoe division finishers)
  - June 11 — Mt Evans, Evergreen, CO
  - June 17 — Mt. Washington, Gorham, NH
  - June 17 — Wahsatch Steeplechase, Salt Lake City, UT
  - June 18 — US Vertical K, Vail, CO
  - June 25 — Half SkyMarathon, Aspen, CO
  - July 2 — Vail Hill Climb, Vail, CO
  - July 15 — Mosquito Marathon, Leadville, CO
  - July 16 — Spooner Lake ½ Marathon, Lake Tahoe, NV
  - July 16 — Elephant's Perch Backcountry, Ketchum, ID
  - July 25 — Get High SkyMarathon, Telluride, CO
  - August 6 — La Luz Trail Run, Sandia Peak, NM
  - August 6 — Mammoth ½ Marathon, Mammoth, CA
  - August 19 — Shop to the Top, Ketchum, ID
  - September 2 — Teton Pass Hill Climb, Wilson, WY
  - September 3 — Breckenridge Crest Marathon, Breckenridge, CO
  - September 9 — Mt Baldy Run Up, Mt Baldy, CA
  - September 16 — Pacific Crest 25K, Squaw Valley, CA
- (Male and female US finishers qualify for additional Skyrunning events by finishing within 20% of the record time)

Each of the events listed above is conducted separately. The events are sanctioned by the FSA. Some of the events have limited entry so be sure to contact the race director for details. Contact information available on the website at [www.trailrunner.com](http://www.trailrunner.com).

grassland, so for the time being a lot of trucking activity is going on.  
 \* There will be signage, as there is already for the mountain bikes and hikers. It is quite tastefully done, low key but visible.  
 \* Permits : there is already a system in place, one must pay at the gate and this would apply to runners too.  
 To describe the area. It marks the spot of the first white settler home in Pretoria last century, now a ruin; the black settlements go back many centuries and there are archaeological sites in the range of low hills that cut across Pretoria. The trail is at times within sight of the city centre, but the area is relatively large for a city park: 10km X 13km of bushland. It contains wildlife and many indigenous plants, birds and amphibians (a small river runs through it). As a journalist I am very keen to see the concept of an urban wilderness trail succeed here. It would attract adventurers and energetic nature lovers.  
 Graeme

*Editor's Note: One of many comments regarding snowshoe regulations.*  
 I am a trail runner in an area that doesn't have mountains, etc. We do have woods and equestrian trails and the like to run on. I have been trying to BUY snowshoes, but it has not caught on in this part of the country. I live a stone's throw from a rails-to-trails 45 mile trail. It doesn't snow often, but when it does, it is usually a few feet at a time. I won't buy something sight unseen and without trying them on, so I can't be a judge of what should be a regulated size of snowshoe for a race. I can guess, though, that I would have a problem with "average" size, since at 5', 100 pounds, I'm anything but average. The comment was made about different size runners. It is not a valid argument. They all wear the correct shoe size for their body type. There are also age, and weight categories, so they can compete with a more level field (race

within a race concept). Trying to regulate the size of the snowshoe would be like trying to regulate the size of a bicycle someone must have to compete. That's ludicrous! But, REQUIRING snowshoes is a different thing. If it is a SNOWSHOE race, then they should be required for an official finish.

In reference to the need for a governing body: the sport is still pretty new to this country. As I said earlier, there are still parts of the country that don't "get it." It seems to me that NOW is the time to get some agreement on regulations, and the like, BEFORE the races become like the explosion of ultras, which is running into philosophical and practical issues at a frightening pace. As in running, there is room for different interests within the same sport. USA Track and Field sanctions and certifies road as well as track races, although they are two very different animals. Why can't winter races be flexible enough to allow different strokes? Why not even have a snow-covered trail run (sans snowshoes) at the same time as a snowshoe event (staggered start times, so they can be separate events) if, in fact, most of the races are on packed trails? There are so many possibilities only limited by the imagination of an open mind.  
 Joyce Adams, Sterling, VA



# AATRA Membership Form

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
**Day Phone** \_\_\_\_\_ **Eve Phone** \_\_\_\_\_  
**Fax** \_\_\_\_\_ **E-mail** \_\_\_\_\_  
**Birth Date** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_  
**Favorite Trail** \_\_\_\_\_ **Trail Shoe** \_\_\_\_\_  
**Miles/week on trails** \_\_\_\_\_  
**Favorite Trail Race (include location and distance):**  
 \_\_\_\_\_  
 \_\_\_\_\_

**Check one**  
 Individual = \$25/year  
 Race = \$50/year  
 Club = \$50/year  
 Corporation = \$100/year  
**Corporation** \_\_\_\_\_  
**Club** \_\_\_\_\_  
**Race** \_\_\_\_\_  
**Race Date** \_\_\_\_\_  
 Please do not sell my name to a mailing list company.  
**\*\* Order an AATRA T-shirt for just \$10 plus \$3 postage. Med, large, xl available.**

To receive your annual membership, which includes this quarterly newsletter, send this application along with your check for the appropriate membership fee to:

**AATRA, PO Box 9175, Colorado Springs, CO 80932**

**TEVA INTRODUCES FIRST PERFORMANCE RUNNING SANDAL: THE TEVA WRAPTOR**

Teva, innovator of the sport sandal category, has introduced the world's first performance running sandal, the Teva *WrapTOR*. The revolutionary *WrapTOR*, with trail running-inspired design and lasts, and a patent-pending strapping system, has created a totally new category in both the running and sandal markets. "We've spent years perfecting the fit and performance of sports sandals. From this experience, Teva has engineered the *WrapTOR* to offer incredible comfort, control, shock-absorption and durability," said Rob BonDurant, Teva marketing director.

The hallmark of the *WrapTOR* is an exclusive (patent-pending) Teva upper with an *Articulating Instep* strapping system that actually flexes with the movement of the runner's ankle to provide a continuously adjusting custom-fit that is unparalleled in the industry today.

For maximum arch support and motion control, Teva has incorporated the *Fusion Arch™*, which is built into the topsole and is accentuated by the strapping system so that it actively forms and adjusts to the individual wearer's arch cavity during use.

The *WrapTOR* outsole features a rugged, aggressively lugged tread pattern with self-cleaning flex grooves molded in Teva *Traction Rubber™*. This sticky, highly abrasion-resistant, performance compound is designed for long wearing traction in various outdoor conditions. The midsole is dual-density, compression molded EVA, with the runner's needs engineered into the design, from the raised toe spring and bumper for protection from rocks, roots and debris, to

positive heel lift for precise stride entry and motion control. It has heel posting for pronation and motion control, a heel *Shoc Pad™*, a midfoot molded arch support and shank for flex and torque, and a contour-molded waterproof sueded footbed.

The quick-dry uppers utilize performance-driven materials and construction, including waterproof synthetics, nylon webbing, Lycra lining, molded heel counter, and a padded collar with an innovative hook-and-loop and buckle closure system over the entire upper. Six colors will be offered, including White/Blue, Grey/Green, and Bright Yellow, along with a mix of outdoor color blends of Black, Brown and Sand. Unisex sizes: Men's 7 - 14. Suggested retail is \$99.95.

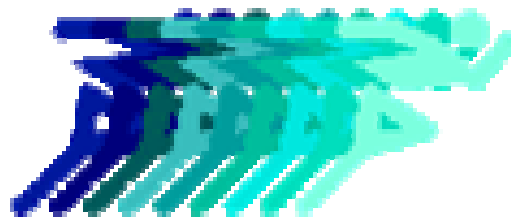
**Special offer for AATRA members**

Subscribe to *Ultrarunning!* \$2 off the annual \$30 subscription rate. Send this coupon and a check for \$28 payable to: **Ultrarunning, PO Box 2120, Amherst, MA 01004**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



Let us computerize the scoring of your next event.  
 Faster! - More Accurate! - Affordable!  
 Professional-looking awards & results printouts!  
 Race scoring since 1982



CSB Services, Inc.  
 Colorado Springs CO  
 Phone: (719) 590-9707  
 Email: [staff@csbservices.com](mailto:staff@csbservices.com)

Visit us for more information at [www.csbservices.com](http://www.csbservices.com)

<p>Albuquerque West Mesa Trail          Angels landing, UT          Arcadia Lake, OK          Archuleta Lake Trail, South Fork, CO          Auburn Dam Loop, CA          Barr Trail, Pikes Peak, CO          Bastrop State Park, TX          Bear Canyon Arroyo Mtn. Bike Trails, NM          Bear Creek Lake Trail, VA          Bear Lake to Grand Lake, Rocky Mountain National Park          Bergen Peak, Evergreen, CO          Bishop Pass, Eastern Sierra , CA          Blue Lake Trail to Carie Lakes, Rawah Wilderness          Bridger Foothills, MT          Bruce Trail, Canada          Buck Creek, Vail, CO          Burro and Wheller, Breeher Ridge, CO          Centennial Trail, Black Hills, SD          Conkaponset State Park, Chester, CT          Cow Mountain Valley View, CA          Crawford State Forest Adventure Trail, IN          Daley Ranch, Escondido, CA          Deer Creek, Littleton, CO          Eagle Creek Trails, IN          East Bay Regional Park, CA          Eldora Springs, CO          Elk Meadows Trail, CO          Elk Park on Pikes Peak, CO          Escarpment</p>	<p>Four passes loop, CO          Garden of the Gods, CO          Gore Range, CO          Grand Canyon          Green Mtn. Lakewood, CO          Hardrock 100 Trail, CO          Horse Trail, High Cliff State Park, WI          Jones Creek, Durango, CO          Kanopolis State Park, KS          Kennesaw Mtn., Cheatham Hill Kolb Farm Loop, GA          Kissimee State Park, FL          La Luz, Sandia Mtns, NM          Lake Grapevine, TX            Lory State Pk; Horsetooth Mtn. Park , CO          Lower Rock Creek, near Bishop, CA          Mendon Ponds, Mendon, NY          Mesa Trail, Boulder, CO            Milbrook Mtn/Gertrude's Nose, NY          Mill Creek Terraces, WA          Miners Creek, NM          Minnewaska Lake , NY          MOPAC, NE          Mount Desert Isle, ME            Mountain to Sea, NC            North Side of Pikes Peak, CO          North Loop Saugatuck Dunes, MI</p>	<p>North Loop, Las Vegas, NV          Mt. Charleston Loop, NV          North Trail, Vail, CO          Oregon Ridge          Patapsco Valley State Park, VA          Pawnee Pass, CO          Peaks Trail, CO          Picture Rocks Lakeshore Trail, MI          Pike National Forest          Point Lobos Reserve, Carmel, CA          Pole Creek, CO          Portland Trail, Ouray, CO          Pre's Trail, Eugene, OR          Ptarmigan Mtn., CO          Pyramid Mtn., Montville, NJ          Rampart Reservoir, CO          Ray Miller Taril, Point Hugo State Pk, CA          Santa Fe through AF Academy, CO          Shearer Creek, Durango, CO          Shorline Trail, City Creek Canyon, UT          Squirrel Creek, CO          Storm King Road , CO          Tahoe Rim Trail, CA          Timberwolf Run, MN          Ute Trail, Aspen, CO          Wahsatch Trail, UT          Waldo Canyon, CO          Wheeler Peak, NM          White Ranch, CO          Wildwood Trail-Forest Park, OR</p>
---	---	---



PO Box 9175  
 Colorado Springs, CO 80932