

Running as a Lifetime Pursuit:

Interview with WSU's world-class
runner and coach Paul Pilkington

Running Groups

Does running with others
affect your results?

Going Barefoot?

Here's what the latest research shows...

Utah Collegiate All-American Highlights

2013 NCAA Division - Indoor Track
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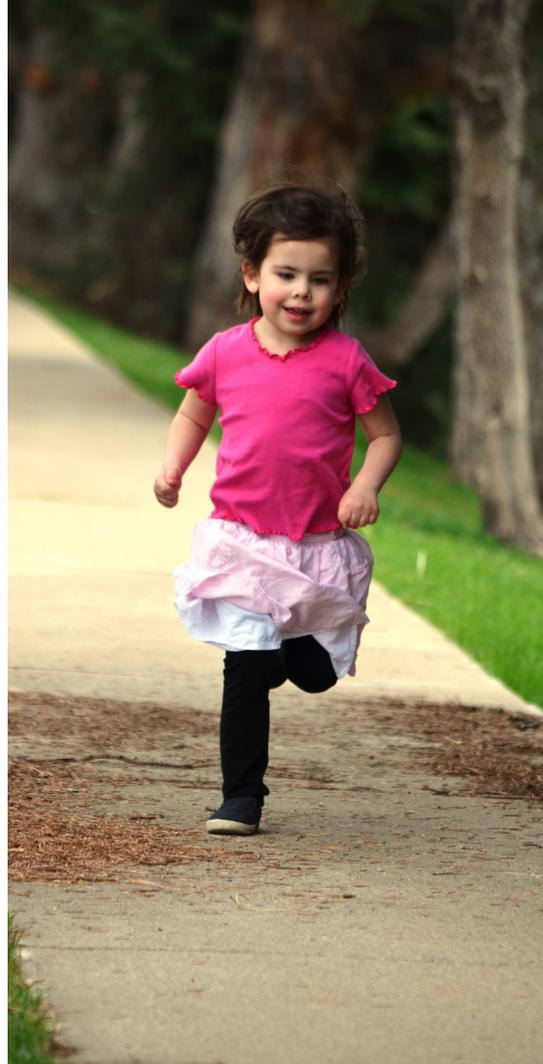
Find the upcoming races for April, May and June



You've gotta love the transition to spring! Everyone starts to catch the bug and starts working out a little more frequently and with a little more intensity. Now is definitely a time for renewal of goals and grand visions of what you can do with your training this year... but why settle for just this year – take some tips from Paul Pilkington, a two-time US National Champion and current Head Cross Country and Distance Track and Field coach at Weber State, as he shares some of his thoughts about making running a lifetime pursuit. And once you've taken a few of his tips to heart, why don't you share them with your friends as this issue will help inspire you to build training partnerships and groups to help you achieve more. We hope you'll be inspired by Utah's own Brad Barton and his recent World Record (WOW!) and if that doesn't inspire you on the track, then maybe you can find a little inspiration in the kitchen as Kristi Spence shares her tasty nutrition tips with a zesty spring flair.

To your inspiration and success!

Ken and Janae Richardson
UtahRunning.com





Paul Pilkington is a two-time U.S. National Champion, has won several big-time marathons with a personal best time of 2:11. Currently he's the head cross country and distance coach at Weber State University.

An Interview with Paul Pilkington: From college standout to word-class marathoner and beyond, Paul reveals the secrets to making running a lifetime pursuit

To listen to the interview with Paul Pilkington, [click here](#)

Utahrunning.com: Maybe to get us started, could you tell us about your running background and how you got started into running?

Paul: I didn't run until my senior year in high school. I grew up in Blackfoot, Idaho. In the summertime we all had jobs moving irrigation pipe in the potato fields, so we'd go out at 4 o'clock in the morning and move the lines again at 3 o'clock in the afternoon. When we got big and strong enough that we could pick up the pipe and run with it, we'd run our lines both ways because we got paid based on how many of those quarter-mile sections of irrigation pipe we moved. If you ran then you could make more money because we only had an hour and a half window before they turned the pumps on again. I was running from the time I was about 13 or 14 years old, every summer, but it was moving irrigation pipes. I didn't run competitively until my senior year in high school.

Utahrunning.com: You ran here at Weber State. Tell us about some of your college highlights there.

Paul: I ran first at College of Southern Idaho, which is a junior college. I only ran one year. I wasn't recruited by an NCAA Division I program, or wasn't fast enough. Then I took fourth in the Junior College Nationals in the steeple and got the attention of the Division I schools. I ended up at Weber because of their distance tradition and Chic Hislop was coaching here. I was his second qualifier that he had to qualify for the NCAA Championships, and he was really just learning the steeple at that time. I was one of his guinea pigs.

Highlight wise, I made it to the NCAA Championships, was the USA Track and Field All American. I didn't make the finals at the NCAAs in the steeple though but my senior year I got pneumonia and it wiped my season out, so I really felt unfulfilled as a runner. I wanted to keep doing it when I finished college.

Utahrunning.com: You definitely did some great things after college. You became a competitive marathoner and running on the road. Tell us about that transition and what events you competed in post-collegiately, maybe some of the highlights.

Paul: It was just right after I came out of college in 1981; they made it legal to earn prize money and still run in the Olympics. So the road racing boom was kind of taking off with money. It took me a long time to develop because I was working fulltime, teaching school, so I was getting up and doing my morning run at 5-5:30 in the morning, and again in the afternoon, and on my feet all day. I had a family, so my progression was a long time. I really didn't get real good until eight or nine years after college. But I started running marathons because that's where the money was. Eventually figured that event out. It took a while.

I won the Houston marathon in 1990. Made more money in one race than I was teaching school all year. So that afforded me the chance to go back to graduate school and I ran fulltime for several years. I got a master's degree and was then a competitive road racer. I really got to race all over the world. I've been all over Europe and Asia. I was in Russia when it was still communist, and ran the first prize money sporting event they ever had. I've been just about everywhere. I made the World Championships for the US and raced in Katzenberg, Sweden in the World Championships. It was a good career. I got to see the world and places that I never would have gotten to otherwise.

Utahrunning.com: As you trained for competition post-collegiately, you mentioned getting up early and getting your run in. How did you find time to fit that training in? What drove you to do that?

Paul: The big thing was I'd get up and get it out of the way early. And then it didn't take away time from my kids or family. They certainly had to sacrifice because a lot of times I'd be on the road when there were things going on with them. But the big thing was making it a priority and being disciplined with it. No matter what the weather was, or what the conditions were, I knew I had to go out because somewhere somebody I was going to be racing with was training and they weren't sleeping in and they probably weren't even working a fulltime job. So I needed to take advantage of the window I had to train. I just got in the habit of laying everything out every night and roll out of bed and be running within five minutes, so that I could sleep as long as possible. I got into a pattern that way.

Utahrunning.com: What do you think contributed most to your success in road racing?

Paul: I think a lot of it was not giving up and continuing to learn and to develop. But also I'd always pick peoples' brain any place that I went. I knew a lot of world-class people that I got to know - Olympians and Olympic champions and I'd always ask questions. For the most part

they were willing to share. Part of it was figuring out trial and error and then asking questions about what are these guys doing that are faster than I am that I'm not, and tweaking it.

I had a couple of guys that were real good career-wise, Paul Cummings. He spent a lot of time with me. He was an NCAA Champion in the 1500 and mile and ended up being a world-class marathoner. He shared a lot with me. He was older than I was, and I learned an awful lot training-wise from Paul.

Then I one time drove a 12-hour drive to spend 8 hours with Joe Vigil who is another very good marathon-type coach. We spent the whole day just talking training, so part of it was to learn and trying to get myself access to the people that had the knowledge, that I didn't.

Utahrunning.com: Now as a collegiate coach and distance-running expert, tell me about the impact that training groups can have on a runner's fitness level. What are some of the benefits of those training groups and maybe some of the drawbacks as well?

Paul: The benefits are you have someone else out there, not just you alone all of the time. If you're going through a hard workout it helps to have somebody else there with you. I was fortunate that Ed Eyestone and I trained together for about 12 years, and it made both of us better and prolonged our career, both of us, because if we didn't feel like doing a workout we knew the other one was going to be there. And we committed, so we'd both be there. We didn't have days where we'd say I'm not going to go hard today, because we'd already set it up and arranged it. We didn't want to let the other one down.

The downside of the training groups is you have to make sure that you're there to train and not to race. One thing about Ed and I is we worked very hard. People would come in once in a while and want to train with us and I don't think we ever had anybody last longer than two weeks of running with us, because we did some pretty hard workouts. But we wouldn't kill each other. It wasn't I'm going to run Ed into the ground, and he was saying I'm going to run Paul into the ground. It was here's what we want to accomplish today workout wise, and that's what we'd go do.

You have to be careful not to turn the workouts into races when you're in a group. We got along well enough and were smart enough to realize it wasn't advantageous for us to destroy each other in workouts. It was the racing that mattered and counted.

Utahrunning.com: Feeding off each other in those workouts was what the real benefit was.

Paul: It was, and you're training with a guy who's world-class, and you're running the same workouts. It's also a mind shift to think if I can run with him in workouts I can race with him. If I can run with him in workouts I can run with anybody in the world. We kind of fed that off each other also. We'd talk races, strategy, and workouts, just to try to get both of us to be the best we could be.

Utahrunning.com: You've continued to stay fit over the years. Do you mind telling the Utah running community how young you are, and maybe how many miles a week you're still putting in?

Paul: I'm 54 and I still run quite a bit. This last week we had a meet at Stanford, so my miles are down, but two weeks ago I ran 105 miles. I'm between 85 and 105 miles a week. But I'm fortunate I'm able to run with my team on distance days. If it's a distance day I'll go out when they do and run with them. If it's a hard day I'll get up earlier and do my long run in the morning and maybe a short one after the workout. I'm still anywhere from 85 to 105. But I don't do fast stuff. I don't do hard workouts anymore. I just like being healthy. I can stay healthier if I just run distance now.

Utahrunning.com: How's that weekly mileage changed for you over the years?

Paul: When I was competitive and still racing and making my living doing it, I was anywhere from 125-130 up to 160 miles a week, plus the hard, quality work miles in there that I don't do now. So now I'm just a casual, recreational runner, but I do a lot because I enjoy it and because I can. I'm healthy enough to be able to get out and go. Sometimes people ask me why I run so much and I'll say because I can. I enjoy it.

Utahrunning.com: What do you think would be the secret to making running a lifetime pursuit?

Paul: I think just being smart about how you do it. It used to be when I had to be on top of everything I'd go out no matter what. Now I'm okay to just cut back if I'm tired, or slow down. I think you have to learn to read your body. When I was a competitive racer I had to learn to read my body also. But I think the big thing is to be consistent with it. It's much easier to stay in shape than it is to get in shape. Once you're there I think consistency is the key and getting out. I'll take a day off once in a while but it's not all that often, because I feel better when I run every day. I think that's the thing, just making that habit and being consistent.

Utahrunning.com: Is there any additional advice you'd like to offer up to aspiring runners, final words of wisdom to the Utahrunning.com community?

Paul: Not really, other than there's a lot of talent out there, and people don't realize what talent they have until they spend some time to develop. Distance running is an endurance event that takes years and years to reach potential. A lot of people give up, especially the young. It's difficult when you get out of school and have a job and a family but you just have to stick with it and see at what level. That's the thing that kept Ed Eystone and I going is we just wanted to see how good could we really be.

Utahrunning.com: You were able to achieve some great things. We really appreciate you taking the time, Paul. We hope to hear from you more in the future.

Is training in groups or with running partners overrated or does it really help elevate your training?

RESPONSES FROM RUNNERS IN THE UTAH RUNNING COMMUNITY:

I think I have different reasons for different runs. I started running on March 5th of last year. I had no idea what I was doing, but I noticed almost immediately the stress relief, weight loss and peace of mind. I did my best on my own, and trained as hard as I knew how (thank heavens I live in a very hilly area, they were my challenge!) I was training for 5K's at the time, not realizing I could even attempt a higher mileage race.

Through my running group, Northern Exposure Running Club ("NERC's") I began to push myself while on group runs with other members of my group. More importantly, I had more seasoned runners who were willing to help me, and motivate me to move beyond my comfort level. I was able to share my love of running with people who understand what every triumph and setback feels like. On January

4th, 2013, I ran my first half in -4 degree temperatures, and was very proud of my time. That is what running with others has done for me!

At the same time, I really relish the runs by myself. This is the time no one can share with me, or take from me. I know this sounds silly, but I talk to God at these times. These are the runs that center me and keep me balanced. I feel fortunate and grateful that I am able to have both options. Running has given me amazing friends, a fantastic support system, good health and well-being. It is a true gift in my life.

Thanks for letting me share my experience with you.



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9/7/2013

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Tara Thomas

Training in Groups?

Completely overrated. It is rare to find 3 or more people that are going to be able to meet regularly AND who will run at a similar pace. At best, the group will meet at a designated spot at a designated time but then quickly separate based on pace or, you feel a sense of responsibility to hang back with slower runners to ensure they're doing okay. If you are a faster runner and your purpose is to help others, then running in a group works. If your purpose for running in the group is to elevate your training, you will only benefit if there are others who will push you beyond your current pace.

**Rick Pearmain****Running with a Partner?**

Completely helps elevate training. More than anything, knowing your buddy is going to be "waiting at the lamp" at 4:50 AM when it is 22 degrees outside will motivate your butt out of bed better than anything else. Additionally, having a running buddy with a similar pace will likely push both of you to better performance throughout the training season and pay off big on race day. Finally, having someone listen to your ramblings for 1 or more hours every other day (2 hours on Saturdays) is extremely therapeutic, (rarely is the discussion about running). The bonds created during the long hours of training paired with the shared celebration on race day are the greatest reasons for running, regardless if it's a 5K, 13.1 or 26.2

Happy Running!**The good things about running with friends:**

- Friends encourage, pace and support you
- There is always someone who is willing to share advice and share the thrill of victory and the agony of da feet!
- Even though you tell the same story more than once, they don't mind because it's something to listen to when putting in the miles
- There is always someone to hang out with at the start line and at the finish line
- The friendships made can last a lifetime and aren't bound by age, race, gender or religion, but they are bound by a mutual activity, goodwill, camaraderie and sportsmanship.
- I have never laughed as hard with so many people as my running friends
- There is always room for one more person who wants to run

- I hear about cool races when we share our race schedules
- I can be as thrilled for someone else's success as I am for my own

The good thing about running by myself:

- I can never use another person's schedule as an excuse not to run
- Even though I am running on the road with hundreds of friends, it is my own pace and my own race.
- A good head-clearing run is priceless
- I learned how to make peace with hills by myself

**Jennifer Luft****Run Buddy = Run Better**

What can I say? I love my running buddies. If it weren't for those girls there would have been many a morning I went right back to sleep. Having a partner who is relying on you absolutely helps get you out of bed when it's 5 degrees, when it's dark, when it's snowing, or when you just plain don't feel like lacing up.

That's not the only perk. What about those runs when you feel like the world is all wrong? When you wonder why you've chosen this sport. You know those runs when all you can think about is the end of the run? Two words: Running Buddy! What better way to turn a brutal run into bliss than to get the party started? Sing to each other? Yes please. Dance in the streets?

You bet! Stop for coffee and then run with it? Ohhh yeah!

Don't get me wrong. I love a solo run. I love a nice long run where I can just get inside my head and find out what's going on in there, find out what I'm made of. But, I do love my running buddies. Sharing successes and failures (and new longer distances) together makes for some very entertaining times and some very strong friendships. <http://runrenee.blogspot.com/2013/03/run-buddy-run-better.html>

**Renee Yeoman**



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Have you joined the conversation yet?



- 

Christie Spencer Holzworth Just do it, it does a body good 😊
November 8, 2012 at 8:47am via mobile · Like · 🗨️ 1
- 

Robb Strong Why do I run? Keep my sanity. What keeps me running? Insanity.
November 8, 2012 at 8:57am · Like · 🗨️ 1
- 

Karyn Hodgson If your feet are hurting, its because you're kicking its a***. For some reason that got me going 😊
November 8, 2012 at 8:57am · Like · 🗨️ 1
- 

Joseph Coles I only run when someone is chasing me. From my Dad.
November 8, 2012 at 9:45am · Like · 🗨️ 1
- 

Amy Matson When you get those butterflies in your stomach before a race, take them out, strap them to your feet & fly 😊
November 8, 2012 at 9:50am via mobile · Unlike · 🗨️ 2
- 

Justus Reynolds It is not the mountain we conquer, but ourselves. -Sir Edmund Hilary
November 8, 2012 at 10:07am · Like · 🗨️ 2
- 

Vince Romney "I hammered up the trail, passing rocks and trees as if they were standing still" - Red Fisher, Wasatch 100, 1986
November 8, 2012 at 10:08am · Like · 🗨️ 2
- 

Andrea Fisher The distance between point A and point B, isn't the point.
November 8, 2012 at 10:19am · Unlike · 🗨️ 1
- 

Mikey Jaramillo Just keep running.
November 8, 2012 at 10:33am via mobile · Like · 🗨️ 1
- 

Mike Russell Pain is weakness leaving the body. ✕
November 8, 2012 at 10:33am via mobile · Like · 🗨️ 1
- 

Melissa Angell Davis "Pain is temporary, quitting last forever." - Lance Armstrong
November 8, 2012 at 1:09pm via mobile · Like · 🗨️ 2

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Race For Grief

10K run & 2 mile walk

7:30 a.m.

June 29, 2013

West Bountiful, Utah



*In Loving
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Race for Grief

10K Run & 2 Mile Walk

www.RaceForGrief.com



Recipe: Salad Tacos

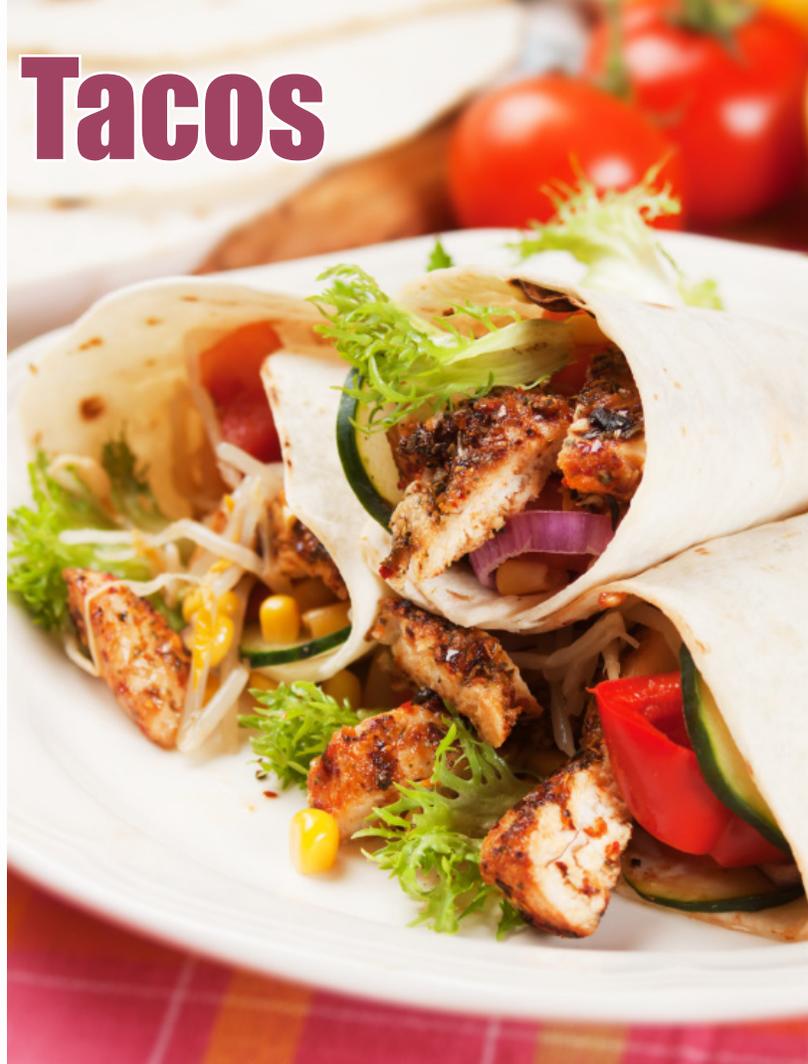
My husband and I love this dish. Fresh spring and summer veggies combined with some Spanish/Mexican seasonings and a lime juice dressing make a fresh, tangy, and crunchy salad. Serve alone or scoop the salad into your favorite tortillas for Salad Tacos. Great for a dinner party or picky eaters - keep the ingredients separate and allow everyone to assemble their own. For runners, the colorful veggies pack an antioxidant punch, and the chicken and black beans offer a great source of muscle-rebuilding protein. Serving the salad in a corn or flour tortilla provides carbohydrates - essential for replacing lost glycogen stores. For an extra carbohydrate boost, add additional corn to the salad or consider adding a few scoops of brown rice. Enjoy!

Salad Tacos:

Ingredients:

Serves 2-4 as main dinner course

- 1-2 chicken breasts, grilled and cut into pieces
- 2 medium tomatoes, diced
- 2 bell peppers (yellow, orange, or red), diced
- 1 handful baby carrots, chopped



- 2 green onions (white and green parts), chopped
- 1 can black beans, rinsed well and drained
- 1 large ear of corn, cooked and cut from the cob (1/2 package of frozen sweet corn, thawed will work just as well)
- 4 cups spinach (about 1 bag or small container), chopped into small pieces
- 1 avocado
- 1 large lime or 2 small limes
- 1/2 cup grated cheddar cheese and/OR 1/4 cup crumbled feta cheese
- chili powder
- cumin
- salt
- 2 Tbsp canola oil
- 3 Tbsp salsa, preferably fresh
- Whole wheat or corn tortillas (or a combination)

Directions:

- Season the chicken with salt, cumin, and chili powder. Grill for ~15 minutes

or bake at 375° for 25 minutes. *(The chicken is finished cooking when the flesh is no longer pink inside and the juices run clear. Once done, cover with tin foil and set aside to cool. Once cool, chop into pieces.)*

- While the chicken is cooking, prepare the salad. Chop the tomatoes, peppers, carrots, and green onion. Add to a large bowl along with the black beans, corn, chopped chicken, and spinach. Toss with 1 tsp cumin, 1/2 tsp chili powder, juice from 1/2 lime, 3 T salsa, and 2 Tbsp canola oil
- Prepare the avocado into guacamole or simply cut into pieces, whatever your preference. To make guacamole, slice the avocado in half, remove the pit and scoop out the flesh with a spoon. Using the side of the spoon, mash the avocado against the side of the bowl. Combine with a squeeze of lime juice and a dash of salt.
- To assemble the taco, spread the guacamole on the inside of a tortilla, fill with salad and top with a sprinkling of cheese, and additional salsa.



Kristi Spence -
MS, RD, CSSD
Director of Health & Wellness
Utah Dairy Council

Currently the Director of Health & Wellness for the Utah Dairy Council, Kristi Spence is a registered dietitian and certified specialist in sport dietetics. Kristi blends her passion for food and cooking with her science background as she strives to translate scientific concepts into practical lifestyle applications to improve the health of our community. As the sport dietitian for The Orthopedic Specialty Hospital (TOSH) in Salt Lake City, Kristi developed programs for youth and adults to promote healthy eating and provide sport-specific nutrition education. She completed her master's degree in nutrition at the University of Utah and earned her undergraduate degree from Princeton University. As a lecturer in the University of Utah's Division of Nutrition, Kristi's Healthy Weight for Life course addresses issues in weight management, healthy living, and sustainability. Still a competitive distance runner, Kristi qualified for the US Olympic Marathon Trials with a personal best time of 2:45:38 in the 2006 Chicago Marathon. She was 20th at the 2007 New York City Marathon and competed in the 2008 Olympic Marathon Trials in Boston. Kristi is able to draw upon personal experiences with sport and nutrition to advise people of all ages.

A QUICK SWITCH TO 'BAREFOOT' SHOES CAN BE BAD TO THE BONE

Researchers say transition should be done slowly to avoid injury

[BYU News Release March 6, 2013]



Photo by JarenWilkey/BYU

For the growing number of runners who are considering trying "barefoot" five-finger running shoes, researchers at BYU have a message for you: Take it slow!

A new study from a team of exercise science professors found that runners who transition too quickly to minimalist shoes suffer an increased risk of injury to bones in the foot, including possible stress fractures.

With minimalist shoes now making up 15 percent of the \$6.5 billion running shoe market, the findings are nothing to run from.

"Transitioning to minimalist shoes is definitely stressful to the bones," said Sarah Ridge, study lead author and assistant professor of exercise science at BYU. "You have to be careful in how you transition and most people don't think about that; they just want to put the shoes on and go."

The research, appearing online ahead of print in the journal *Medicine & Science in Sports & Exercise*, studied 36 experienced runners over a 10-week period.

Each runner first underwent MRIs on their feet prior to the study period. Half of the runners were then asked to gradually transition into five-finger minimalist shoes while the other half continued to run in traditional running shoes.

Subjects in the experimental group followed an industry suggested protocol. They did one short (1-2 mile) run in the minimalist shoes the first week, and added an additional short run each week so that they ran at least 3 miles in the new shoes by week three. They were then told to add mileage in the minimal shoes as they felt comfortable, with the goal of replacing one short run per week in traditional shoes with the new shoes.

At the end of the 10-week period, MRIs were again conducted. The MRIs revealed that those who had transitioned to the minimalist shoes suffered greater increases in bone marrow edema (inflammation causing excessive fluid in the bone) and more stress injuries than those in traditional shoes.

“Whenever a bone is impacted by running (or some other repetitive action), it goes through a normal remodeling process to get stronger,” Ridge said. “Injury occurs when the impact is coming too quickly or too powerfully, and the bone doesn’t have a chance to properly remodel before impact reoccurs.”

Interestingly, the study found the majority of those who suffered stress injuries were women.

Ridge and her coauthors, which include BYU exercise science faculty Wayne Johnson, Ulrike Mitchell and Iain Hunter, said the study does not mean minimalist shoes are bad.

Rather, to minimize the risk of injuries, runners should transition over a longer duration than 10 weeks and at a lower intensity (miles per week).

“People need to remember they’ve grown up their whole life wearing a certain type of running shoes and they need to give their muscles and bones time to make the change,” Johnson said. “If you want to wear minimalist shoes, make sure you transition slowly.”

This is the first of many studies looking at minimalist running shoes, the authors said. Over the next several months they plan to publish enough research to begin to establish clear recommendations for anyone considering making the switch.



Photo by JarenWilkey/BYU

UTAHNS LEADING THE PACK



Jess Perry

Age: 31...almost 32.

Current residence: Riverton, UT

Occupation: Mom

Running background: I always have loved to run. Ran everyday (except Sunday on my LDS mission to Taiwan). Came home and kept running. It was always a good cardio workout and calorie burn. After my son TJ was born I ran my first half marathon and was hooked. So I have now been racing about 4 years and love it.

Tell us about how you are sharing your passion for running through discoveryourhappy.com: Running is my happy. I am more active, healthy and happy when I run. I am a better wife, mother, neighbor, friend...We want to share our happy with others through Discover Your Happy and hopefully help others to find a healthier life which will help with overall happiness. And let's face it, life is too darn short to be anything but happy!!!

Tell us about some of the races you've recently competed in: Completed the St. George Ironman 2012, St. George Marathon and the Tucson Marathon. We were supposed to do New York in November but the hurricane

came. We will run that in 2014. In the next few months I will compete in Boston Marathon, St. George Half Ironman and Coeur d'Alene Full Ironman.

PR's: Half Marathon: 1:29, Full Marathon: 3:17

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in): Right now I have to be honest, my training schedule is sort of crazy!! I am getting ready for Boston and trying to also get ready for some Ironmans at the same time...I don't recommend it especially since my husband and I are training for the same things. Regardless of what I am training for, I normally like to run 3-4 times a week putting in about 35-45 miles. I like to cross-train at least 2 days a week of some cycling and/or swimming. And I like to do one day at least of strength/cardio class. I also try and do sit-ups and push-ups daily. I am usually up around 5 am everyday to get it all done...and some days even earlier!

Favorite place to run: Of course I love to run in Utah. We have some of the prettiest mornings! Especially, after a

freshly fallen snow when everything is white and the mountains are in the background...beautiful. I also love to run in Arizona and Hawaii, which are 2 places we visit often!

Favorite pre-race meal and post-race drink: Pre-race meal...Barley, tomatoes, chicken, green onion and cucumber with a little balsamic vinegar and pepper. Post race drink...Chocolate-Peanut Butter Smoothie with Spinach

Favorite race distance: Half Marathon & Half Ironman

Why run (motivation, inspiration): Running is my natural stress reliever. Some of my best brain storming sessions and working out problems in my head have come on morning runs when it is my thoughts and the pavement. It helps me to be more in tune with my body, its needs and my health. I eat to fuel my body so I am always aware of the types of food I am putting in. I also have made great friends through running. My running friends are some of the best people I know. They are there to listen, to encourage, to give advice and I can

always count on them being there!!!

Favorite quote or best advice you've been given as a runner: "I don't run because I love the feeling of running. I run because it makes me love the feeling of living." I run because I feel alive. I love the feeling of deciding to do something and pushing my body to accomplish it. Runners high...it is a real thing!!! Try it!!

Advice you would give to other aspiring runners: The moment you are ready to quit is usually the moment right before the miracle happens... Don't give up!! Keep going!! There are so many moments when you are just starting out that your end goal seems almost impossible...be consistent, keep going and trying. You have a bad day, push through it and start all over again the next day!

“Goals: Hit 3:10 or better in the marathon. Complete the St. George Half Ironman in 5 hours or close to it. Following the Coeur d'alene Ironman, slow down and have another baby!”



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UTAHNS LEADING THE PACK



Brad Barton

Age: 47

Current residence: Ogden, UT

Occupation: Professional Youth/Industrial Safety/Inspirational Speaker. See: <http://bradbartonspeaks.com/>

Running background: I ran for Salmon High School in Idaho, Weber State University, and have remained semi-fit over the last 20 years as my wife Alydia, Ogden High School's Cross-Country coach, and I have raised our six children.

Tell us about your recent mile record and highlight some of the races you've recently competed in: My former WSU track coach Chick Hislop and I had a singular goal for the season - to break the 45-49 age group Masters Indoor Mile World record of 4:20.18.

I began my quest at the Snake River Open, a collegiate meet in Pocatello, Idaho with a Masters PR of 4:26. One week later I surprised myself with a 4:21.58 at the Bronco Invitational in Nampa. Two weeks later, with a nasty chest cold, I won the elite Masters Mile race at the New Balance Indoor Grand Prix meet in Boston with a hard fought 4:24.13. In mid-February, I took a nasty fall in the second lap at Cornell University in Ithaca, New York. Although

I jumped up, finished strong and beat most of the college kids, I wasn't close to my goal. Banged up and discouraged, I suffered through two more lackluster weeks of training before making one last attempt at the record.

The meet was the Columbia Final Qualifier, a last chance collegiate meet at The Armory in uptown Manhattan, one of the most famous indoor tracks in the world. My race plan called for negative splits. I planned to run an evenly paced 2:10, followed by a 2:08, to claim the record. I got my 2:10, but it was done with an uneven 63.5 and 66.5. At that point I leaned hard into the pace and was surprised with my 3:14 split. From there I got excited! I started passing the collegiate kids and really flew the last 400 m. I smashed the world record with a time of 4:16.83. What a thrill!

I capped off my memorable indoor season by winning USATF Masters national titles in the 3000 m and Mile run in Landover, Maryland in late March.

Read for details, laughs and inspiration at: <http://bradbartonspeaks.wordpress.com/>

PR's: I really have two sets of PR's,

collegiate and Masters.

Collegiate: 800 m = 1:49.87, 1500 m = 3:46.79, Mile = 4:04.97, 3000 m = 8:17.29, 3000 m Steeplechase = 8:31.45.

Masters: 1500 m = 4:05.71, Mile = 4:16.83 (WR Indoor - pending ratification), 3000 m = 8:53.46.

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in): Chronic knee pain keeps me from running high mileage. Five years ago I underwent surgery to repair a severe lateral meniscus bucket handle tear. As a result, I don't have much cartilage remaining in my left knee. My surgeon strongly suggested I give up running altogether.

Four years ago at the Simplot Games I watched the coach's mile as it was contested. Something stirred within me and I knew I had to be on that starting line the following year. I didn't make it. A pulled quad muscle sidelined me.

The following year managed to run a 4:30.25 at Simplot before ripping my quad once again.

Last spring I ran world leading age group times at 3000 m, Mile and 1500 m and I

stayed healthy through mid April before a stress fracture ended my world record attempt. Along the way, coach Hislop got involved in the project. He has made all the difference.

Most of my 25 to 35 miles per week is intense. Coach and I have found that my aging body can only handle two interval workouts per week. We typically do one strength interval workout per week (4000 - 5200 m total at 3000 m race pace with one-to-one rest), plus one speed interval session (2400 - 3200 m total at 1500 m race pace with a bit more than one-to-one rest). These are brutal affairs requiring three to four days recovery. My recovery days are typically four miles easy, most of it on my elliptical.

I do a core body lifting session two to three days per week, early in the morning, before my workday begins. I do my running and interval sessions after work. With such low mileage, it really isn't a huge time commitment.

Favorite place to run: Ogden Utah is a fantastic place for a running couple to raise a family. Like my wife Alydia, a former US Olympic Marathon Trials qualifier (2:49:39 PR), I am a trail runner

at heart. Mountain trails are easy on my aching knees. I love the uneven surface, the change in scenery and being in nature. Running trails makes me feel fast!

[Favorite pre-race meal and post-race drink:](#) Prerace breakfast is always oatmeal with dried fruit. Interval and race day lunch is a peanut butter and home-made honey sandwich. (My kids and I keep honeybees in our backyard.)

Post-race drink is usually fruit juice diluted with distilled water.

[Favorite race distance:](#) In college, I was an NCAA All-American Steeplechaser, my favorite race. I broke my foot last spring training to tackle the steeple again so I may stick with my Masters favorite, the Mile/1500 m run. It might be fun to see if a 47-year-old can break two minutes at 800 m.

[Why run \(motivation, inspiration\):](#) As competitive runners we are constantly in a process of ascending. We are focused on being better today than we were yesterday and better still tomorrow. As collegiate athletes, this was a difficult way of life. It was also very rewarding. All that positive energy created a slipstream that drew all else in our lives with it and made us better in many other ways.

Over the years I lost much of that directed focus and drive. My continual quest for excellence faded. Then it occurred to me that I could still reclaim at least a portion of that quest. Even at 47 years of age I could try once again to achieve whatever standard of athletic excellence a 47 year old might achieve.

I could be a runner again.

[Favorite quote or best advice you've been given as a runner:](#) Run with Faith, Confidence and FURY!

[Advice you would give to other aspiring runners:](#) Try something impossible.

Ken Richardson and I recently spoke of this while warming up for a difficult interval workout. We shared with each other something very personal - an impossible accomplishment we would like to try for. To verbalize such an audacious aspiration to a friend made it somehow more real, more doable. Aspiring to an impossible goal, in any aspect of one's life, is about living life on the edge. Oh, what a terrific view!

[“Goals: Stay healthy and try for 1500 m and Mile American](#)

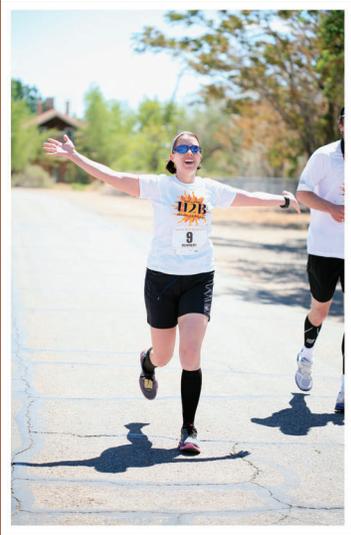
Masters outdoor records and perhaps even compete in the World Masters games into Torino Italy this August.”

I owe special thanks to my corporate sponsor [Get Air Sports.](#)



Brad Barton, CSP, speaks professionally on the topics of personal improvement and continual quest for excellence. He is an NCAA Track & Field All-American Steeplechaser and a Masters world record holder. Married to a Utah high school head T&F coach, he is father of six gifted runners (it's in their DNA folks). Brad serves as Past President, National Speakers Association, Mountain West Chapter.

Find him at <http://bradbartonspeaks.com/> or write to him at Brad@BradBartonSpeaks.com.



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Utah Collegiate All-Americans at the 2013 NCAA Division 1 Indoor Track & Field Championships, held in Fayetteville, Arkansas

Amanda Mergaert University of Utah

First Team All-American, Mile Run



Mergaert, a senior from Shelby Township, Michigan, placed 5th in the mile run with a time of 4:38.88. She also earned All-American honors at the 2012 NCAA Cross-Country Championships.

Tylor Thatcher BYU

Second Team All-American, 5000-Meter Run



Photo by JarenWilkey/BYU

Thatcher placed 15th in the 5000-meter run to earn second team All-American honors. The junior from Spokane, Washington, finished with a time of 14:12.55.

Ryan Waite BYU

Second Team All-American, 800-Meter Run



Photo by JarenWilkey/BYU

Senior Ryan Waite placed 13th in the 800-meters with a time of 1:49.77. This was his second time competing at the indoor nationals, placing 3rd in the Distance Medley Relay and earning first-team All-American honors in 2012. He is from St. Helens, Oregon.

Kelsey Brown- BYU

Second Team All-American, 800-Meter Run



Photo by JarenWilkey/BYU

At her first indoor national meet, junior Kelsey Brown, from Orem, Utah, earned second team All-American honors. After being tripped and falling in the preliminaries, she still finished the race. Earlier in the indoor season she ran a personal best time of 2:04.94 and finished first at the Washington Invitational.

Jared Ward - BYU

Second Team All-American, 5000-Meter Run



Photo by JarenWilkey/BYU

Ward, a junior from Kaysville, Utah, placed 9th in the 5000-meter run with a time of 13:54.04. He also broke a school record during the season, with a time of 13:41.97. He had the 11th-best time nationally going into the meet.



Danielle Longhurst is a mother, writer, and former mid-distance runner at Weber State University. She recently had her third child, and hopes to be a runner again soon. She can be reached at danielle.longhurst@gmail.com.

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When you're faced with the possibility of taking a year off from running, how would you satisfy the running itch? This scenario is very real for me as I deal with another torn meniscus (3rd time on the

same knee) and I'm trying to correct the biomechanical imbalance that continues to wreak havoc on my training. So instead of being an ultra-runner I'm going to be an ultra-volunteer for 2013.

Entering 2013 I had scheduled four 100 mile races (Zion, Bryce, Wasatch and the Bear), one 50 mile race (Antelope Island), two 50k races (SpeedGoat and El Vaquero Loco and the Skyline Mountain Marathon). Now I plan on volunteering for the Antelope Island 100miler, The SpeedGoat 50k, Wasatch 100 and Bear 100.

Volunteering at races is nothing new for me. In the past I've cooked burgers for the Mountain View Half Marathon,

cooked chili for the Antelope Island 50k/100k, served up water at the Ogden Marathon, and co-directed the Northern Utah Trail Series.

Each race brings it's own unique challenges for runners and volunteers. For races held on Antelope Island the weather can go from shivering to sweltering in 10 seconds flat. The "Island" is also home to a large herd of free roaming Buffaloes which can be beautiful to watch but can also be a very real danger if you don't give those big boys and girls enough respect on the trail.

In our first year of the NUTS half marathon we had wheeled in a table and jugs of water to an aid station on the Bonneville Shoreline



Trail. Upon returning to restock the aid station we found that someone had stolen the table but luckily for us the water was untouched. One year, volunteering for the Ogden Marathon, we found the port-a-potties overturned by some disgruntled locals. That was a stinky mess.

Despite the long hours of work, the excessive heat, the biting cold, and the occasional course vandalism, volunteering can be just as rewarding as running. Volunteering gives you an opportunity to give back to a sport that we each dearly love. Volunteering allows you to witness amazing performances as racing reveals our true potential as humans. Volunteers can patch up a downtrodden and demoralized runner and coax them into a finish instead of a DNF [Did Not Finish]. Volunteers are the heart and soul of the race and we should all be grateful for their selfless acts.

The background pictures for this article are from Joel's recent experience volunteering at the Antelope Island Buffalo Run 100 Miler... beautiful!



Joel Hatch

Owner and Head Trainer at Bomber Athlete; Trail Runner

Joel Hatch is the owner and head trainer at [Bomber Athlete](#) in Ogden, UT where he works with athletes of all abilities and ages. He is well-known for his ability to motivate athletes to reach new levels of success through his intense workouts and his understanding of human performance. Joel's extensive background in sports performance has helped him become a respected resource in his field. In his free time he has a passion for ultra running and being in the mountains.

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April Races

Saturday, April 6

Run 4 Kids, Washington
2013 Winter Racing Circuit Half Marathon, Huntsville
Salt Lake 10 Miler Emigration Canyon, Salt Lake City
SHAC Spring Triathlon, St. George
Evolution & JDRF 5K, Herriman

Friday, April 12

Relay For Life of Utah State University, Logan

Saturday, April 13

Cops and Robbers 5K, Roy
Amasa 6.5/9.5 Trail Race, Moab
Utah County Academy of Sciences 6 K Fun Run/walk, Orem
Timp Triathlon & 5K, Orem
Legacy Duathlon - 4th Annual, North Salt Lake
Connor's Race Against Cancer, Moroni
Racin' for Greyson 5K, Provo
Adventure Xstream Adventure Race, Moab
Soaring with Aspen Eagles 5k, Orem
Dodgeball Dash, Salt Lake City
Race to Camp 5k/10 Fun Run, West Valley City
Cystic Fibrosis 5-15K Run, Holladay
Telos Timp Triathlon & 5K, Orem
Aspen 5K Fun Run, Provo
ZOMBI 5k, Moab
Running for Relief 5K and Kid's Fun Run, Salt Lake City
Quest of the Pony Express 5k Fun Run, Eagle Mountain

Bubble Run, Salt Lake City
Strides for Autism 5K and 1 Mile Fun Run, Lehi
SLAM Conference 5K Run, Provo
Wonder Woman Run, Sandy
Quest of the Pony Express, Fairview
Running with Scissors 5K, North Ogden
Race for Zero 5k, Salt Lake City

Friday, April 19

Zion 100 Trail Run, Virgin

Saturday, April 20

Tour de St. George Spring, St. George
Salt Lake City Marathon, Half Marathon & 5K, Salt Lake City
Recycle 5k Fun Run!, Bountiful
South Jordan Earth Day 10K and 5k Color Rush, South Jordan
Pay It Forward 5K / 1 Mi Challenge, Payson
Snow College Hoodstock, Richfield
Breathe Easy 5k and 10k Family Fun Run/Walk, St. George
LIVE / PLAY / LOVE / PRAY Elevate 5K Walk/Run, Orem
Spring Flat N Fast 5K, Springville
2013 Running with the Grizzlies - Grovecrest 5K, Pleasant Grove
Hurricane Mud Run, Hurricane
Cook Elementary 5K & Fun Run, Syracuse
Run to Rescue - 5k Trail Run/Walk, North Logan
Second Chance Run, Logan
Pay It Forward 5k/1 mile Challenge, Payson
5K for Katie, Farmington
The Red Mountain 50k, 30K, 1/2 Marathon, Ivins
Green Acres 5K/1 Mile Fun Run, Ogden
West High School Panthers on the Prowl 5k, Salt Lake City



Friday, April 26

Salt Flats 100 Mile Endurance Run, Wendover
 Ragnar Trail Relay, Springdale
 Full Moon 5K & 1.5 mile Twilight Trot, Salt Lake City

Saturday, April 27

USA Freedom Run, Provo
 Walk MS 2013: Salt Lake City, Salt Lake City
 CookieChaser 5K/2K, Riverton
 2013 Winter Racing Circuit 30K, Huntsville
 Fourth Street Clinic Triathlon and 5k, Salt Lake City
 Thanksgiving Point Half Marathon, 5k, and Kids Fun Run, Lehi
 Gunnison Valley Spring Run-Off, Gunnison
 Christensen's Red Rock Runoff, Richfield
 Salt Lake City Walk MS 2013 presented by Questar, Salt Lake City
 The Pink 5k Alpine, Pleasant Grove
 Race Against Child Abuse, Wellsville
 N.O. Limits Half Marathon & 5K, North Ogden
 Big Tough Girl 5K, Herriman
 S.O.S. Save our Sanford 5K Run/Walk, Murray
 Brigham City Rotary 5k and 10k, Mantua
 Cops and Robbers Challenge, Ogden
 Hurricane Half Marathon & 5K, Hurricane
 Stroller Walk Against Child Abuse, Taylorsville
 Roy Firefighters Association Ambulance Chase 5K, Roy
 P.A.W.S. Fun Run, Logan
 Dirty Girl, Tooele

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May Races

Friday, May 3

Ford Ironman St. George Kids Fun Run, St. George

Saturday, May 4

Ford Ironman St. George, St. George
Sandy 5K Fiesta, Sandy
Ogden Clinic/Shadow Valley Elementary 5K & 1 mile, Ogden
Deak's Run for Hope, Kaysville
Dino Half Marathon, Vernal
YMCA Healthy Kids Day 5K Run/Walk, Ogden
Provo City Marathon, Half Marathon & 5k, Provo
Hog Jog, West Point
The Dodo Dash 5k, Salt Lake City
Pink up the Pace 5K, Stansbury Park
3rd Annual Cinco de Mayo 5k, Provo
River Rail Relay - 4, 2, or 1 Person 50 Mile Relay, West Jordan
The Kalemia Run 2013, Heber City
Hear Us Roar 5k, Vernal
Rock Wars, Eagle Mountain

Saturday, May 11

Komen Salt Lake City Race for the Cure, Salt Lake City
Vigor Big Cottonwood Canyon 13.1, 10K, 5K, Cottonwood Heights
Kanab 10K, Kanab
Fly with the Flock 5K - Trail Run, Ogden
Las Vegas 5K, St. George
Smithfield Health Days 10K, 5K & Mayor's Mile, Smithfield
Red Rock Relay-Moab, Moab

Splash N Sprint Triathlon, Bountiful
Sprint Sprint Triathlon, Kearns
Race For Red 5K, Provo
Miles Laetus Relay, Ogden

Friday, May 17

Tribal Run Antelope Island, Syracuse

Saturday, May 18

Rose Park 5K/1 Mile Walk/Run, Salt Lake City
Huff To Bluff Marathon, Blanding
Ogden Marathon, Half Marathon, Relay, 5k and KidsK, Ogden
Running with Ed 2013, Park City
SG Triathlons Sprint or Olympic, St. George
Timp Trail Marathon & Half Marathon, Provo
Annual Running With Angels, Lehi
Brain Injury Association of Utah 5K Run Walk & Roll, Salt Lake City
Beat Beethoven 5k, Pleasant Grove
Woman of Steel Triathlon, American Fork
31th Annual Law Day 5K Run & Walk, Salt Lake City
The Arthritis Walk, Salt Lake City
Festival of Roses 5K Run & 1 Mile Fun Walk, Draper
Running for Those Who Wait 5K, Murray
2013 STOP TRAFFIC 5K/10K, Salt Lake City
Hey Kid Run, Spanish Fork
2013 Run to Walk 5k & 1m, Provo
Heart Heros 5k and Jr. Superhero Dash, Murray
Iron County Children's Justice Center Run For The Kids, Cedar City
2nd Annual Love Your Lunch Ladies 5K & Kid's Fun Run, Heber City
Wheeler Farm 5k Run/Walk, Murray
Fish Fight for Life 5K Run/1 Mile Walk, Logan

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Friday, May 24

Midnight 5K, St. George

Saturday, May 25

Smile Center Memorial 10K and 5K, Orem
Scandinavian Festival Fun Run, Ephraim
Memorial 10k / 5k, Orem
J.L. Sorenson Road 5k/ 10k, Herriman
Run or Dye, Salt Lake City
2nd Annual 5K & 10K, Herriman
2nd Annual "Run For The Wounded" 5K, 10K, Ogden
Pepsi Refresh/Community Action 5k and 10k, Provo
MEMORIAL 10K/5K, Orem
Live wElle 5K and Kids Fun Run, Springville

Monday, May 27

Run of Remembrance, American Fork
Historic Benson Mill Memorial Day 5K, Stansbury Park
Bear Lake Monster Half Marathon - Spring 2013, Garden City
Utah's 4th Annual Go Grey in May 5k Run/Walk/Roll to End Brain
Cancer, Salt Lake City

Friday, May 31

Bryce 100 Trail Run, Hatch

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June Races

Saturday, June 1

Salem Spring Triathlon, Salem
Legacy River Run, South Jordan
Crack Of Dawn 8K, Millcreek
Squaw Peak 50 Mile Trail Run. Registration Dec 1st to 7th, Provo
Junior Achievement 5K Challenge & Fun Run, Sandy
Girls on the Run Salt Lake County Spring 5K Race, Salt Lake City
Linda Butters Memorial Family Fun Run, West Jordan
Weber Basin ~ Larry Sagers' Memorial 5k, Layton
Pride 5K, Salt Lake City
Junior Achievement 5K Challenge, Fun Run & Corporate Team
Challenge, Sandy
The Pony Express 5K Fastest 5K in Utah, Eagle Mountain
Schools Out For Summer 5K and 1K Fun Run, Farmington
Thelma & Louise Half Marathon, Moab
Utah Valley Family Adventure Race, Highland
K2 5K - LuV-O-LUTION, Murray
Heart of Holladay 1 Mile Challenge, Holladay

Thursday, June 6

2013 Cache Valley Super Sprint Triathlon - 9th Annual, Logan

Saturday, June 8

Indian Bay Adventure Race 2013, Duchesne
Utah Hemophilia Foundation BLOODRUN, Murray
Utah Valley Marathon, Half Marathon, & 10K, Provo
2013 Relay For Life of South Davis County, Bountiful
Orem Firefighter 5k, Orem

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16th Annual Judgesrun, Salt Lake City
Moab Triathlon Festival/ XTERRA Moab, Moab
Indian Bay Adventure Race, Duchesne
BloodRun 5K/1 Mile Walk, Salt Lake City
The Dirty Dash Spring Race, Midway
The Point Adventure Race, South Jordan
Daybreak Triathlon (5th Annual), South Jordan
16th Annual Judgerun 5k Fun run and walk, Salt Lake City

Friday, June 14

Utah Summer Games 10K, Cedar City

Saturday, June 15

Utah Summer Games 5K Run/Walk, Cedar City
Park City Mini-Trail Series 5k, Park City
Wahsatch Steeplechase 2013, Salt Lake City
South Jordan Countryfest Riverfront 5K/Kids Run, South Jordan
American Fork Canyon Half Marathon & 5K, American Fork
Drop 13 Half Marathon - At Big Cottonwood Canyon, Salt Lake City

Sunday, June 16

Desert R.A.T.S. (Race Across The Sand), Moab

Thursday, June 20

Ragnar Relay Wasatch Back, Logan
Stansbury Triathlon, Tooele

Friday, June 21

2013 Relay For Life of Ogden, Ogden
2013 Relay For Life of West Weber County, Roy

Saturday, June 22

Strawberry Days Guns & Hoses 5K and Kids 5S Mile, Pleasant Grove
Lunatic Triathlon, Price
The Kid Custer 25K, Huntsville
Pleasant View 5k Founders Day, Pleasant View
Provo Triathlon, Provo
5K FAMILY FUN RUN, West Valley City

Friday, June 28

2013 Relay For Life of Box Elder, Brigham City
Top of Zion Relay, Torrey
Provo Midnight Run - Glow Stick Half Marathon, Provo

Saturday, June 29

DinoLand Triathlon (DinoTri), Vernal
Logan Peak Trail Run, Logan
Cascadia Trail Series Battle @ Big Springs 8k, Provo
Millie's Princess 5K Run/Walk, Salt Lake City
Rock Cliff Triathlon at Jordanelle, Francis
20 13 Lehi Roundup 5k/10k, Lehi
Kiss Me Dirty Race Series - Ogden, UT, Ogden
3rd Annual River Rampage Triathlon, Green River
Spartan Race, Midway
Sugarhouse Relay Carnival, Salt Lake City
16th Annual NSL 5K, North Salt Lake

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