

Straight from the GUT

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



GREETINGS!

Fall weather is finally here! Now is the time to start hitting the trails for some great runs! I hope everyone is taking advantage of the cooler weather and training for all of the fall races.

As daylight savings time approaches, please remember to be safe out there. Dig into your closet and make sure you have a good reflector vest. And you'll need a good headlamp if you want to join us on Tuesday nights, starting the 2nd week of November when we begin our practice of running trails at night.

We will continue to have the first Tuesday of each month designated for GUTS beer & pizza night.

Happy Trails,
Janice Anderson, Prez

SAVE THE DATE

GUTS End of Year Party

Sunday, December 13, 5 p.m.

You will get an Evite shortly, but save **December 13th** for this year's GUTS annual member meeting and party. The location of this year's party is still to be determined but, once decided, the address and directions will be included in the Evite.

As it is each year, the party also serves as the official yearly meeting of GUTS members. This year, we will hold elections for Vice President, Treasurer, Public Relations and Secretary. Sally Brooking (VP), Debbi Legg (Treasurer) and Kim Pike (Secretary) will be running for re-election and each of these elections are for a two-year term.

The Public Relations position is being filled for the remaining 1 year of the term vacated by Matt Grund and Jeffrey Gelinas has been nominated for the position. If you are interested in a position please email with the subject line "Nominations" to getguts@hotmail.com.

Finally, GUTS will be supplying the catering as well as non-alcoholic beverages. You need only bring your favorite adult beverage, if you are so inclined. We'd love to see some of you in your street clothes (vs sweaty running gear), so please plan on attending. Send any questions or your **RSVP** with the subject line "Time to Party" to mysterymtmarathon@getguts.com. Please **RSVP** no later than **December 6th**.



GUTS Board

Janice Anderson
President

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Vice-President

Kim Pike
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GUTS is a 501(c)(3)
nonprofit through
RRCA.

Interact with us!

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GUTS Member Spotlight: Molly Freeman

Name: Molly Freeman

Age: 39

Birthplace/Hometown: Jamestown / Velva, North Dakota

Years Running? 16

A trail runner? An ultra runner? A runner

Favorite quote: “Everything in moderation, including moderation” and “Even moderation itself is kind of extreme.”

Personal philosophy: Live with intention. Have adventures.

Personal hero: Everybody has a story and has overcome struggles to run or ride a bike or just be alive. I find inspiration in my friends as well as people I read about.

Book you are currently reading: I just finished “Runner” by Lizzy Hawker. I can’t run that much right now but reading about running helps. The chapters on her philosophy on dealing with being injured and how to define oneself when you can’t run were insightful. Her story of getting into running was inspiring too – who runs UTMB to celebrate finishing graduate school and winds up accidentally winning it as a first ultra?!

Favorite vacation location: I would love to go back to Nepal and am looking forward to visiting Italy for the first

time next year. Anyplace with mountains and good food makes me happy!

Pet Peeve: Escalators – specifically standing still on escalators. I can’t do it and start having serious anxiety issues if I can’t get around people who are standing still.

Favorite place to run: Pisgah Forest, NC and anywhere in AZ

What is your favorite time of day to run? Early mornings

Short Term goal: get out of bed, run without pain

Long Term goal: run into my 80s/90s

Best race experience: So many!! Pacing Carrie Smith through the night and a thunderstorm to her first 100 mile finish ever at Cruel Jewel, pacing Lisa Martin at Pinhotti, pacing Brooke McClanhan at Pinhotti, seeing Rhonda Sustar earn her 100mi buckle at ATY, the entire Rut 50k (also scariest race experience) and although it wasn’t a race, hiking up Bright Angel trail in the Grand Canyon with Pat and Larry, who were 70 and 72, and were celebrating Pat’s birthday with a 6-day raft trip and hike out of the Canyon.

Most monumental struggle during a race: Miles 75-82 of San Diego 100 3 years ago. It was my first 100 – my pacer David and I were near hypothermic as it was windy and in low 40s and I had not anticipated walking slowly for hours at night. I intended to quit, but a saintly aid station worker got me warmed up, worked on a tight hip muscle, got me caffeinated and we miraculously stayed ahead of cut offs to finish. The last 20 miles of Bryce 100 was monumental as well – I walked that in with my friends Hoa and Pete Martin, but have blocked out those miserable miles. I learned though that I can finish, even if I’m beyond certain that I can’t and that the struggle is (usually) worth it.

Favorite piece of running gear: Petzel Neo headlamp was a bit of a splurge – and worth every cent.

Favorite post-run food/drink: chocolate whole milk from the local Mills River Creamery near Brevard and/or cold beer and salt and vinegar potato chips.

Chronic injuries: Nothing chronic, but something new always seems to pop up and then goes away every few months.

Favorite pacer and crew: I appreciate all of my friends who’ve accompanied me on my long races – Hoa, Andrea, David, Noemy, Andy...thank you guys!!

Most intriguing item found on the trail (money doesn’t count!): Can’t think of an item, but when we were shuttling down from Max Patch on the AT near Hot Springs, NC, we were driving down a remote, narrow road and there was a guy dressed in all khaki walking uphill carrying a WWF-style championship belt slung over his shoulder.

Favorite non-running leisure activity: Baking, reading, yoga, cycling.

Interesting fact about you that we’d never think to ask: ??

GUTS Member Spotlight: Joe Blessing



Name: Joe "F*ckeye" Blessing

Age: 51

Birthplace/Hometown: Cincinnati, Ohio

Years Running? Since college, which has been a loooong time

A trail runner? An ultra runner? I am a trail Runner - I've never run an ultra but I always run on trail.

Favorite quote: Find life experiences and swallow them whole. Travel. Meet many people. Go down some dead ends and explore dark alleys. Try everything. Exhaust yourself in the glorious pursuit of life.

Personal philosophy: I try to be positive, be good to others, make life interesting and laugh. Laughing is important.

Personal hero: My dad and Teddy Roosevelt

Book you are currently reading: The Martian by Andy Weir

Favorite vacation location: Anywhere that has natural beauty. I recently went to Colombia, South America and had a blast.

Pet Peeve: I don't believe in pet peeves

Favorite place to run: Kennesaw Mountain, Red Top Mountain, anywhere in the North Georgia Mountains

What is your favorite time of day to run? Early in the morning

Short Term goal: Mystery Mountain 12 mile and Pine Mountain 19 mile - I don't run for speed so my goal is to camp, hang out with friends, enjoy nature and have a good time.

Long Term goal: another half ironman

Best race experience: Any time that I can squeeze in a run, being with friends, my wife and my dog, camping, and nature. Bonus points if I can ride to the race on my motorcycle. If you see me on the way to Mystery Mountain on my motorcycle with a tent on the back you know that I have found my bliss.

Most monumental struggle during a race: I ran a road marathon. I didn't like it. I won't do it again.

Favorite piece of running gear: I don't do a lot of gear. I like my headlamp for night running - Black Diamond Sprinter: waterproof and rechargeable

Favorite post-run food/drink: Drafty Kilt

Chronic injuries: hamstring and achilles. Not chronic but these have happened a few times.

Favorite pacer and crew: My Australian Cattle Dog Mabel. She keeps me motivated and is a blast to run with.

Most intriguing item found on the trail (money doesn't count!): I came upon a car that was burnt to the ground. The windows and steel rims were even melted. I would love to hear the story about that one.

Favorite non-running leisure activity: Hashing, OK technically it is running. In short, someone sets a trail, you run and try to catch them, afterwards you sing and drink beer.

Interesting fact about you that we'd never think to ask: I lived in San Diego and swam in LaJolla Cove every day before work. One day when I was swimming, I came across a giant object that passed me in the water. When I got back, some guy was watching me and said that that it was a whale.

Pumpkin Butt 50k is back this year!

WHEN: 8 a.m., Sunday, October 18, 2015

WHAT: The run is open to GUTS members only, join if you must! Due to park permit limitations this is classified as a run and it is not officially organized. For all intents and purposes we are disorganized.

HOW: Send an email to getguts@hotmail.com

The run will be held on a loop course. Each loop is approximately 6.2 miles in length (yes, that's 5 loops). The first loop will be run clockwise, with subsequent loops alternating direction. The first loop will head west and circle the bottom of the mountain, then climb to the VERY top, and descend the park road. Each loop has 925 feet of climb. The loop is a combination of smooth dirt, service road, rocky steep single track, and less than 1 mile of asphalt.



ENTRY FEE: 1 canned food item + one fine pumpkin (no gourds plz! But choose wisely ... you may end up carrying it). Canned items will be donated to Atlanta Community Food Bank. You can read more about the ATL Community Food Bank at: <http://www.acfb.org/>. Pumpkins are available to good homes after the run.

POST RUN: Plan to stay! Showers (bring a towel), BBQ, and good food will be available at the finish.

AWARDS: No t-shirt. Top male and female finishers receive a pie and prizes are provided to all pumpkin carriers.

PUMPKIN CARRYING: There will be plenty of lovely pumpkins available to runners for the purpose of giving the pumpkin a ride to the top of the mountain. Any

runner who brings back their pumpkin, unharmed, will be given a special prize.

AID: Full station at start/finish area; Water fountain at Burnt Hickory (~2mile mark); Fluids at top of mountain.

DIRECTIONS: From I-75, take the SR-5, exit #267B. Stay to the left, following the signs for Hwy-5/Marietta. Take a right at the second traffic light, onto Tower Rd. Go approximately 1.5 miles. Look for signs for the run start.

PARKING: Parking is limited, so please carpool! Please park only on the right side of the road, so residents can easily get through.

Hot to Trot 2015 Recap & Results

Hot To Trot 2015 is in the books as another resounding success. This year 104 runners ended up with a finish, making it the second largest Hot to Trot in its 15 year history. Despite a blistering summer that held a record number of days over 90 degrees, the runners were blessed with a little cooler temperatures during the day which topped out at just barely 90 degrees!

Jim Bickelhaupt, this years' Hottest Male, claimed his 4th overall Hot to Trot win, running 50.783 miles.

In a very close second place, this years' Hottest Female, Kendra Versendaal, ran 49.602 miles to defend her title from last year. I believe that a record number of runners stayed for the post-race festivities which always includes a chef inspired meal, beverages, and stories from the trail. Look for Hot To Trot 2016 to take place in the middle of July and for registration to open up very soon on UltraSignup.

1 Jim Bickelhaupt 44 H2T Male 43 50.783 7:55:18
 2 Kendra Versendaal 35 H2T Female 42 49.602 7:55:17
 3 Stephan Hicks 36 H2T Male 40 47.24 7:52:04
 4 Sean Lawford 40 H2T Male 39 46.059 7:55:59
 5 Anthony Pruitt 44 H2T Male 38 44.878 7:53:02
 6 Catherine Toriello 34 H2T Female 37 43.697 7:55:14
 7 Kerry Dycus 37 H2T Male 36 42.516 7:47:28
 8 Jennifer Raby 32 H2T Female 35 41.335 7:45:50
 9 Adam Bell 30 H2T Male 35 41.335 7:47:25
 10 John Derussy 45 H2T Male 35 41.335 7:51:26
 11 Byron Backer 50 H2T Male 34 40.154 7:43:36
 12 Carl Jordan 44 H2T Male 34 40.154 7:49:42
 13 Clint Johnson 39 H2T Male 34 40.154 7:49:58
 14 John Cremers 48 H2T Male 34 40.154 7:54:51
 15 Richard Schick 65 H2T Male 34 40.154 7:56:41
 16 Curtis Baker 36 H2T Male 33 38.973 7:46:00
 17 Joel Tapley 47 H2T Male 33 38.973 7:54:46
 18 Cassandra Palmer 32 H2T Female 33 38.973 7:55:48
 19 David Yerden 56 H2T Male 33 38.973 7:56:05
 20 Jonathan Drummond 43 H2T Male 32 37.792 7:36:56
 21 Loren Starr 54 H2T Male 32 37.792 7:44:33
 22 Dave Burr 45 H2T Male 32 37.792 7:45:43
 23 Joe Ninke 46 H2T Male 32 37.792 7:48:01
 24 Dana Stetson 58 H2T Male 32 37.792 7:51:41
 25 Anthony Shapiro 49 H2T Male 32 37.792 7:52:14
 26 David White 29 H2T Male 32 37.792 7:53:27
 27 Shirley Smith 56 H2T Female 31 36.611 7:47:23
 28 Heather Mccomb 33 H2T Female 31 36.611 7:49:23
 29 Benjamin Schowe 35 H2T Male 31 36.611 7:50:55
 30 Patrick Ryan 60 H2T Male 31 36.611 7:53:13
 31 Beth Mccurdy 45 H2T Female 31 36.611 7:54:03
 32 Thomas Kifowit 56 H2T Male 31 36.611 7:57:37
 33 Steven Hendricks 56 H2T Male 30 35.43 7:50:30
 34 Pete Martin 48 H2T Male 30 35.43 7:54:56
 35 Ellen Comeaux 37 H2T Female 30 35.43 7:56:55
 36 Jennifer Salland 43 H2T Female 30 35.43 7:57:00
 37 Heather Kw Brown 40 H2T Female 29 34.249 7:30:56
 38 Lisa Sherak 53 H2T Female 29 34.249 7:44:09
 39 Trena Chellino 51 H2T Female 29 34.249 7:45:40
 40 Carrie Dix 52 H2T Female 29 34.249 7:45:41
 41 Tiana Cain 33 H2T Female 29 34.249 7:50:55
 42 Ruth Vanzandt 56 H2T Female 29 34.249 7:52:37
 43 Thom Sokol 35 H2T Male 29 34.249 7:53:00
 44 Lisa Grippe 52 H2T Female 29 34.249 7:53:16
 45 David Christy 62 H2T Male 29 34.249 7:54:04
 46 Phil Cannizzaro 52 H2T Male 29 34.249 7:54:48
 47 Shenoa Creer 39 H2T Female 29 34.249 7:55:17
 48 Laura Pound 55 H2T Female 29 34.249 7:57:35
 49 Ken Ward 45 H2T Male 28 33.068 6:28:01
 50 Kerry Beckman 30 H2T Female 28 33.068 6:49:00
 51 Wayne Mccomb 51 H2T Male 28 33.068 7:19:23
 52 Daryl Hallmark 57 H2T Male 28 33.068 7:35:53
 53 Bill Keane 71 H2T Male 28 33.068 7:37:33
 54 Jeffrey Gelinis 53 H2T Male 28 33.068 7:48:17
 55 Jill Wagner 45 H2T Female 28 33.068 7:49:01
 56 Ryan Huddleston 28 H2T Male 28 33.068 7:49:57
 57 John Davenport 33 H2T Male 27 31.887 7:15:45
 58 Ronald Clay 60 H2T Male 27 31.887 7:15:58
 59 Brian Devine 42 H2T Male 27 31.887 7:42:34
 60 Jo Bryan 43 H2T Female 27 31.887 7:48:43
 61 Mark Franke 56 H2T Male 27 31.887 7:49:25
 62 Tony Taylor 43 H2T Male 27 31.887 7:53:30
 63 Elise Quadrozzi 54 H2T Female 27 31.887 7:53:34
 64 Dale Krambier 47 H2T Male 27 31.887 7:54:21
 65 Katie Fisher 32 H2T Female 26 30.706 6:49:04



66 Sherri Harvey 50 H2T Female 26 30.706 7:52:08
 67 Stephanie Mcnamer 38 H2T Female 26 30.706 7:53:40
 68 Jessica Rudd 30 H2T Female 25 29.525 7:28:31
 69 Pamela Smith 46 H2T Female 25 29.525 7:50:14
 70 Steve Michael 65 H2T Male 25 29.525 7:57:12
 71 Tobey Davis 42 H2T Female 24 28.344 7:28:11
 72 Heidi Dawson 33 H2T Female 24 28.344 7:53:22
 73 Katrina Parker 42 H2T Female 23 27.163 5:47:01
 74 Sanglim Ward 36 H2T Female 23 27.163 6:32:46
 75 Mike Dunn 76 H2T Male 23 27.163 7:41:16
 76 Frank Conti 64 H2T Male 23 27.163 7:44:37
 77 Patrick Brown 35 H2T Male 23 27.163 7:49:29
 78 James Emig 69 H2T Male 23 27.163 7:50:53
 79 Chris Warren 39 H2T Male 22 25.982 4:32:27
 80 Gail Mercer 53 H2T Female 22 25.982 6:38:03
 81 Miranda Byrd 29 H2T Female 22 25.982 7:28:29
 82 Brian Trinkle 53 H2T Male 21 24.801 4:43:16
 83 Scott Meckert 44 H2T Male 21 24.801 5:17:07
 84 Rachel Langelotti 41 H2T Female 21 24.801 6:34:22
 85 Stephanie Burroughs 40 H2T Female 21 24.801 7:45:10
 86 Susan Burkley 37 H2T Female 20 23.62 6:41:13
 87 Vikena Yutz 44 H2T Female 20 23.62 7:36:24
 88 Gary Bonneau 55 H2T Male 20 23.62 7:40:44
 89 Ryan Brown 37 H2T Female 20 23.62 7:52:24
 90 Michael Sullivan 52 H2T Male 19 22.439 5:05:41
 91 Janette Maas 56 H2T Female 19 22.439 7:43:58
 92 Laurie Cloud 40 H2T Female 18 21.258 3:52:53
 93 Carol Cobb 43 H2T Female 18 21.258 7:06:50
 94 Nicole Gasaway 31 H2T Female 17 20.077 3:55:28
 95 Vincent Tuttle 47 H2T Male 16 18.896 4:06:03
 96 Kristen McCormick 32 H2T Female 16 18.896 6:02:22
 97 Sofia Tuttle 22 H2T Female 14 16.534 3:36:52
 98 Peter Kaiser 54 H2T Male 14 16.534 3:46:23
 99 Jason Rogers 43 H2T Male 14 16.534 3:56:06
 100 Anne Blanton 49 H2T Female 14 16.534 4:49:06
 101 Charlesey Charlton 36 H2T Female 12 14.172 3:11:23
 102 Sarah Tynes 48 H2T Female 11 12.991 6:43:01
 103 Antonio Gonzalez 39 H2T Male 10 11.81 3:43:28
 104 Robert Lykins 35 H2T Male 4 4.724 3:55:29

Mark your race calendars!

Pine Mountain Trail Run – Join GUTS @FDR State Park in December

When: Sunday, December 6, 7:00 a.m.

What: PMTR is a 46-mile ultra-marathon on the beautiful Pine Mountain Trail system of FDR State Park in Pine Mountain, Ga.

This GUTS event will test your endurance and your ankles over rocky single-track trails. The trail follows the ridge line, going up and over it for the duration. Depending on water levels, the few water crossings could be dry or ankle deep. You'll experience both pine & hardwood forests, rock outcroppings, waterfalls and beaver ponds.

PMTR Lite is for those not ready for the full Monty.

This year we will be offering a NEW PMTR Lite 19 mile option. Same great trails, less time in the woods!

For more details - <http://getguts.com/pine-mountain-40-miler/pine-mountain-trail-race-details.html>

To register - <http://ultrasignup.com/register.aspx?did=33190>

We are excited about the **9th Annual Red Top Rumble** coming up on Feb. 7, 2016.

Registration is opening Monday November 2, 2015 at 10 a.m. EST.

We've switched over to Ultrasignup this year, so go there or to the getguts.com website to register. We've got a few exciting changes coming this year, including shirts that I think everyone will really love.

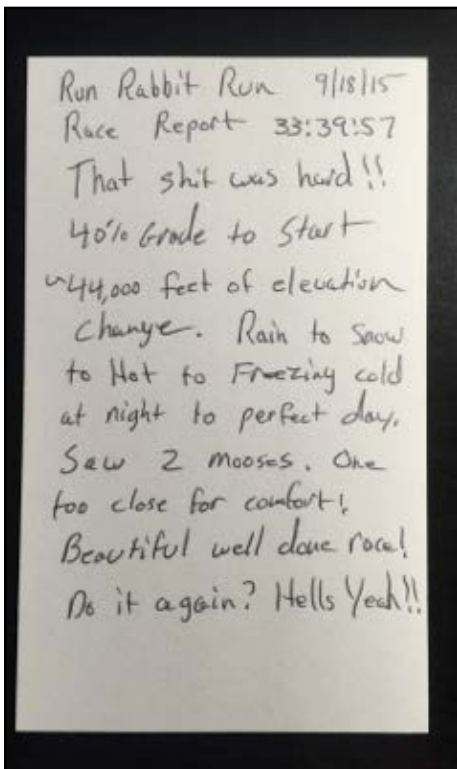
We expect a fast sellout again this year, so mark calendars for Nov. 2nd. And if you feel so inclined and want to volunteer, we'd love to have you help! You can email the Race Director (Jim Bickelhaupt) at

RedTopRumble@getguts.com

Race Reports

Most of you would rather pin a new bib than pen your latest adventures, but when you traverse trails near and far or have the audacity to tackle the road, we want to hear all about it!

Write an epic masterpiece, scribble notes on an index card or take a picture of your race bib like one lazy runner we know! We aren't picky ... just curious, so don't be shy.



Deep thoughts by Joel Tapley

Even fewer thoughts by H. Brown:

- 2 years of battling injury & impatience
- + 1 downhill marathon
- + 1 uphill marathon
- + a lot of rehab
- + a little luck (and a FLAT course)
- = reward and ... a new training plan!





Take it from Janice, never try to steal a candy bar from a bear.

SPILL YOUR GUTS “Don’t let a bear do it for you....”

Q: If I spill my GUTS is it littering or food for wildlife?

A: That depends on what you had been eating before you spilled your guts! Really it shouldn’t be littering unless it creates an obstacle for the other runners on the trail, otherwise it will be food for some kind of animal.

Q: What do you recommend runners wear if they have to do their runs in the dark?

A: If some of the run will be on the street or sidewalk then you should invest in a good reflector vest and a small light (blinking or solid) to increase your visibility to cars. You should wear light color clothing as well to increase that visibility.

If running on trail, then you’ll want to invest in a good light. There are many good options for both handheld and headlamp styles with a wide range of lumens (measure of amount of light emitted) and prices.

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.

If you're wondering who it was last quarter, the answer is on the next page.



Laurie Cloud!



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