

If you cannot see this e-mail, please click [here](#),
or link to: <http://www.trailrunnermag.com/trblast/0909dir.html>

Inside Dirt August 2009

INSIDE
TrailRunner
DIRT

TrailRunner
One Dirty Magazine

Subscribe
Today!

In This Issue

[2009 Sprout Awards](#)
[Race Report Leadville 100](#)
[Subscribe Now](#)
[Trail Wisdom](#)
[Trail Running Euro Style](#)
[Trail News](#)
[Running Around the World](#)
[Back of the Pack](#)
[Call for Submissions](#)
[Upcoming Races](#)

2009 Trail Runner Sprout Award Winners



For our second annual *Trail Runner* Sprout Awards, we selected companies, members of the trail-running community, races and events that are making an effort to reduce their impact on the environment or raise environmental and social awareness. You can read about this year's Sprout Award winners in the November edition of *Trail Runner* (Issue 62). In the meantime, the following new "green" products incorporate sustainable materials and manufacturing practices that make you feel good about using them, without sacrificing performance.



Spenco Earthbound Insoles, \$40, www.spenco.com

This environmentally sensitive insole is made from 65-percent recycled EVA foam and 35-percent natural cork. The rigid stability cradle made from recycled nylon offers durable motion control and the 40-percent recycled-polyester topsheet prevents blister-causing friction.



Smartwool Micro Zip Tee, \$75, www.smartwool.com

Wearing this silky Merino wool top next to your skin will make you happy, almost as happy as the free-roaming sheep that provided the wool. As with all Smartwool products, the Micro Zip Tee is Zque (pronounced zee-Q) accredited, which ensures the sheep are raised humanely.



Smith Parallel, \$100 (\$149 with polarized lenses), www.smithoptics.com

The Parallel lightweight performance sunglasses, with interchangeable lenses, belong to Smith's Evolve line of sustainable eyewear featuring Rilsan Clear, a frame material made from castor seeds. Included is a bamboo-fabric storage/cleaning bag.

Texans Take on Rockies at 2009 Leadville Trail 100

By Susan Farago

If Joseph Moore, one of the 14 Austin-based athletes who tackled the 2009 Leadville 100 Trail Race on August 22-23, in Leadville, Colorado, were writing this story, he might have titled it, *There's a village somewhere in Texas missing 14 idiots*. "There was a sign by the side of the road early in the race that said, 'It takes a special kind of idiot to run Leadville,'" said Joseph. But then again, it takes a certain kind of crazy for one person, let alone a group of 14, to take on the Rocky Mountains.

Joseph is part of an eclectic group of athletes and non-athletes (also known as Team Leadville) alike who chose the Leadville 100 as their first group event. Why Leadville? Why not! The 14 men and women had previous athletic experiences ranging from marathons, ultra-distance trail and XTERRA races and Ironman triathlons, but many were introduced to trail running through their pursuit of Leadville.

They met three times a week for group workouts, sharing training plans and resources and even creating a website to unify their collective mission. The group's only Leadville veteran, Fred Coogan, shared invaluable experience and wisdom. "This race can be completed in under 30 hours by anyone who can run a sub-four-hour marathon," he said. "However, they have to push through very tough emotional and physical lows and a lot of pain. They have to race smart."

To make training in Austin more challenging, 2009 was the second-hottest summer on record with 58 days of over-100-degree weather. Long runs began at 4 a.m., and by 9 a.m. it was already pushing 85 degrees.

Then, all of sudden came race day, which dawned with ideal conditions. As the day progressed everyone on Team Leadville battled their own demons, a reason why Fred summarized Leadville as "running with the devil." Fred's race unfolded as expected, but it wasn't easy. "I was quick out to Winfield [the halfway turnaround point] but it was a long march home," he said. "The last 13 miles were slow, long and painful."

Tom Crandall's race was filled with several surprises. "In the beginning [the pace] was a little slow due to the crowded singletrack sections," said Tom. "The biggest surprise was bonking on the back side of Hope Pass after leaving Winfield. I was feeling great then hit the wall with about 20 minutes of climbing left to the top. At that point I was completely dizzy and could barely manage to move. I ended up sitting on a rock trying to recover, knowing that the higher I went the harder it would become. After drinking a sports drink, I was able to rally enough to make it to the top and back down to the next aid station, where I recovered."

Altitude and fatigue prompted many to reassess their race goals, from achieving a specific finish times, to simply finishing. One pacer creatively motivated his runner by holding a beer in front him. Joseph made deals with himself. "I hit my first low point between miles 20 and 30 and decided I wouldn't run until I had a good pee," he says. "So I walked for six miles, ate, drank and during which 130 people passed me. Between miles 50 and 60, with the help of one of my pacers, I crushed it back over the mountain and into Twin Lakes. But at the last aid station at mile 87, I was in a very dark place. My crew didn't bring the car near me so I wouldn't be tempted to get in. They were jerks, but it got me to the finish line."

At the 20-hour mark, the Rockies had gotten the better of three members of the team. Of the 14 who started, seven posted official finish times. While it was a test of wills for everyone, for Donna and Dave Dawson, it was not a test of their marriage. "Dave and I crossed the finish line holding hands," said Donna. "We didn't plan on running the race together but hooked up about 55 miles and stayed close."

The day after Leadville was a mix of calm and energy for Team Leadville. If he does Leadville again, Tom would alter his training to focus on power walking to help walk fast over long periods, add weight training to delay late-race fatigue and swim drills with hypoxic sets to help acclimate to the altitude. The philosophy of "less is more" resonated with several athletes, including Fred, who ran a better time this year despite training less, while Joseph would actually add to his training. "My long runs were just over 30 miles," he said. "I would try to do at least a couple of 50-mile runs to get my legs used to the sustained pounding."

Everyone on Team Leadville came away from the race with a greater appreciation of their undertaking. "The first thing I said when I crossed the finish line was, 'That was the dumbest f*cking thing I've ever done. I'm never doing that again,'" said Joseph. But three days later, he was already thinking about next year's race.

"No one does Leadville alone," said Joseph. "Even the insane people who attempt Leadville without a crew or pacers depend on the generosity of volunteers. I wouldn't have had a chance at finishing if it weren't for my crew and pacers."

While they may be considered "special kind of idiots" according to the sign in Leadville, members of Team Leadville are also local Austin heroes who have earned the utmost respect and admiration from their peers, even if they are a little crazy!

Susan Farago is a multisport endurance athlete, coach and freelance fitness writer in Austin, Texas. She can be reached at www.susanfarago.com.

SUBSCRIBE NOW



SUBSCRIBE TO
TrailRunner
GET **Crookies**

Promo code: **WCROKY09**

The advertisement features a pair of black Crookies sunglasses with brown lenses. The sunglasses are positioned over a stylized globe logo. The background consists of vertical yellow bars of varying heights. The text is in blue and green, with 'TrailRunner' in a larger, bold font.

If you want to try it before you buy it, check out our FREE digital archives at http://www.trailrunnermag.com/digital_archive.php