

# Straight from the GUT

*A Quarterly Publication of the  
Georgia Ultrarunning and Trailrunning Society*



## Greetings

So far this summer has provided plenty of heat and sweat training for those ridiculously hot summer races (like Hot to Trot). I hope I will be acclimated by the time fall and MMM arrive!

GUTS has some great training runs coming up soon, and there are always plenty of other running opportunities with GUTS members organizing runs all over north Georgia. Keep up to date with the latest on the GUTS website forum and the GUTS Facebook page - like us on our Facebook page @ <http://www.facebook.com/runwithGUTS>

In August, we are again hosting the very popular GUTS training weekend and camping trip on August 6 and 7 at Fort Mountain State Park. This year we will be partnering with the park for a trail work day on the 7th. We will be working on the Gahuti trail in areas that really need some attention. Join us for two days of running and fun, and you will get prepared for MMM while helping prepare the trails!

We recently had to move the long-standing Tuesday night runs from Kennesaw Mountain Park to the Chattahoochee NRA, aka "the river." We are now meeting at Cochran Shoals, on the Powers Ferry Landing side of the bridge at 6:00 p.m. every Tuesday. We run approximately 6 miles, and have runners doing paces from fast to nice and easy. We try our best not to lose any newbies. The first Tuesday of each month, we go for pizza and beer at Mellow Mushroom on Powers Ferry/Windy Hill. I hope this new location for the weekly run will be accessible to more members. See you there soon!

Happy Trails,  
Janice Anderson

## Welcome new GUTS members

We look forward to seeing you on the trails soon!

Tom Foster Donalson GA  
Nick Reynolds Decatur GA  
Alison Belknap Marietta GA  
Kevin McInturff Smyrna GA  
Meghann Cantey Suwanee GA  
Bridgette Grant Dunwoody GA  
Tim McCutcheon Suwanee GA  
Tim Pippin Zebulon GA

Chrissy Williams Cumming GA  
Patrick Martin Terre Haute IN  
Mitch Vaughn Louisville GA  
Matt Feldhake Atlanta GA  
William Gallant Hamilton GA  
Nathan Pulliam Atlanta GA  
Eric North Decatur GA  
Lisa Wenderoth Chicago IL



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## GUTS Member Spotlight: Anna Calcaterra

**Name:** Anna Calcaterra

**Age:** 44

**Birthplace/Hometown:** I was born on an army base in Colorado Springs, but we moved to Boston when I was 1 year old. I lived there until I was 22 and now I live in Marietta, GA.

**Years Running:** 29 years

**Trail runner/Ultra runner:** Two years ago, I decided to venture off the paved road and I attempted trail running. I was terrified of doing a face plant, but I have yet to fall or twist an ankle (knock on wood). Now I absolutely love it! I was also terrified of running anything over 13 miles. I thought, "Why?? That's ridiculously long!" However, as soon as I was finished with my first 50k, I was hooked and have done other ultra races too.



**Favorite quote:** I have pretty much worshiped this quote for as long as I can remember and I try to pass it on to every runner that I know: "If I am still standing at the end of the race, hit me with a board and knock me down, because that means I didn't run hard enough." - *Steve Jones a marathon record holder*. I joke to my friends that I have a 2 by 4 in my trunk and I will hit them with it if they don't give their all in a race.

**Personal Philosophy:** I plan for the future, but I enjoy the moment. I don't stress about anything. I don't worry or panic. All I want is to be happy and content.

**Personal Hero:** Anne Frank (from the book *The Diary of Anne Frank*) - I can't even begin to imagine what she lived through and how she managed to stay so positive. She took the worst possible situation and made every effort to find something positive in it. Had I been a teenager in her situation, I would have crumbled.

**Book you are currently reading:** My dad recently gave me the book "Common Sense on Mutual Funds" and is convinced I am going to read it....maybe someday. Right now I am deep into the book "World's Best Card Tricks." I love some good card tricks!

**Favorite Vacation Location:** Any country in Central America that has volcanoes. I have a volcano fascination.

**Pet Peeve:** When someone drinks Coke or Sprite and takes massive gulps of it and I can hear the gulps from across the room. Chew with your mouth closed and swallow your sugar filled soda quietly.

**Favorite place to run:** At the track. I know, I've claimed to be a recent enthusiast of ultra and trail running, but put me on a track and I could run 400 meter sprints around it all day.

**What is your favorite time of day to run:** I prefer to run in the dark with a headlamp. Although I love running at the track, running at Kennesaw Mountain at night by headlamp has been my absolute favorite time of day to run. There's something about not knowing what's in front you by more than 5 feet, and seeing some crazy shadows from the headlamp that's intriguing. I'm so focused on the ground and trying not to trip and I get such a kick out of that.

**Short Term Goal:** In the next 10 months I'd like to do another 50k, another 50 miler, and redeem myself after my 100k DNF by doing another 100k.

**Long Term Goal:** I'd like to run and FINISH a 100 mile race. After that, I vow to never get injured so I can continue running for as long as I live. I have always said that I'm going to live to the "healthy age of 100." If I am lucky enough to be healthy at 100, I will still be running.

**Best Race Experience:** My most memorable/enjoyable/victorious race experience was the 50 mile race I ran in January, 2016. It was in Albany, GA and it was called the Chehaw Challenge. It was my first 50 mile race ever and my friend Stephen and I ran it together. It was a 10 mile loop that we ran 5 times. Stephen was ahead of me for the first 35 miles. At mile 35 I somehow caught up to him. We ran for 3 miles together and then I kept running and he stopped to walk. I said goodbye and went ahead. At mile 49 1/2 he caught up to me and we finished together!! We finished in exactly the same time, to the exact second. This was a total coincidence! Not only did I successfully finish my first 50 mile race attempt, but I finished it side by side with one of my best running friends.

**Most monumental struggle during a race:** I ran a 100k in April, 2016 called the Great Southern Endurance Run and I had no experience with running an ultra in the heat. It was 85 degrees that day. I thought drinking large amounts of water would suffice, but I was in for a surprise. The water wasn't helping me with my sodium issues. Oatmeal cream pies didn't help. Neither did ginger ale. Neither did the strawberries. I needed salt. I passed out in an abandoned parking lot and got very ill. I know most ultra runners have experienced this or know runners who have, but this was a new experience for me. I learned from my DNF and I will monitor my sodium intake much more closely.

**Favorite piece of running gear:** My New Balance running shoes that I got on sale on Black Friday almost 3 years ago. They are worn and old and scuffed and dirty, but I still wear them to every race and I will continue to wear them until they fall off my feet.

**Favorite post-run food/drink:** I don't have a favorite post-run food/drink. I'll drink or eat whatever I have a craving for at that time.

**Chronic Injuries:** I briefly had shin splints during high school track, but those are long gone. I have no injuries at this time. I'm hoping I continue to stay injury-free.

**Favorite pacer and crew:** I've only used pacers once and that was in the 100k I ran. I appreciated their help, but they weren't too effective (they are not GUTS members). I've already decided that next time I need a pacer, I'll ask a member of GUTS.

**Most intriguing item found on the trail:** I stumbled upon a litter of 3 day old kittens. They had been dumped in a ditch and were quietly wailing. It sounded like a strange bird. I couldn't figure out what the sound was so I investigated and almost stepped on them. I took them home and put them on a heating pad and bottle fed them for 6 weeks and I kept one of them. His name is Brownie.

**Favorite non-running leisure activity:** Playing the cello. I've been playing the cello since I was 6, so this was way before I started running. I taught myself to play the piano and I have a piano in my dining room, so I play Billy Joel's music all the time on the piano.

**Interesting fact about me that you'd never think to ask:** I have Congenital Anosmia. It sounds really gross, but it's not. I was born without a sense of smell. I have never smelled anything in my entire life. Most people who have no sense of smell have lost it over time or with age. I was born this way and I will probably never acquire a sense of smell. It has not dramatically affected my quality of life. If I had to lack one of the 5 senses, I would choose smell.

## GUTS Member Spotlight: Evan Dare



**Name:** Evan Dare

**Age:** 29

**Birthplace/Hometown:** Conyers, Ga

**Years Running?** 8

**A trail runner? An ultra runner?** Can I be both? I like it all.

**Favorite quote:** Eagles may soar but weasels don't get sucked into jet engines.

**Personal hero:** For the longest time it was Lance Armstrong. He inspired a lot of people to get off the couch, myself included. I still like him for that.

**Book you are currently reading:** "Proteinaholic" Its more of the same stuff about nutrition.

**Favorite vacation location:** Jersey Shore (not kidding) My parents grew up there so that's where we always went for vacation.

**Pet Peeve:** Not taking time off from work.

**Favorite place to run:** Sope Creek

**What is your favorite time of day to run?** Afternoon.

**Short Term goal:** Pine to Palm 2016

**Long Term goal:** Stay healthy and motivated for as long as possible.

**Best race experience:** My first marathon. I think my goal may have been a little conservative, but it paid off. I finished with a smile on my face and I've been hooked since.

**Most monumental struggle during a race:** Strolling Jim 2012 – Cramps all over. From one leg to the other. From this muscle to that muscle. It wouldn't stop.

**Favorite piece of running gear:** Any really cheap running shoe. It helps me feel like I'm getting away with something.

**Favorite post-run food/drink:** I've tried to do better, and lately I have... but I definitely like beer.

**Chronic injuries?:** Tendinitis in my right foot.

**Favorite pacer and crew:** I'm fortunate. My girlfriend is a nurse and a large part of her job is to ensure that everything goes according to plan. If you know Courtney then you understand the level of OCD I'm talking about. She rocks.

**Most intriguing item found on the trail (money doesn't count!):** GoPro. I'm pretty sure it belonged to a mountain biker so I didn't try too hard to find the owner.

**Favorite non-running leisure activity:** Cooking. I might be a better runner, though.



## **Join GUTS for the Southeast's Best and Toughest Annual Trail Marathon!!**

We bet right about now you are dreaming about running in some nice brisk Fall weather. Make that dream a reality! Come join GUTS for the 9th annual Mystery Mountain Marathon & 12-Miler at beautiful Fort Mountain State Park on Sunday, October 9.



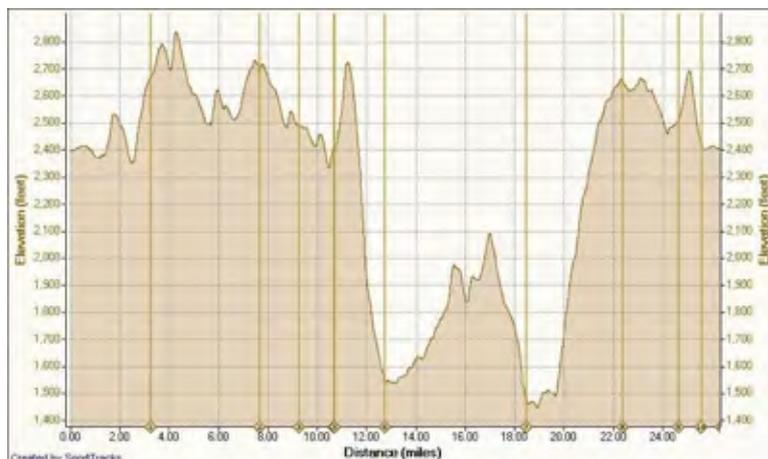
**Running past Fort Mountain's mysterious stone wall**

As always, we offer two distances: a marathon (er, "marathon") for the fearless, and a 12-miler (for those who think the marathon sounds like too much but who may or may not know any better than to think 12 miles at FMSP sounds easier . . . ) FMSP is just 90 miles north of Atlanta, and features spectacular views, relentless hills, and beautiful, fun trails. And of course, there's always the awesome pre- and post-race MMM festivities where you can celebrate with trail friends old and new.



**Just one of many spectacular views from the course**

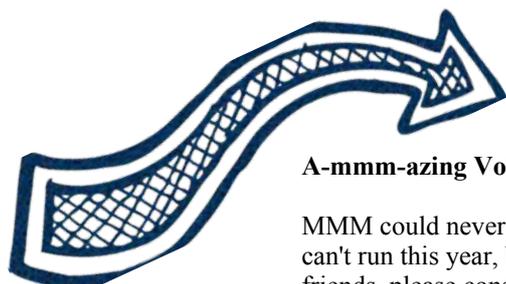
Registration is OPEN! Check out the details and register online or by mail (yep, still old school) on our website: <http://www.getguts.com/our-races/mystery-mountain-marathon-and-12-miler.htm>! Also, check out our Facebook page and join the conversation (and occasional trash talk): <https://www.facebook.com/events/1728610364023843/>



### Piece of Cake!

Come join the increasing number of folks who decide to make a weekend of it! Remember, we offer \$5 camping at our group campsite, and an awesome pasta dinner (\$10) on Saturday night before the race. (Both camping and pasta are FREE for volunteers).

Questions? Comments? Want to chat about the race? Contact Kim, the RD: [mysterymtnmarathon@getguts.com](mailto:mysterymtnmarathon@getguts.com)



### A-mmm-azing Volunteers Needed!

MMM could never happen without a large crew of fun-loving, dedicated volunteers. If you can't run this year, but still want to participate in the fun and hang out in the mountains with friends, please consider volunteering! Also, if you are a new GUTS member and want to meet more folks, or if you are an "old" GUTS member and want to become more involved, volunteering is an awesome way to meet fellow trail runners, and is always a blast. We need help with every aspect of the race, on Saturday and/or Sunday of race weekend, and we have jobs large and small. Remember, volunteers get FREE tent space in our group campsite, and FREE pasta at our Saturday night pre-race pasta dinner. If you are interested in helping out, please contact me and let's talk! Kim: [mysterymtnmarathon@getguts.com](mailto:mysterymtnmarathon@getguts.com)



MMM Aid station volunteers rock!



### **August Trail "Triathlon" . . . GUTS Style: Running, Camping, Trail Work**

Every year, GUTS hosts a camping/training weekend at Fort Mountain State Park. This weekend offers Mystery Mountain Marathon & 12-Miler runners and GUTS members the chance to come run some of the course, and it also allows us to hang out a little more off the trail -- around the campfire, eating s'mores and drinking refreshing beverages. This year, we are upping the ante and are adding "Trail Work" to our weekend itinerary. Here's all the dirt (pun intended, of course) you need to know:

**When?** Saturday and Sunday, August 6 and 7 (You are welcome to come for the whole weekend, or any portion(s) that suit your fancy . . . and/or your schedule.)

**Where?** Fort Mountain State Park, Group Campsite #3

**What time?** Saturday, 2:00 p.m. (trail run on the Gahuti / 12-miler course, followed by dinner and camping) and Sunday 8:30 a.m. (trail work)

**Will S'Mores be provided?** Duh! GUTS will provide water on the trail, post-run snacks, a light breakfast on Sunday morning for campers AND for trail workers, and -- as always -- s'mores for the campfire. (Someone else has to build the fire, though).

**Details?** Very specific details (yep, a typical KPP email) will follow to those who rsvp that they are coming for any portion of the weekend. These details will include meeting spots, camping details, dinner info, trail support info, etc.

**RSVP to Kim:** [mysterymtnmarathon@getguts.com](mailto:mysterymtnmarathon@getguts.com) and let me know which portion(s) of the weekend you plan to join.

## RACE REPORTS

### **Into the Black Hills of South Dakota** written by Jeff Gelinas

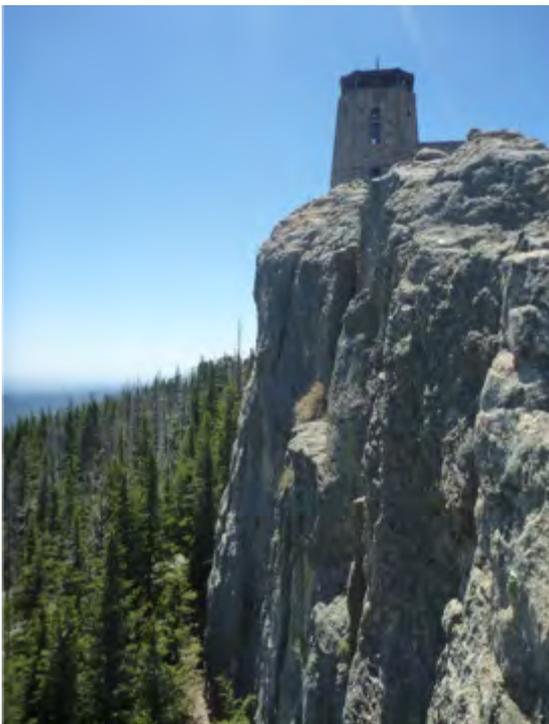
Although it may not seem like the first place to think of for a vacation, when you get there, it becomes plainly evident that The Black Hills of South Dakota are like nowhere else in the states. The granite rock spires around the Needles Highway area are spectacular.



They are all part of Custer State Park, which also has the largest herds of bison in North America.



The amazing Harney Peak, the state highpoint at over 7,000 feet, it is the highest highpoint east of the Rockies.



The spectacular Devil's Tower is just 90 minutes away, and a must-see.



The beautiful sandstone formations of the Badlands are right next door and so beautiful with their texture and layered colors.

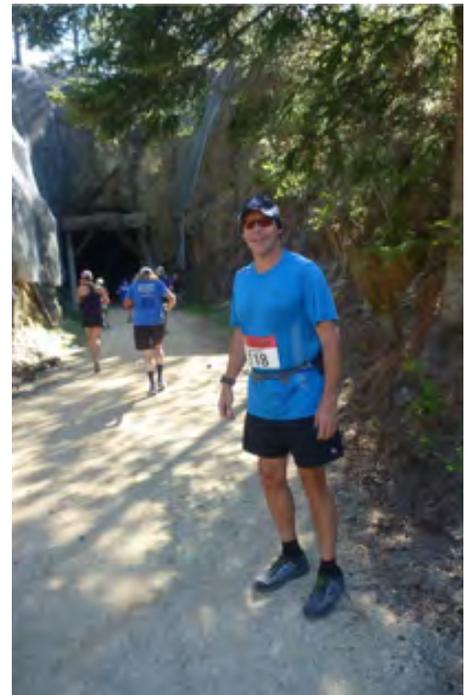
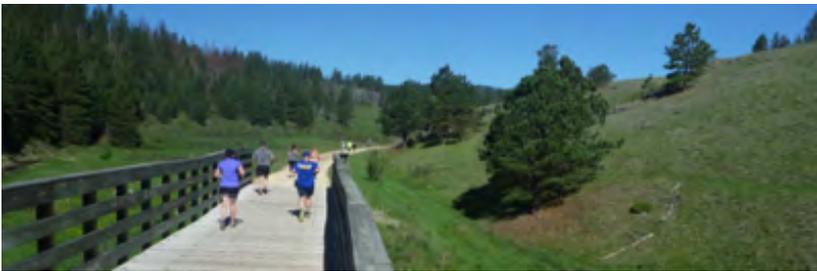
And the town of Deadwood sits right about in the middle of all of it, and there is a lot of history there....and a marathon!



Mt. Rushmore is also right there - you have to see the twilight ceremony - makes you proud to be an American.



Every year in early June the Deadwood Mickelson Marathon and Half- Marathon, are run from here. The Deadwood Mickelson Trail Marathon is a point to point course run primarily on a rails to trails path. Buses take you from the historic gold mining town of Deadwood on down the road to the beginning in the hamlet of Rochford, where you disembark and then wait for a while. It was chilly! I climbed up a steep hill to where the sun was beginning to shine and waited it out until a few minutes before the start. The sun makes an impact immediately! The people in the shade below continued to shiver and wait. Finally, though, the race began. The first 1.5 miles are on the road, then the course jumps on the beautiful Mickelson Trail. The next 12 miles are a mixture of gentle uphill and flat terrain through some gorgeous green valleys with running streams. Really beautiful.



In the middle of the long gradual uphill, there's a cool rock tunnel.

Eventually the trail crests and begins a long, gradual descent to mile 19, and then 19.6 to about 20, there is a more pronounced downhill that gets you moving... all very runnable. The last six miles or so, to the end, the course is either downhill or flat and finishes at the historic Engine House at end of the line...the Deadwood Trailhead, back in the town of Deadwood.



There is also a half-marathon option that begins pretty much with the downhill portion, so it would be a very fast run for some. What makes this race so great is that it's a pretty easy course, surrounded by beauty, run at a time of year when the morning temps can be in the 40's, yet climb very quickly toward the 80's as the sun comes up. The air is dry; you need to think to drink.

So I took some of my closest peeps and we spent a week there. Saw all of the sights we could cram in, climbed the highpoint, and ran this beautiful marathon. One of the best vacations I've ever had. If anyone would like some tips and ideas, I'd be happy to help! You won't regret visiting this part of the country.

**Hot2Trot 2016** was a huge success ... stay tuned for a full report in our next newsletter!

### **Everglades 50 Miler written by Pamela Smith**

Hi! I'm Pamela Smith, and I have been lucky enough to be a member of GUTS for the last couple of years, even though don't live in Georgia. I am actually located down in Key West, Florida...which is pretty lucky, too! My last GUTS ultra was the Hot-to-Trot 8 Hour Run last July. It was awesome!

My running partner, Lisa Graft, and I just competed in and completed the Everglades 50 Miler on February 20th, 2016. The course had to be changed at the last minute due to the extreme flooding in South Florida being referred to as the hundred year flood. The high water caused an elevated number of alligators to be present, as well. Even a rare Florida Panther was spotted on the trail! (Yikes!) That being said, it was an amazing journey through the Fakahatchee Strand and I am so happy I was able to take part in such a tremendous event. We slogged through the mud and finished in 13:48 under a full moon. I would encourage any distance runner to participate in one of the three races Bob Becker and company offer...the 25k, the 50k, or the 50 miler. You won't be disappointed!



### **Cruel Jewel Race Report written by Trena Chellino**

Carrie Dix and I had been talking about running Cruel Jewel for a year. Right after the race in 2015 we knew we would at the very least run the Cruel Jewel 50 Miler (thank you Janette Maas for throwing down that challenge to us). After running the Death Race 68 miler in 2015 with Carrie pacing me, we both knew that the Cruel Jewel would be no easy race. In November we had attempted the Pinhoti 100 and had to drop after 65 miles of really tough conditions, so I think for both of us another 100 miler was waiting for us. We volunteered for Race Directors, Josh and Leigh Saint in January at 24 Hours of Hostility and that only fueled our desire to run the Cruel Jewel. We both just seem to know it would be the 100 miler and not the 50 that we were committing to!

In January we also ran the Cloudland Canyon 50 miler with our friend Stephanie Johnson (from Knoxville), and spent the race convincing her to join us for the Cruel Jewel suffer fest we had signed up for. All of us had either volunteered, crewed or paced at the Cruel Jewel before and had each told ourselves we'd never run it. But we all learned; never say never! It's an ultra thing. So we made our plans together and rented a cabin at Vogel State Park where the race starts and finishes.

We all trained, lined up our crew and finalized our race plans. The race started on Friday, May 13th at noon. The first chance our crew would be able to get to us was at mile 21.5 and we wouldn't get to our pacer until roughly mile 51 (which is the turnaround point at Camp Morganton). We didn't have an exact time but we had hoped to get to our pacers and crew at mile 51 around 13-15 hours into the race, and we'd all stay together at least to that turn around point and possibly even finish together. Carrie and I had planned to stay together the entire race and shared crew and pacers to help us out. Anne Blanton was crew chief for Carrie and I. She told us at our pre-race meeting that she would not be easy on us, and she wasn't going to be swayed by any crying. We were finishing and she'd see that we kept at it! Carrie and I drove up to Vogel Thursday afternoon together, and then met up for dinner in Blairsville with Stephanie and her crew who drove down from Knoxville, TN. Later at the cabin we packed our race packs and talked about how we hoped the next day would play out before all getting a good night sleep. It was nice to have a relaxed morning eating breakfast and getting our packs and drop bags finalized before the race start. We picked up our packets with race numbers and chatted with many of our friends who were there to volunteer or run the race.



**Stephanie, myself and Carrie before the start!**

My husband, Ed had come up to Vogel to see us off and take a few pictures. Some brief instruction by the RD and the race was off. We all knew the course fairly well, with 8 miles to the first Aid Station which included the Coosa Backcountry climb, we all paced ourselves, and enjoyed chatting with friends during those first miles. We were quickly through that first AS and off to the next. Now on the DRT (Duncan Ridge Trail, also known as the Dragon Spine) we knew there would be lots of ups and downs. Steep ups with steep downs. Again, we paced ourselves. Before we knew it we were through the next Aid Station and onto our crew at the Skeenah Gap AS mile 21.5. It was good to see cheering friends and we all got some cold coke/ginger ale and were off. The next couple of AS came every 5 miles or so and we all tried to stay on top of our food and hydration, although I don't know that any of us had really eaten much. The heat didn't cause any of us major stomach issues, but I think we all felt a little off from the heat and climbs. We now had 20 miles to go before the turnaround point and we wouldn't see our crew again until then. We decided it was also a good time to give up our poles which we had been using since the start of the race. We felt we needed some sort of break from carrying them, and the next 20 mile section wasn't as much climbing, well so we thought anyway.



Around mile 43 we got into the Deep Gap AS. We had passed and got to greet the front runners of the race just before getting to the AS. The Atlanta Outdoor Club (AOC) were volunteering at the Deep Gap AS, so for me it was nice to see many faces and friends I knew. We got some food and headed out for a nearly 6 mile loop before coming back to the Deep Gap AS and headed another 2.5 miles to the turnaround point. Another quick hello to my AOC friends and we were off to our crew and pacers at Camp Morganton and the turnaround. This wasn't the half way point in the race because during the return trip there is an extra 6 mile out and back section, but to us it felt like half way. We all planned to make a complete change of clothes, socks and shoes here at Camp Morganton.

We felt that mentally if we broke it down into two 50 mile races it would seem a little less overwhelming to tackle and seem like a fresh start leaving the turnaround point. I made a critical decision and decided to work on my feet a little. I didn't have any blisters or hot spots at this point but felt like the bottoms of my feet would be in pain going back over the DRT later in the race if I didn't add some cushion to the bottoms of them. I worked quickly to put a layer of Mole Skin on the balls of my feet and wrapped a couple of toes where I often get calluses. (This decision I think paid off big time later on as I was running comfortably and ended with no blisters or black toes nails for that matter). Soon we were all out the door with our pacers and headed back to Deep Gap. The road section was a little slower for Carrie and I headed back to Deep Gap and we were busy catching up and updating Rebecca Watters, our pacer, on the race so far. Stephanie and her pacer moved ahead and we didn't run with them again.



Rebecca immediately began to assess where we were and how Carrie and I were both doing. She kept telling us we looked good but we knew pacers and crew are supposed to say that sort of thing. It was now early morning hours and Rebecca knew that we hadn't eaten well so far and we needed to get some food in us. Once we got to Deep Gap she made us sign down and began waiting on us and making us eat what we could. The 6 mile loop at Deep Gap was some of our least favorite section of the course, I think that was because it was a rocky section that after 55 plus miles really began to be painful on our feet. It felt like a real struggle and we talked about how it seemed like a loop that was all uphill. Now I can see that we were tired and needed more food and were both sinking into a low point.

Once back at Deep Gap for the final time, we were treated to some French toast and hot chocolate. Sometimes in these long races the simplest food seems like the best thing you've ever eaten, and that begin to turn things around for Carrie and I. We pushed on the next AS which was on the extra 6 mile out and back section. It was coming down into that AS at Weavers Gap that we started to see 50 mile runners (they had started the 50 mile race at Camp Morganton that morning and at this point the front runners of that race were catching up and passing us). Seeing so many of our friends who were running the 50 mile race and getting more substantial food at the Weavers Gap AS was what Carrie and I needed. Another friend from the AOC was working at this AS and she took extra care of us. Carrie's lower back was beginning to hurt and my friend was rubbing some Magnesium oil on it to try and relieve her pain.

Off we went from Weavers Gap feeling better than we had in a while. It was a long climb out of there and we saw more and more of our friend running the 50 miler. We chatted with lots of them and even took some pictures with others.

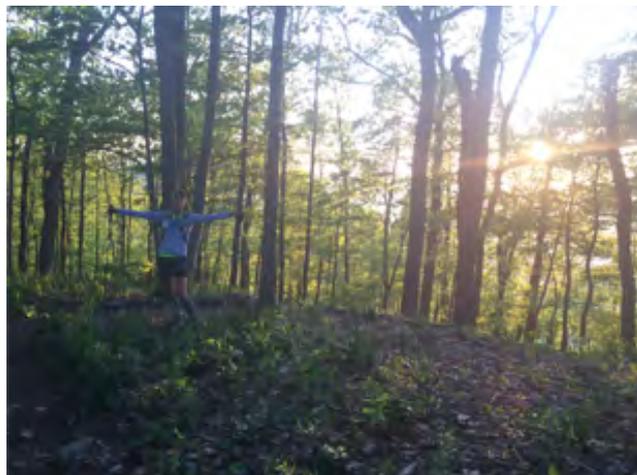


**Jason Green made us all laugh as we passed him pacing for David Milner**

Now we were headed once again to our crew at the next AS and Rebecca would jump out from pacing duties and Michael Richie would pace the next 15 miles. Once at Stanley Gap AS Carrie took care of a few issues and we put some other gel on her lower back to try and relieve her pain some. The next 5 miles were mostly road and our friend Brad Goodridge had caught up with us and joined us at this point. This was a hot section on the road but we pushed on and got to our crew again at Old Dial AS. At this point Carrie's back was visibly giving her trouble and she was struggling to stand up straight. We knew we were headed towards the home stretch and Carrie was determined to finish. Brad was still with us and Michael pacing as we left Old Dial headed 5 tough miles to Wilscot Gap AS. The first part of that section was a lot of climbing and Carrie was now beginning to slow down on the climbs. As I pressed on I was really beginning to feel strong and was ready to do some running but Carrie wasn't catching up. Michael was running back and forth between us and keeping an eye on both of us, reporting that she was falling further behind. I knew Carrie wanted to finish and I knew with the 48 hour cutoff she had plenty of time to finish. Rebecca would be waiting for us at Skeenah Gap to pace the last 20 miles back over the DRT (Dragon Spine). But I also knew we only had one pacer lined up and I didn't want to leave Carrie with no one to go with her.

I called our crew and then Rebecca and let her know we needed to find someone who could pace Carrie from Skeenah to the finish. I knew I would be there waiting to see her cross the finish line but I felt strong and wanted to move faster while I could. As soon as the crew let me know that they had pacer options for Carrie, I was ready to run. Michael let me know she was now at least 20 minutes behind me, so I chose to just go ahead and move on. I knew Carrie would be ok with me doing that, and I knew she was probably slowing down more but still felt certain she'd finish. Carrie and I are good friends and I knew she would want me to go on but it was really tough leaving her and not getting a last chance to talk to her.

Michael ran with me and we got to our crew at the next AS. I let them know Carrie was slowing down but still moving. I needed to keep going, and they both saw that I was moving well at this point; Anne even commented how I had some bounce in my step now and she knew I was in a good place. I wanted them to stay at Wilscot Gap and help Carrie when she got there so I got my jacket and head lamp from them knowing it would be getting dark in a few hours. I also knew with them staying to help Carrie, they wouldn't be able to crew for me again at the Skeenah AS and I needed to take my jacket and light now. Off Michael and I went headed to Skeenah Gap. I was moving good and still feeling really strong for 80 miles into the race with no sleep. When I got to Skeenah Gap I grabbed more food and some coke, while Rebecca and Michael said hello and goodbye, then we were off. With Rebecca being a strong climber and me feeling good I knew I was in good hands to get me over the DRT and slay that Dragon one last



**The Sunset on top of Rhodes Mountain was my Ultra Happy Place!**

Not long after leaving Skeenah we got word that Carrie had dropped and that was really heartbreaking for us to hear. Now I was committed to running the rest of the race and finishing for Carrie. Rebecca pushed us hard so we could get as far as possible before dark and having to turn on our lights. We were able to enjoy a beautiful sunset on top of Rhodes Mountain and then get to the Fish Gap AS before dark. I put on my jacket, gloves and headlamp there and pulled a beanie hat from the bottom of my pack (Carrie and I had put them there at the last minute in loading our packs the night before the race. It was getting windy and at a slower pace I thought I might get cold). Some more quick fueling from the AS and we were off. One more AS to go before our long decent into Vogel State Park and the finish of the race. But we had 5 tough miles and several climbs still ahead.

We passed a few runners in this section as Rebecca led us and I stayed as close behind her as I could, in the dark and into my second night with no sleep Rebecca was keeping me on the trail and moving. Soon we were dropping into the White Oak Stomp AS and I didn't want to lose my momentum so I grabbed some coke and headed out. Rebecca picked up food for me and I was onto the last hard climb up to Coosa Bald. It was getting windy and chilly out now as the evening temps had really dropped. Once we got to the top of the bald my only focus was to run and get down out of the cold. Rebecca led and I again followed as closely as I could. We passed a few more 100 mile runners before finally crossing Wolf Creek. There was water just after the bridge and I was suddenly very thirsty. After getting a last drink, we headed out for the last 3 miles into Vogel Park. While I felt like I was moving fast, it seemed like the longest climb up from Wolf Creek to drop into the park. Finally on the last mile or so, the trail was technical and I remember telling Rebecca I just couldn't run any more. Okay so after nearly 106 miles Rebecca laughed and said we could power hike some. We passed a few crew people out on the trail waiting and looking for other runners to come in. Finally to the paved road in the park and the last 1/2 mile stretch to the finish line we began to run again.



After 39 hours and 16 minutes I crossed the finish line and was handed my buckle. My friend Stephanie finished 20 minutes later and we celebrated afterward back at our cabin. Finishing Cruel Jewel 100 is an accomplishment I still am unable to completely take in fully. Without the help of our awesome crew, Anne and Joyce and the help of Rebecca and Michael pacing, I could have never crossed that finish line. They did an awesome job of paying attention to what I needed when I didn't even know and made decisions for me when I needed them to.



After a few hours of sleep; Stephanie and I show off our buckles. Carrie will be back for hers and I'll be there to help her do it!



Take It from Jarloe, never try to steal a candy bar from a bear.

## SPILL YOUR GUTS

“Don’t let a bear do it for you.....”

**Q:** Do I need to wear bigger shoes to allow for swelling of my feet during long runs and races?

**A:** Swelling of the feet (and hands) is something that often occurs during long runs. It can happen due to various reasons, one of which is improper hydration. Having an improper balance of electrolytes will cause inflammation and swelling of the extremities, so the key is to get to know your body as you train, so that you can determine the proper amount and frequency for ingesting electrolytes, given the situation (weather/distance/sweat rate/etc). There will always be some inflammation in a long run, but there should not be so much that you need to buy shoes larger than your normal size. That being said, it is a good idea to have some sandals or slightly larger shoes for post-run to make it as comfortable as possible to walk around post-run.

**Q:** What should I do if it starts to lightning while out on a trail run?

**A:** Lightning is the number two weather killer in the U.S., killing more than hurricanes and tornadoes combined. NOAA estimates more than 1,000 people are struck and injured each year. If you see lightning, start counting until you hear a rumble of thunder. If that time is 30 seconds or less, the thunderstorm is close enough to be dangerous. Lightning can strike as far as 10 miles from the area where it is raining during a storm. If you are close to lightning, then first seek a large, enclosed building, if possible, but that’s probably not going to happen in the middle of the woods. So, if you cannot get inside, then for goodness sakes, do not stand under a tree! Instead, find a low spot away from any metal fences, pipes, trees, or other tall objects. Then crouch down on the balls of your feet with your feet close together. Do not lie down! You want to keep points of contact between yourself and the ground to a minimum. If you are struck then seek medical attention as soon as possible. If a person is struck and appears dead, remember he or she can often be revived with CPR.

## WHO IS IT?

Each quarter, we’ll see just how well you know your fellow GUTS members.

So ... take a wild guess at the mystery runner below.



Last quarter, our mystery person was ... JUSTIN BIEBER, of course!



**Got GUTS news/info/updates?  
Don't wait for that email you always  
delete, go ahead and send it anytime!  
[newsletter@getguts.com](mailto:newsletter@getguts.com)**