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meal, and went to bed early. Monday morning, Columbus Day was clear and bright with a cool temperature of 30°.

After the obligatory round of *before* photos in front of the trailhead and the DO NOT ATTEMPT TO CROSS THE CANYON IN ONE DAY signs, we were off at 7:00 a.m. We all wore light jackets, carried lots of water, gels, electrolyte replacements, and food. North Kaibab Trail is 14.6 miles from trailhead to Phantom Ranch at the bottom.

The initial 2.5 miles are pretty steep and full of switchbacks. We settled quickly into the routine of stopping around each corner to admire the views and take photos. We passed through Supai Tunnel, 10 feet long, and crossed the first bridge. The drop-offs on the side of the trail were becoming more sheer and deeper. At around 8:00 a.m. we passed the aptly named Roaring Springs, the water source for both the North and South Rims. Arriving at the pump tender's house, 6.8 miles into the descent, we stopped, refilled our bottles, ate energy bars, stowed jackets, and took more photos. We met only three folks on this leg.

After a 30 minute break, we left Phantom Ranch headed towards the South Rim, via Bright Angel Trail, for a 9.3 mile uphill climb. We crossed the Colorado River on a long steel suspension bridge and began the uphill trek. The first mile was marked by sand the consistency of sand dunes, sheer drop-offs to the river and bright sunlight. We left the Colorado River at Garden Creek and quickly gained altitude through the Devil's Corkscrew. We met two mule trains in the Corkscrew with *bottom-weary* riders on board. In an attempt to cheer them up, we told them they were *almost there* and they replied the same to us, however, I think they meant it in a different way. They had 1 mile to go and we still had around 8 to go.

Stopping every hour to eat GU, gels or bars and after climbing 4.7 miles from Phantom Ranch, we arrived at Indian Gardens around 1:30 p.m. The last mile had been in shade along the creek. We refilled with water again, ate, and rested. The crowds started to get a little thicker here. We met many ill-prepared folks with only one water bottle for the 4.6 mile trek, including one girl in flip-flops, with bandages on both heels. The mules have really used this portion of the trail which alternates between either ankle deep dust or cedar log steps.

At 2:30 p.m. we arrived at Three Mile Rest House, 3 miles left to go. Beginning to hit shade from the South Rim, we were still passing everyone and gaining slowly on a mule

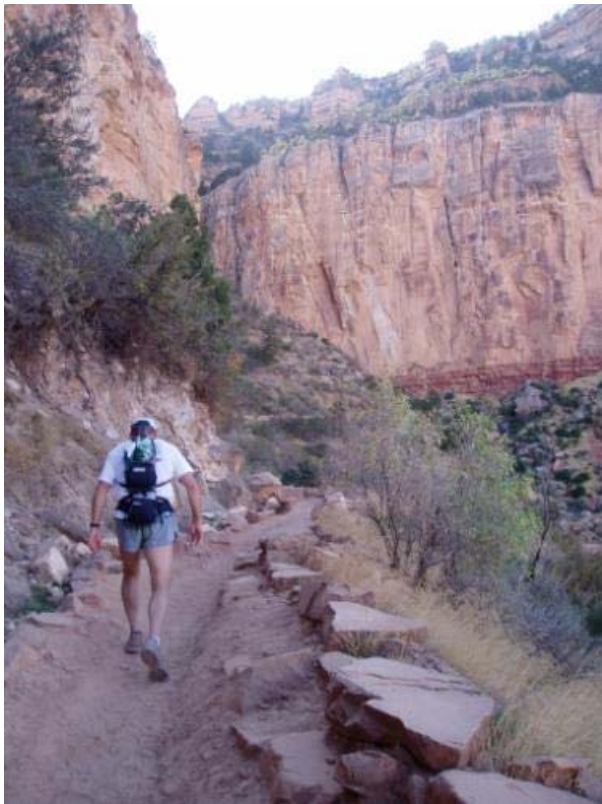
11:00 a.m. North Kaibab Trail



train. Our ever alert scout and lead runner, Teresa, could discern the distance we were behind by gauging the stink from the mule piss. We stopped to eat again but elected not to refill our water bottles as we only had 3 miles to go and had adequate water to make it.

At 3:00 p.m. we passed the 1.5 Mile Rest House. Even though we were fully in the shade, we were still warm as we were back into switchbacks and climbing pretty good. The views behind us were awe inspiring as we could see the entire route we had come down and up. Still passing hikers, we rounded a corner one half mile from the top only to be stopped by two resting mule trains. Mere non-paying bipeds cannot pass stopped mules as we might startle a mule into jumping and there goes a paying customer. We could also see the cheering crowd, our two wives, at the finish but could not go on. After waiting 15-20 minutes for the mules to regain their strength, we finally got going again. We dashed through the final tunnel, 8 feet long, and reached the top to the cheers and congratulations of our wives and one gentleman that informed us that Denver had just received 1.5 feet of snow. More photos were taken and then we could finally sit down after 8 hours and 33 minutes of running and walking the 23.9 miles.

During this run, I emptied two 70 oz Camelback bladders and six 20 oz water bottles of water, 4 of which were GU2O electrolyte replacement drink. I carried the powder in pre-measured containers and mixed it at the water stops. There are signs at the trailheads, updated daily, furnishing the status of water availability along the trails. Most North Kaibab Trail water sources are listed as *seasonal* so we all planned for and carried enough water to get us by any water stop that was



2:00 p.m. Bright Angel Trail

3:33 p.m., 10 October, Bright Angel Trailhead, South Rim. Teresa, John C and John M



closed for whatever reason. However, all were open during our run. Phantom Ranch, Indian Garden, 3 Mile, and 1.5 Mile Rest Houses on the Bright Angel Trail are all listed as *reliable* water sources.

We wore light wind shell jackets at the start but soon were down to the Incline Club shirts as the weather was near perfect. Hats and sunglasses protected us from the sun in the lower canyon. Be prepared to donate the socks worn as the Grand Canyon dust will never come out despite repeated launderings. If you error and step in mule piss, shoot your shoes to put them out of your misery. There is no known cure for it. Your toes might grow back but the shoes are gone.

The return trip was another beautiful 1 ½ day drive through Monument Valley, over Molas, Red Mountain, and Monarch Passes. The scenery is beautiful, but adding fall colors at their peak just enhanced it. **Note:** The Durango Diner breakfast was voted best meal of the trip.

Would I do it again? You betcha! We ran out of adjectives around an hour into the run. There are no photos or words that can adequately capture your Grand Canyon experience.

Tips for running R2R:

- √ Train for hills, up and down. There are no level portions of the trails except the bridges.
- √ Do research before you go. This trip takes a lot of planning.
- √ Get and study a good map. Ours had a lot of information including water availability included.
- √ Take seriously the warnings about heat and other dangers. There are over 200 folks rescued each year and it is expensive.
- √ The North Rim access is weather dependent. Usually closed by early Nov until mid May.
- √ Make motel reservations well in advance.
- √ North Rim lodging is best at Grand View Lodge. It is right on the rim, great saloon, views, etc. Make meal reservations as soon as you check in. From deck, you can see the South Rim, Bright Angel Trailhead. It's only 10 miles as the buzzard flies, but 23.9 by trail.
- √ The South Rim is generally crowded. Expect lines at lodging check-in, restaurants, and most services. Make reservations for the El Tovar dining room in advance.
- √ South Rim lodging is best at Yavapai Lodge. The Bright Angel Lodge has private rooms but community bathrooms.

November NIELSON CHALLENGE

Name	Position	Handicap	Actual Time	Difference	New two milers	Place	Time
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Were you one of the ones racing in the snow? If so, then go to www.pprun.org to see your results. Due to technological defeculties we are unable to publish the results here before press time.. But check out the great photo of Zane! More to come in the December issue



Zane accepting gifts from Cymmie, Al, Bill and Pat

Bill, Cymmie, and Zane

The cafeteria near the Yavapai Lodge front desk is pretty good, has reasonable prices, and fast, especially for breakfast.

- √ There are also campgrounds at both rims - again, make reservations well in advance.
- √ Arizona (except the Navajo Indian Reservation) does not participate in Daylight Savings Time, It remains on Mountain Standard Time year-round.



RRCA's Largest Colorado Running Club – Your Very Own PPRR!

Pat Lockhart

At our November board meeting, it was noted that we have 908 members, and this is the largest RRCA club in Colorado. Something else even more remarkable is the number of those members who have offered their assistance as volunteers—632. We would like to thank those volunteers; those who have volunteered and those that will in the future. Club members making our club better through volunteerism—THANK YOU!

Sheri Abdella	Linda Boedeker	Michelle Cox	Alan Fox	Malo Hasselblad	Emma Kidd
Justin Abdella	Paula O-Bookidis	Diane K. Cridennda	Laurent Fox	Albert Haupt	Nathan Kidd
Andrew Abdella	Chad Bookidis	John Crouse	Alexander Gabriella	Lori Hawkins	Jonathan Kidd
Jerred Abdella	Levi Brathall	Jason Crow	Teresa Gaebler	Brian Headlee	Anne Kidd
Tony Abdella	Julie Braukhoff	Laurie Dauman	Michael Gagliano	Kathy Heathcock	Steven Kidd
Kristin Abernethy	Mark Braukhoff	Susan Davis	William R Gallegos	Lisa Heckel	Annmarie Kiemel
Caroline K Adamo	John Hazelhurst Brill	Katie Griese Davis	Ronald Garcia	Andrew Heimbrock	Gilbert O Kindt
Carrie Adams	Alice Brill	Robby Griese Davis	John Gardner	Dave Ruch Heneghan	Lyn Hale- Kindt
Aleda Ahlgren	Robert Brotherston	Kenneth Davis	Wendy Garrison	Alex Ruch Heneghan	Kevin Kinney
Robert Ahlgren	Al Brown	Susan Dawson	John Genrich	Celia Heneghan	Neal Kinsinger
Jack Airlie	Kirk Brown	David Dean	Sam Giamarvo	Tia Heneghan	Martha Kinsinger
Anne Akers-Lewis	Jed Brown	David DeHart	Bill Gideon	Elliott Henry	Bret Kort
Mark Alexander	Greg Brown	Michelle DeMaree	Paula Gieck	Jennifer Hernandez	Andy Kovats
Cara Alexander	Kim Buck	Brenda Demars	Kristen Gilbert-Moore	Rick Hessek	Martha Kramer
Grant Alexander	Dean Buck	Roswitha DeWitt	Jessica Gilliam	Lindsay Heuser	Steve Krejci
Susan Alexander	Angela Buckley	Larry DeWitt	Isabel Gilliam	Hanna Heuser	Tate Krejci
Doug Allen	Mike Buckley	John Dietrich	Maya Gilliam	Gordon J. Heuser	Cora Krejci
Jack Anthony	Dee Budden	Jason Doedderlein	Rob Gilliam	Mitch Hight	Julie Krejci
Dan Arnold	Jan Burger	Tim Dolan	Herman Goellnitz	Tom Hill	Bill Kurtz
Carla Augenstein	Mike Burgie	Isabelle Dolan	Brian Goodack	Kim Hoag	Jack Kurtze
Nancy Augustus	Sharon Burton	Jeremy Dreher	Marilyn Goodloe	Pamela Hoffman	Kimberly
Keith Austin	Diane Cahalan	Lars Duening	Leah Goodloe	Debra Hoke	Lachiewicz
Mo Ayala	Samuel Callan	Andrew Dunning	John Goodloe	Kenneth Holmes	Rachel Lachiewicz
Dixie Bachyrycz	Andy McEl-Campbell	Chris Duval	Barbara Gossage	John Holt	Theresa Lachiewicz
Roger Baer	Anna M Campbell	Jim English	Lauren Goulding	Debbie Holt	John Lachiewicz
Cymmie Bailey	James Cannon	Briana Evans	Phil Goulding	Chuck Holte	Monica Lachiewicz
Jeanne Baker	Larry Card II	Troy Matos Evans	Andrew Grace	JoAnn Hopper-Davis	Krysia Lachiewicz
Kenneth Baldrey	Hank Carey	Heather Evans	Brenda Grimme	Graham Houghton	Gerard Lachiewicz
Jan Balzer	Dan Carragher	Karen Fady	Albert A Grimme	Dennis Howard	Rob Ladewig
Dave Balzer	Sara Murphy- Case	Cathlyn St Fahrenkrug	Sarah Gunty	Susan Hoxie	Clyde L. Landry
Gordon Barnett	John Cassidy	Bill Fahrenkrug	Doug Gunty	Gary Huckabay	Charlene Lantry
Chris Baron	Ben Chavez	Ryan Fahrenkrug	Kevin Gunty	Douglas Hugill	Jim Lantry
Dee Bass	Tricia Clark	Michelle St Fahrenkrug	Ricardo` Gutierrez	Lou Huie	Bill Larson
Judy Bauermeister	Stephen Clark	Kyle Fahrenkrug	Judy Bolin Hachmeister	Mary Hurley	Terry Lauhon
James Beckenhaupt	Tim Clark	Tessa Fahrenkrug	Spencer Hachmeister	Christine Ikehara	Eric Lawrence
Carol Benight	Bob Conboy, Jr.	David Fenell	Niles Hachmeister	Jerry Jackson	Scott Lebo
Holly Benight	Maureen Connell	Phil Fielder	Chuck Hachmeister	Amber Jackson	Jason Ledbetter
Sarina Benight	Daiva Cooper	Ellen Fisher	Geanine Haddon	Justin Jackson	Gretchen Lee
Chip Benight	Barrett Cooper	Linda Fisher	Greg Haddon	Kelly Jackson	Jim Lee
William Bennett	Jon Cornick	Margaret Fogg	Eva Hagen	Russ Jackson	Melissa Leftwich
Mark Bennett	Scott Cote	Taylor Fogg	Luc Hagen	Jack Janney	Greg Leger
Pam Betoni	Cullen Cote	Jeth Fogg	Michael Hagen	Steven Jennings	Alan Ley
Ted Bidwell	Aidan Cote	Jessica Erickson Forshee	Amie Preston Hald	Connie Johnson	Jeff Lindemann
Kristopher Black	Brooke Cote	Darren Forshee	Patrick Hald	Bob Johnson	Patricia Lockhart
Carson Black	John Cotton	Phil & Julie Foster	Chad Halsten	Donald Johnson	Sandy Berry- Lowe
Andrew Blemker	Jason Cox	Bob Foster	Corrina Hamann	Heather Jones	Carol Lowe
	Margaret Cox		Tom Hamilton	Mark Jones	Les Lundin
			Rebecca Atkinson	George Jones	Carol Lyndell
			Hanagan	Sharon Joyner	Korina Lyons
			Joyce Hanagan	Susan Junkin	Tina Madison
			Erin Hannan	James Kahkoska	April Maez
			Gina Basile Harcrow	Judy Kanagy	Andrew Maez
			Jared Harp	Justin Kanop	Nic Mahoy
			Teri Harper	Laura Kelecyc	Gretchen Malaski
			Ray Harris	Tom Kelecyc	Holly Malick
			Yvonne Hasselblad	Katherine Kelly	Charlie Malin
			Carrie Sanders-		Miriam Malinaric
			Hasselblad		Megan Malinaric
					Dan Malinaric

Volunteers 2005

Recognition Program

Cymmie Bailey, Volunteer Coordinator

I have made adjustments to the 2005 hours based on feedback from volunteers. Remember to e-mail me if you earned a t-shirt, race entry etc.

If you have any questions with regard to your hours or the program in general feel free to e-mail me at **cymmieb@qwest.net**. As always, many, many thanks for your participation.

Bronze Level - up to 20 hours

At 10 hrs you have earned a PPRR T-shirt (also includes 1-10 hours)

Carla Augenstein	12
Kent Bailey	11
Rachel Bain	18
Jim Bishop	12
Debby Bloch	12
Kirk Brown	12
Carpenter Family	12
Rick Di Muccio	13
Mike Duncan	10
Verne Duncan	12
Jim English	10
Sarah English	10
Bob Foster	14
Scott Gray	18
Teri Harper	11
Lori Hawkins	18
Mel Johnson	10
Steve Kidd	11
Clyde Landry	12
Les Lundin	14
Melody Lundin	19
Steve McDermett	12
Suzanne McDertmett	12
Mike McEvers	15
Sandee Miller	12
John Mills	10
Dee Nelson	10
Neil Oseland	20
John Powell	16
Bill Ransom	11
Storme Rose	11
Nathan Rouse	12
Bob Royse	12
Steve Sager	10
Mike Shafai	14
Luci Stansberry	14
Mike Stansberry	10
Kim Tollin	10
Matt Waters	17
Zach Waters	12
Traci Winterbottom	20

Silver Level - 21-50 hours

At 30 hrs you have earned a cap or complimentary entry to an individual PPRR race

Jerred Abdella	31
Sherry Abdella	44
Jim Bailey	37
Dave Balzer	44
Jan Balzer	29
Gordon Barnett	37
Dee Budden	25
Cornell's Kuhn	32
Jon Cornick	24
Laural Fanelli	33
Paul Fanelli	30
Phil Foster	47
Julie Foster	24
Al Garcia	28
Lisa Heckel	27
Jan Huie	36
Jack Janney	23
Jennifer McGee	31
Eric Mullins	29
John O'Neill	38
Steve Reed	26
Marie Sandren	21
Emilie Satterwhite	24
Mickey Simpson	34
Leroy Smith	26
Michele Smoker	35
Angela Sullivan	37
Dave Thomson	24
Stan Upchurch	24
Melissa Waters	21

Gold Level - 51-75 hours

You have earned a jacket

Tony Abdella	54
Jack Anthony	60
Tom Dewane	55
Sandy Lowe	54
Zane Meredith	69
Jeff Tarbert	54

Diamond Level-76-99 hours

You have earned a year's membership in PPRR and entry to the Fall & Winter Series

Susan Hoxie	91
Don Johnson	93
Cruz Martinez	78
Robin Satterwhite	76
RT Tollin	86

Platinum Level - 100 plus hours

Special recognition at rewards dinner

Cymmie Bailey	144
Jim Beckenhaupt	149
Dan Cleveland	104
Diane Cahalan	394
Angie Earle	113
Al Grimme	186
Lyn Hale	193
Gil Kindt	173
Pat Lockhart	286
Larry Miller	211
Bob Mutu	418
Janet Rose	104
Allen Schoffstall	100
Dave Sorenson	195
Travis Waldrip	119