

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

## Environmental Ethical Boundaries for Trail Running Competitions

*The following document was authored by the Pro Trail Runners Association (PTRA) having been approved on May 25, 2023, and reflects the PTRA's views.*

As the number of trail races and events grows worldwide, the PTRA feel that there is increasing need for a set of boundaries and guidelines to help organizers ensure that their events respect the ethics and values of our sport. The goal of this document is to outline a set of boundaries that we, as athletes, feel are important for ensuring that we feel comfortable participating in an event.

This is not an exhaustive list and individual athletes may have higher standards which inform their decision-making when it comes to participating in events. Nonetheless, this document shall provide a basis of information that PTRA can use when exchanging with races, circuits, federations, etc. It will clearly state the areas that our organization feels strongly enough about, should a clear lack of compliance occur in the future, could merit objection, public communication campaigns or even a boycott.

**RED LINES:** Items we feel should be respected by every event, under all circumstances. If an organizer chooses not to respect these boundaries, PTRA may take action - including, but not limited to public objection, communication with media and boycotts.

**RECOMMENDATIONS:** Items we highly recommend as

important steps toward a better sport. Non-respect of these recommendations will not automatically trigger public-facing communication. However, PTRA may choose to speak with the media or call out events on social media if organizers do not meet these criteria.

We define Trail Running as the activity of running outdoors and on natural surfaces. We consider trail running to be an umbrella term that includes many sub-disciplines (mountain running, ultra running, skyrunning, fell running, etc.).

While trail running is born of many cultures, territories, backgrounds and motivations, the sport shares common values that we believe form the foundation for the sport. These values are:

- Respect of nature
- Respect of people and communities
- Respect of sport

In order to ensure that these values are shared and respected by all, we believe it is important that our sport does not violate the boundaries found below.

### Respect of the natural environment:

Trail running is practiced in natural environments. Without them, the sport wouldn't exist. The respect and even the preservation of ecosystems and landscapes is deeply rooted in the trail running culture. The value of these ecosystems includes their biodiversity, their natural resources, their function in ensuring ecosystem and climate resilience, and their non material (cultural and spiritual) value. Therefore we strongly believe that all trail running stakeholders - organizers, federations, teams, brands, athletes and spectators - should promote and respect the lands where we run.

### "Leave No Trace" principles

Events will have an impact on the ecosystems where we run. That impact can be mitigated by some work before and after the competition and also by limiting the access to those ecosystems to the number of people and nuances that can be held by that particular ecosystem without exceeding their hosting capacity.

It is nearly inevitable that trail running events will have some impact on the ecosystems that they pass through. However, that impact can be mitigated by taking measures before and after the competition, limiting access to fragile ecosystems, and limiting the number of

(continued on page 3)

**Steep & Rocky**  
BOA® Fit System  
Brooks Running  
Dynafit  
ROLL Recovery  
Salomon  
Saucony

## Switchback

Active at Altitude  
Ashworth Awards  
ElliptiGO  
GO SLEEVES  
GU Energy Labs  
inov-8  
Joe Viger  
Photography  
LEKI USA  
Leslie Jordan  
Brand Apparel  
Mad Moose Events  
Marathon Printing  
Nicholas Hill Group  
Québec Mega Trail  
TANRI  
The Running Event  
UltraSignup

## Double-Track

Badwater® /  
AdventureCORPS®  
KINeSYS Performance  
Sunscreen  
Life Time Events -  
Leadville Race  
Series  
MudGear  
Pacific Coast Trail  
Runs  
Spectrum Sports  
TransRockies Run  
VJ Shoes

  
American  
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[chase@hbcoboulder.com](mailto:chase@hbcoboulder.com)

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**Richard Bolt**  
Managing Director

**Tayte Pollmann**  
Project Associate/Trail Trotter

**Allie McLaughlin (AllieMac)**  
Video Producer

**Robert Sherburn "Sherb"**  
Outreach and Events

**Peter Maksimow**  
Special Projects

**Emily McGuire**  
Website & Member Services

**Andy Wacker**  
Social Media

Contributors to this issue:

**Trail Conference 2023**  
**Terry Chiplin**

**Events and Environment**  
**Pro Trail Runners Assoc.**

**Podium Tips**  
**Kate Reiley**

**Summer Recipes**  
**Stephen R. Santangelo**

**Elevate Mountain Running**  
**Lisa Renee Tumminello**

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## ATRA

P.O. Box 9454  
Colorado Springs, CO 80932  
(719) 573-4133 phone  
[nancyhobbs@trailrunner.com](mailto:nancyhobbs@trailrunner.com)  
[www.trailrunner.com](http://www.trailrunner.com)  
[@ATRAtailrunner](mailto:@ATRAtailrunner)

## Single Track

Adventure Running  
AKTive Soles Performance Footwear  
All Terrain Adventures  
AllWeDolsRun  
Andalé Racing Club  
Antelope Racing  
Arsenal Events  
Ascent Runs  
AZ Trail Race  
Birkie Trail Run/American Birkebeiner  
Birmingham Ultra Trail Society  
Broken Arrow Skyrace  
Chianti Ultra Trail  
Cirque Series  
Conquer the World Endurance  
Daybreak Racing  
Deadwood Mickleson Trail Marathon and Run Crazy Horse  
Eagle Endurance  
Eclectic Edge Racing  
Elevated Potential  
Elevate Mountain Running  
Elevation Culture  
Endless Loop Fundraising  
Endurance Headquarters  
Endurance Race Series  
Equip Disciples  
EX2 Adventures  
Feral Adventures  
First Light Racing  
Fit & Able Productions  
Flagstaff Running  
Geo-Planet  
Goldstone Ultrarunning  
Gnar Runners  
Go Beyond Racing  
Great Glen Trails Outdoor Center  
Great Lakes Endurance  
Greater Omaha Area Trail Runners  
Grind Run Company  
Happy Treading  
HardAssEvents (HAE)  
Heaven's Organics  
**Helena Ultra Runners League**  
Hellbender 100 Miler  
Highlander Events  
Intermountain Endurance  
Inyo County Sheriff's Posse  
Ironwood Adventure Works  
Jupiter Ridge Sand Spur  
Kenosha Running Company  
Kettle Moraine 100, Hennepin Hundred & more

Marathon Majic  
Missouri Running Company  
Moose on the Loose  
Mountain Goat Trail Series  
Mountain Running Races  
Mudroom Backpacks  
**National High School Trail Running Championships**  
New River Trail 50k and 25k  
No Shortcuts TT  
nurun co.  
One Love Endurance Events  
Oregon Trail Runs  
Outlaw 100  
Palo Duro Trail Run  
Peak Races  
Peak Performance Running/ Lifelong Endurance

Pirate Perry  
PKG Running, LLC  
Pretzel City Sports  
Racing Patagonia  
Rad Ultras  
Revenant Running  
Rim to River 100  
River City Races  
Roadless Races  
Rocking Chair Running  
Rocky Road Adventures  
RouteArrows.com  
Run Bum Tours  
Runners 4 Recovery  
Run the Alps  
Run Uphill Racing  
Sassquad Trail Running  
Scena

## Second Growth Running Company

SEOTR Events  
Shining Rock Adventures  
SIX03 Endurance  
Skelton Law Racing  
SkyRun  
SRVIVRS Series  
SS Mountain Racing  
Stuffed Turkey Endurance Races  
Suffer Better  
Sun Multisport Events  
Sunshine Trail Racing  
Sun Trail Running  
Swiftwick  
Syllamo Events  
Team Sparkle Productions  
Tejas Trails  
Ten Junk Miles Racing  
Terra Firma Racing  
Texas Outlaw Running Company  
Texas Trail Running  
The Endurance Society  
The Florida Run  
The Kauai 50  
The Storm Trail Race Series  
TINAR Race Series  
Trail Animals Running Club  
Trailblazer Running  
Trail Racing Over Texas  
Trail Roots Running  
Trailheads.org  
Trail Sisters  
Traverse Running  
Treat Public Relations  
**Troop Events Athlete Management**  
UltraRunning magazine  
Ultraverse Supplements  
Urban Coyote Racing  
Uwharrie 100  
Vail Recreation District  
Virginia Adventures  
Warrior Trail Running  
Western States Endurance Run  
Wolf Pack Adventures  
Women's Epic Race  
Xero Shoes  
Zombie Trail Races

## Race & Club Members

24 Hours of Palmer Lake  
Adapt & Thrive Performance  
Allison Wood Halloween Hobble  
Arctic Running  
Ascension Vertical Race  
ASTP Coaching  
ATLAS TRAIL Race  
Babbitt's Backyard Ultra Last Man Standing  
Banana Slug Backyard Ultra  
Big Sur Land Trust Race for Open Space  
Black Hills Ultra  
Blackwater Canyon Half Marathon  
Blue Chevy Trail Classic  
Bright Dreams  
Chama Yak Attack  
Cheyenne Mountain Run  
Childish Nonsense (Cuss Running)  
**Collectively Outside**  
Conquer the World Endurance  
Coyote 2 Moon  
Crazy Mountain 100  
Cursa Di Ciclopi  
Death at Dupuis  
Devil Dog Ultras-100-mile & 100k  
Devils Den Trail Race  
Donald Dash Trail Run  
Don Diablo Trail Run  
Driftless Trail Collective  
DSHP Wellness for Wellness  
Elder Creek Trail Runs  
Elevate Fitness  
Elizabeth&ClaireLaplanteFoundation 5K  
Emerald Mountain Epic  
EnduraRace  
Equitable Action Run Towards Health  
**Evitt Foundation**  
F5 Endurance Race  
Farm Park Challenge  
Fire on the Mountain 25K/50K  
Foy's to Blacktail Trails Organization  
Friends of New Glarus Woods State Park  
Friends of the Medicine Bow Rail Trail  
Frigid Fox Race  
Froggy Hollow 5 & 9  
GAC Runners Club  
Gateway PVA 5K/1 Mile Run/Walk /Roll  
Georgia Jewel Race  
Gnarly Trail Runners  
Great Allegheny Passage (GAP) Relay  
Great Southern Endurance Run  
Gulch Countdown  
Hagg Mud Trail Run  
Hardrock 100  
Headwaters of the Frio Trail Marathon, Half, 12K, and 5K  
Heart for Hearts  
Helen's Closet  
Herzog100  
Hollywood to the Sea  
Hoof it for the Heifer 20K  
IRONBULL  
The Krbrrr  
Lag Bon 10K  
Lewis Park & Trails  
LoKeyz Trail Runners  
Lost Lake Run  
Lowell's Loop  
Mammoth Cave 50K and 25K  
Mammoth Trail Fest  
McKenzie River Trail Run  
**Med Bow Rail Marathon & Half Marathon**  
Midwest Everest  
Moab Trail Marathon  
Mortimer 100 Relay  
Mountaineer Rumble 12 Hour  
Mt. Baldy Run-To-The-Top  
Night Owl Shuffle  
NOMAD Mobile Fitness Training and Events  
Off Road Adventures  
Old Pueblo Endurance Runs  
Ouray Ultras  
Ozark Trail 100 Mile Endurance Run  
**Patagonia/RUFA Run up For Air**  
Pioneer Trail Races  
Poteau Runners  
Race for Reading 10K  
Randolph Rumble  
Raptor Hollow 10K  
Retreat Repeat  
Richmond Trail Running Club  
Ride Climb  
Rising Sun Wellness  
Roxborough Running Club  
Rubicon Racing  
Run for the Horses  
Run Idaho Now  
Run the Ritter  
Run Wild 20 Miler  
Saddles 100  
San Antonio Road Runners  
San Jacinto 50K  
Scout Mountain Ultras  
**Shake Your Trail Feather Trail Run**  
Shelli Huether Honor Run, Walk, and Fundraiser  
Smoky Mountain Relay  
Southern California Ultra  
Spillway Trail Running  
Stampede Trail Run  
Swamp Stomper 50K/25K  
Sylamore 25k and 50k  
TanZ Navigation  
Taos Ski Valley Up & Over Trail Run  
Team Jenny 5K  
The Baxter Ultra  
**The Field Station Frenzy 5K**  
The Personalized Running Doc  
The Shippey Endurance Runs  
The Stevest  
Three Eagle Half Marathon & 5K  
Trail of the Dragon  
Trail Run At Indian Lake  
Trail Squirrel Adventure  
Truth or Consequences Desert Ultra  
Two Rivers Treads/Miners Lady 8-Hour  
**Ty Draney Endurance**  
UltraCulture  
Ultramook 50k  
Vermont Overland Trail  
Vero Beach Octopus Ultra  
Waldo 100K  
Watoga State Park Mountain Trail Challenge  
Whiterock Ultra  
Wild Horse Racing  
Wilson Creek Frozen 50k  
Wolf Peak Outdoors  
Womp Rump Trail Race  
Wulfman CDT 14k Trail Race  
Zero Feet Above

**\*Red highlight expiring soon**





participants. There is not a 'one size fits all' approach to ecosystem protection or a "magic number" of participants because different environments have different hosting capacities.

The Red Lines outlined here represent the bare minimum expected of events in terms of respect for the environment. The Recommendations are not intended to be exhaustive, but shall provide organizers with some suggestions for improving their event's impact.

## RED LINES

**Publicly stated environmental policy.** All events must have a publicly-stated environmental policy or commitment that can be consulted online.

**Infrastructure.** Events shall not build infrastructure (buildings, roads, trails, etc.) that will cause permanent damage to the ecosystems and/or will not have a purpose outside of the event.

**Prevent Permanent ecosystem damage.** Events shall pay special attention to fragile ecosystems, species and protected areas that risk permanent damage by hosting an event. When possible, these areas should be avoided and in all cases local land managers must be consulted to ensure that necessary measures are taken to avoid unnecessary damage.

**Non-polluting vehicles.** Races shall not use vehicles that are highly polluting/high emissions or especially loud (motorbikes, quads, helicopters) for purposes outside of security/rescue needs. *Races also shouldn't allow third party companies to use these vehicles in any action related to the event (i.e. TV filming)*

**Single use items.** Races shall not supply single-use plastics and styrofoam food and beverage containers to race attendees and spectators. This includes aid stations and at the finish line, as well as in pre- and post-race meals.

## RECOMMENDATIONS\*

**Contamination.** Events should encourage zero-contamination behavior to help ensure that the event does not introduce invasive species to the local ecosystem.

Athletes, pacers, crews and race attendees' shoes and equipment should be cleaned of dirt, seeds and plant material before and after participating in an event. The race event should provide washing stations and gear inspections at check-in. The athletes remain responsible for cleaning their shoes and equipment.

**Transport.** Races should provide participants, crew and spectators with public transport, shuttle and carpool/rideshare options to make access to the event easier and reduce the need for individual cars - thereby reducing local pollution and carbon footprint of the race.

**Goodies.** Races should consider eliminating goodies for participants in favor of environmental protections. In all cases, goodies should be opt-in for all participants and the distribution of promotional material should be kept to a minimum.

**Markings.** Races should ensure that course markings, and evidence of aid stations be removed after the race.

**Trash.** Events should provide clearly marked recycling points near the start and finish lines, as well as at accessible crewing and spectating areas. Participants and crew should be prohibited from dropping trash outside of designated

*(continued on page 4)*



areas, and course sweepers should ensure that no micro-trash is left on the course. At aid stations and at the start/finish, single-use plastic bottles should be minimized or entirely eliminated in favor of large-capacity water containers that can be refilled.

**Education.** Educational information should be provided for participants, crews and spectators to ensure that they understand their impact, including why they should respect established trails.

**Sanitation.** Races should provide ample bathroom stalls at the event to minimize the use of the area around the start line as a toilet. Where possible, and especially for ultramarathons, toilets should be available at aid stations.

**Noise pollution.** Races and events should take into account the impact of noise (especially at the start/finish lines) on the local biodiversity and community. Noise should be limited to a reasonable decibel level and period of time.

**Reporting.** After an event, races should attempt to measure and report their impact. This should be communicated to the public and inform choices for improvement at the following editions.

*\*These recommendations may be included in a stated environmental policy.*

## Greenwashing

Sponsoring is key in the development of the sport, to be able to organize events or develop the athletes careers, but it is also a powerful tool to promote the values of the partners. In certain cases, some companies might use the events or athletes that have values close to nature and its preservation to greenwash the company image.

Sponsorship is key to the development of the sport, both in terms of event sponsorship and athlete sponsorship. Companies and brands may choose to sponsor an athlete or event for a variety of reasons, including a desire to support or promote the values embodied by chosen partner or beneficiary. However, in some cases, companies and even government entities may want to associate

themselves with an athlete or event with strong connections to environmental protection or conservation in order to improve their own image.

This practice can qualify as greenwashing. Greenwashing is a deceptive marketing practice that aims to persuade the public that a company or organization's practices are environmentally friendly. These campaigns are at odds with the organization's actual operations and practices. The PTRA believes that athletes and events should be aware of this practice and refuse to accept sponsorship from companies who aim to use them and their environmentally-friendly image to bolster their own image without backing it up with action.

## RED LINES

Races, circuits and/or federations shall not be sponsored by:

- Fossil fuel companies (Gas extraction companies, gas distributors, or similar)
- Mineral extraction companies
- Industrial-scale livestock farming
- Logging companies
- Tobacco companiesany companies clearly associated with environmental crimes

## RECOMMENDATIONS

Avoid contracting event sponsors from industries that are highly polluting and/or promote a lifestyle with a big environmental footprint (e.g., car companies, etc. or other equipment or materials that are highly contaminating).

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## ELEVATE MOUNTAIN RUNNING CAMP

In the spirit of ATRA's 2023 theme to "Celebrate Youth on the Trails," Elevate Mountain Running is excited to welcome athletes to our 3rd annual Elevate Mountain Running Camp, in Steamboat Springs, Colorado, July 23-27. We will welcome high school and collegiate athletes from across the country to a 5 day/4 night performance running camp. This year we are basing camp at the historic Columbine Cabins, giving us quick access to mountain trails north of Steamboat Springs and in and around North Routt County and the Mount Zirkel Wilderness.

*What Makes Elevate Mountain Running Camp so Epically Awesome?*

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We create a top tier experience by meeting athletes right where they are in fitness and background. Our coaches tailor the mountain runs to help athletes acclimatize to the altitude, recover, and be their strongest each day. We also weave sports nutrition, mental health

care, performance strategies and recovery into each day so that athletes can experience the immediate benefits of feeling better and performing better, while also having fun.

Our vision is to embrace the challenges of mountain running and fall in love with the sport with a greater perspective. The mountains will help us to change our pace, breathe a bit deeper, and then hold onto those experiences in life itself. We will chase excellence, in a way that is not just measured by physical outcome, but rather by helping each other do things they never thought possible.

Our team of Coaches Jeremy Strom, Alicia Vargo, Chris Vargo, Lisa Renee Tumminello, Brynne Goldberg and Kelly Boniface are experts at fostering an amazing community of like-minded individuals who share a passion for the outdoors and youth. Our coaches will share their expertise, energy, and life experiences so we can all dream a bit bigger when we depart.

Our broader vision for Elevate Mountain Running Camp is to introduce high school and rising collegiate athletes to the sport of trail running, supporting and developing these athletes, and establishing a pipeline to competitive trail and mountain running. By creating a "mountaintop" experience at our camps, we hope to make ambassadors for the fast growing sport of trail running and racing. In the upcoming year we plan to create the Elevate Mountain Running developmental team, which will provide our athletes with ongoing expert coaching and the opportunity to race in established trail races, represent sponsors, and be ambassadors for organizations such as ATRA.



We hope to see you in July or on the trails in-between.

[www.elevatemtnrunning.com](http://www.elevatemtnrunning.com)

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The 11th annual US Trail Running Conference, presented by Marathon Printing, will be held in Mukilteo, WA, October 18-20, 2023. The conference is held in partnership with the Snohomish County Sports Commission and the American Trail Running Association.

Exhibitors for 2023 include Marathon Printing, Leslie Jordan Apparel, Darn Tough Vermont, RouteArrows, RunSignup, GO Sleeves, Orbiter Timing, Active Track, Runners High Medallions, Gnarly Sports Nutrition, Activate Canopy, Best Day Brewing, Territory Run Co., Girls on the Run, & Tarkine Running.

Speakers and panelists include Tim Tollefson, Zoë Rom, Jiquanda Nelson, Porter Bratten, Steve Aderholt, Paul Jurasin, Mathias Eichler, Dr. Shannon O'Grady, Nancy Hobbs, Peter Maksimow, and Megan Wolfe.

Content for 2023 includes a focus on sustainable business practices in the sport across DEI, equity for women, youth and elder runners, run to adapt, climate activism and sustainability, and supporting mental health. While our content is geared toward trail race directors and event organizers, we do encourage trail runners to participate and add their voices to the important conversations that are created. After all, you are the end consumers we are all looking to attract more of!

In advance of the Conference, a series of eight webinars will be held monthly February through September. Thanks to the generous support of Presenting Sponsor, Marathon Printing, these webinars are free to access for all race directors and event organizers - remember that if you can't attend the live session day and time, recordings of each session will be available the next day after the live session. You do need to register for either the complete series or each webinar to be able to participate live or receive the session recording information.

**Next up: Session 6**

**Sustainability in Trail Running, an Inconvenient Truth**  
July 25, 2023 10.00 am – 11.00 am MST

For more details, contact Terry Chiplin, Event Director, at: [terry@ustrailrunningconference.com](mailto:terry@ustrailrunningconference.com)



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Awards for all of the events listed below include medals for the top ten open men and women, medals three deep for age groups in the masters' division starting at 40 in five-year increments, and prize money for top finishers. Current membership in USATF is required — [www.usatf.org](http://www.usatf.org).

## Championships and Selection Races 2023

**USATF 40K Team Selection Race**— Fourmidable 50K — Auburn, CA — February 18 *\*top two US males and top two US females earn auto spots on the USATF 40K Trail Team: Jonathan Aziz, Craig Hunt; Kimber Mattox, EmKay Sullivan*

**USATF 100 Mile Road**—Jackpot Ultras — Henderson, NV—March 4 — **Jonah Backstrom and Sierre DeGroff**

**USATF 50km Road**—Heckscher State Park 50K — Long Island, NY — March 12 *\*top U.S. male and top U.S. female auto selected to USATF 50K Road Team provided qualifying times achieved (3:00 or better for men, 3:33 or better for women) — Kallin Khan and Amanda Pomaranski*

**USATF 80K Team Selection Race**— Lake Sonoma 50M — Lake Sonoma, CA — April 8 *\*earned spots on USATF 80K Trail Running Team — Erin Clark/Allison Baca/Sarah Keyes/Drew Holmen/Caleb Olson/Preston Cates*

**USATF Vertical Mountain** — Sunapee Scramble — Sunapee, NH — April 29 *\*the sole selection race for the USATF Vertical Mountain Running Team and top U.S. male and top U.S. female auto selected to the Challenge Stellina Meeting of Nations team USA — Grayson Murphy and Joseph Gray*

**USATF Mountain** — Sunapee Scramble — Sunapee, NH — April 30 *\*the sole selection race for the USATF Mountain Running Team men's and women's senior team — Grason Murphy and Dan Curtis*

**USATF Marathon Trail** — Breakneck Point — May 6 — Beacon, NY *\*top two males and top females earn automatic spots on the USATF 40K Trail Running Team — Brittany Charboneau/Bailey Kowalczyk; Garrett Corcoran/Jackson Brill*

**USATF Team Selection Race Broken Arrow Skyrace Vertical** — Palisades Tahoe, CA — June 16 *\*top U.S. male and top U.S. female auto selected to the Challenge Stellina Meeting of Nations Team USA — Anna Gibson and Darren Thomas*

**USATF 50km Trail — Ragged 50K** — Sunapee Ragged Kearsarge Greenway, NH — August 6

**USATF Half Marathon Trail** — Moab Half Marathon — Moab, UT — November 4

**USATF 24 Hour** — Fat Ox — Goodyear, AZ—November 18 *\* pending finalized paperwork*

In an effort to promote #cleansport, athletes who participate in National Championships and Team USA competitions are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.



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**MUDGEAR**



American Trail Running Association's giveaway program was created in 2017 and has awarded nearly \$30,000 worth of products, race entries, gear, and shoes to ATRA members. Creativity reigns supreme for many of the recipients like Nick who recently won an entry to Mary's Peak which was held on June 17, in Blodgett, Oregon. The entry was provided by ATRA corporate member Mike Ripley/Oregon Trail Runs ([www.oregontrailruns.com](http://www.oregontrailruns.com)).

Nick's winning response:

*"I want to enjoy Marys Peak because there's an In-and-Out burger on the way there and the way back! Ok, that's not the main reason, but it's a good reason -- no In-and-Out burgers up in Seattle, but there is one in Salem. Marys Peak is on my list of possible races for the year - as I've never run in that area of Oregon. Thanks for the consideration!"*

When Nick won, he responded, "Wow, thank you so much! I'm so excited! I'd love to do the 50 miler, and camp on-site as well. I'll share a picture from my run, absolutely! Thank you Nancy, ATRA, and Oregon Trail Runs!"

After Nick raced, he sent a photo (see to the right) and his

thoughts on the race. "Mary's Peak 50M was a blast this last weekend, my first time in that area of Oregon, and I really loved it. In-and-out burger was delicious on my drive to the start, made even sweeter because of the traffic delays on the way and being extra-hungry when I finally got my dinner! Thanks again for supporting this give-away."

Be sure to watch your in-box for upcoming giveaways posted in e-newsletters almost weekly by ATRA.



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Joseph Gray not only knows what it takes to earn US and World Running Championships – but to dominate his sport by topping the podium over and over again.

In a world where taking shortcuts often tempts athletes, Gray has earned every title clean and drug-free. We're honored to join him on his journey of rewriting records in mountain running, testing and developing GO Sleeves, and inspiring athletes of all kinds to achieve their dreams.

Joseph Gray's three tips for taking the podium over and over again:

**Take care of your mind and body** - It's hard to stay on top. The margin of error isn't big when the competition is solid. You have to take care of your body and your mind with regularity. There are a number of other things that can take you out of that window of being competitive at the right moment.

**Have the determination of a champion** - The first time I won a world championship before I even got to the finish line, I was already thinking: "I'm gonna have to come back and win again." Because anybody can be great, anyone can knock off one championship...The likelihood is high for a great athlete, a great person with a great mind, mental stability, mental motivation, and an excellent physical body for athletics to win a championship. Still, it's going to be more special and more memorable if you can replicate those wins over and over again.

**Prevent injury by practicing recovery** - A lot of amazing athletes fall through the cracks because of injuries. They need to think about prevention. They're not thinking about recovery. I think that's one thing that's very special about athletes who are at the top. It could just be that they are just blessed, and their body was able to maintain itself through injuries...But there are a lot of athletes, I think, who come across the right people and the right products, at the right time in their career which allowed them extra opportunities and more time to develop. These things are very important, especially when you're a young athlete trying to develop, grow, and progress.

Learn more about Joseph Gray here:

<https://gokinesiology.com/a/blog/3-ways-world-champion-runner-joseph-gray-stays-on-top-with-go-sleeves?>

*Joseph Gray is a 23-time USA National Champion and the first Black American to not only make the Team USA World Mountain Running Team, but also the first Black American to win the USA National Mountain Running Championships and the World Mountain Running Championships. Additionally, Gray is the first athlete to win the North American, Central American, and Caribbean Championships in Cross Country and Mountain Running.*

*Gray's accolades include: 2-time World Mountain Running Champion, 11-time USA Mountain Runner of the Year, 10-time USA Mountain Running National Champion, 6-time Xterra World Trail Running Champion, the first athlete to win 6 Xterra World Trail Running Championship Titles, 23-Time USA National Champion, and 36-Time USA National Team Member.*

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SLEEVES



Summertime provides a variety of fresh fruits, vegetables, and other delights to please the palate. Below you'll find a few of my favorite recipes to get you going in the morning and boost your energy throughout the day.

## Breakfast

For many individuals, breakfast seems to be a forgotten meal and yet, it is important because it sets our biological timeclock for the day. Following are two quick nutritious meals which will boost the metabolism and set the tone for the day. All ingredients in these recipes are 100% organic and free trade.

The first morning start-me-up is a hardy bowl of oatmeal. Added to this are walnuts, pecans, blueberries, cinnamon, and ginger. To boost the nutritional profile, you can add your favorite protein powder and collagen.



The second morning start-me-up is whipped coconut cream topped with blueberries. Organic coconut cream and organic frozen/fresh blueberries are easy to find in most stores. Empty the can of coconut cream in a bowl, whip it up to make

it light and fluffy, place blueberries on top, and enjoy! (I got this recipe tip from my daughter who works with NBA and NFL players on their nutritional programs.) Understand that plant-based fats do not contain cholesterol. Cholesterol exists in animal products. Coconut cream is 100% from the coconut. The "cream" is not animal-based, it is only used as a term to define the viscosity/consistency of the product.



## Dinner, a salad, and a side dish

A great dinner plate or even a post-workout meal, is stuffed yellow peppers with mixed veggies and rice. In this recipe use 2 types of your favorite rice, chopped red and yellow tomatoes, chopped sweet red peppers, chopped onions and garlic, red beans, black beans, and shredded carrots. Add parsley, basil, and thyme to taste.

For a bit of sweetness add raisins. Cook the rice and beans first. After the rice and beans are ready, blend all the other ingredients, stuff the peppers, place in glass bowl, cover and bake for 35-45 minutes at 350F. Time and temperature will vary based on the type of oven used.

Who does not love a huge dinner salad? There are many ways to make salads and have your protein too. Pictured is one of our favorites; 3 lettuce blend covered with baby spinach. Top this with hard boiled pastured eggs, grated parmesan, Romano, and yogurt cheese with roasted sliced beets. Add shredded orange, yellow and purple carrots. To make this dish vegan, substitute the eggs with fermented soy and use vegan cheese. In the center add chopped black and green olives, cauliflower,



red and yellow onions, seasoned with Italian herbs. The sides include walnuts, pecans, dried dates, and raisins. For a dressing, use equal parts apple cider vinegar, extra virgin olive oil and add honey to taste.



A great side dish to compliment the dinner salad is mouth-watering stuffed mushrooms. Remove the stems from the caps of the mushrooms. Chop the stems into fine pieces and blend with seasoned bread crumbs of your choice along with finely chopped garlic and rosemary. Add EVOO just enough to hold the mixture together. You can add grated Parmesan cheese or fermented soy for an extra bump in flavor. Bake at 425F for 8 minutes. If you want crispy tops, broil for 2 minutes and you'll enjoy a crunch with each bite.

## Dessert

For dessert, try lemon curd cups. Lemon curd can be home-made, but, for those on a time restraint, ready-made curd can be found in most stores. The cup is made with Einkorn flour. Following a simple pie crust recipe, all that is needed is to replace regular flour with the Einkorn. Cut pie crust dough into 5-inch diameter pieces or use a cookie cutter. Once cut, place in cupcake pan and bake for 10-12 minutes at 350F. Check often as different ovens cook at different rates. Remove from oven and let cool. Only fill shell with curd at time of eating. If you leave the curd in the shell too long, it will become soggy.



We use Einkorn exclusively for many healthful reasons:

- Einkorn is very low in gluten making it easier to digest.
- Einkorn has a different kind of gluten compared to modern wheat because it does not contain the D genome, only the A genome. This is significant since the most popular test for detecting the presence of gluten is based on the presence of the D genome.
- Einkorn has two sets of chromosomes, unlike modern wheats which have four to six sets.
- Einkorn has 14 chromosomes, compared to 42 in modern wheat. This makes a huge difference which can have a negative impact on allergies and inflammation. 42 wheat chromosomes are foreign to our bodies. It does not recognize this as an edible food; therefore, our system retaliates by means of inflammation!



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