

Happy Holidays Northern Arizona Trail Runners!



Hope this note finds everyone set for another great year of trail running. 2007 brought many new folks to town as our e-mail list grew to 450 folks! At the heart of NATRA are still the Saturday, Sunday, and Monday group runs. We have also seen an influx of women in the group and the percentages are now in their favor. By my guesstimate, most group runs are 45/35/20 (That is the ratio of Women to Men to Dogs). The web page had another record year with over 24000 hits, a 20% increase over last year. This was probably due to the national media attention we received in September when NATRA appeared in both *Trail Runner Magazine* and *Runner's World*. *Trail Runner* named Flagstaff one of seven top trail towns in the USA and Canada and *Runner's World* highlighted Flagstaff in their "On the Road" page.

In February, NATRA fielded two teams in the inaugural 192 mile Ragnar Relay from Wickenburg to Scottsdale. NATRA Team 1 took home the top prize in the Co-ed division while the Pine Cone Smashers held their own in 13th place. Both teams crossed the line together and vowed to repeat the fun next year! This year also saw Salomon step up its contribution to the Flagstaff Summer Running Series with 30 pairs of Salomon trail running shoes for the top runners. Congratulations to Open Division champs Greg McMillian and Sara Wagner, and to Master's Division champs John Bogen and Margaret Grove! Salomon also gave \$1000 in cash prizes to the winners of the Salomon Flagstaff Mountain Trail Championship! Congratulations to this year's winners – Greg McMillan and Sara Wagner (Long Courses), and Emy Tice and Tom



Viskocil (Sprint Courses). The first Sunday in October brought on the 27th annual War Dog Run and about 20 runners made their way to the top! To close out the racing season we had a gorgeous day for Soulstice! Despite the added length of the Sunset re-alignment, many racers had faster times! We saw both the female and male long course records shattered by Erika Edwards and Jared Scott. Erin Hutchinson and Amber Randall won the sprint courses with Amber setting a new record! Once again, special thanks to the Pay 'n Take, Aspen Sports, Boyer Metal, Kahtoola, Salomon Sports and our own artist David McKee for their continued support of the race!

As most of you know, NATRA uses the entire proceeds of the Soulstice Mountain Trail run to support some great community causes. In 2007, we continued our title sponsorship of the Big Brothers Big Sisters Half Marathon. In addition, NATRA bought a timing clock for any local race directors to share. We donated the clock to The Hospice Life Run, NAU's Go Big for Parkinson's Disease Run, and all five Flagstaff Summer Running Series races. We helped sponsor both the second annual Salomon Flagstaff Mountain Trail Runner





Championship and October's Hopi Water is Life Run. We provided aid stations at the Big Brothers Big Sisters Half Marathon and at the second annual Sedona Marathon. In February, our bowling team raised over 800 dollars at the Big Brothers Big Sisters of Flagstaff Bowl for Kids Sake. We also continued our support of Flagstaff Biking Organization's trail days and had 12 volunteers contribute 60 hours to maintenance on the Sunset Trail.

2008 is already shaping up to be another fun and exciting year. We will again sponsor an aid station at the Sedona Marathon on February 9th, with NATRA decked out in black tie! We will again sponsor a team at the February 23rd Big Brothers Big Sisters of Flagstaff Bowl for Kid's Sake. In March, three NATRA teams will compete in the Ragnar Relay. The Arizona Diamondbacks will be offering us a group discount in May to catch a game, have a NATRA information table set up, and put us up on the giant centerfield scoreboard! We will continue to organize the Salomon Flagstaff Mountain Trail Championship and track the Flagstaff Summer Running Series. Finally, mark your calendars for the October 11 Soulstice Mountain Trail run. Registration will open April 1 and if past trends hold true, registration will close by May 1.

Again, thanks to all of you who participated in NATRA in 2007 and Happy Trails to 2008! Cheers, Neil

