



July 10, 2010

TO: Afton Trail Run Volunteers
RE: 2010 Afton Trail Run 25K and 50K

Dear Friends,

Driving home after the race this year, I had a lot of thoughts running through my head about the Afton Trail Run and all of the work that goes into it. Being no different from years past, we started in on "race-stuff" early this year. After a revamping of the website, the shirts and medals were designed and the finisher's awards were printed and framed. We had our annual get-together to hand-make the 500 finisher and 100 volunteer medals. As the months progressed I managed the registrations, updated the blog and website, talked with runners, answered emails, dealt with vendors and worked out logistics with you. The day before the race we went shopping for the BBQ, then distributed food; supplies, 300 gallons of water and 500 LBS of ice out onto the trail in anticipation of race-day come. Race day came and we started over 450 runners on their journey to conquer the ATR. On race day we had runners, spectators, volunteers, park staff, ham-radio operators and EMT's working in perfect harmony - coming together in what we call the Afton Trail Run. All of this may be orchestrated by me but is executed by you; a volunteer crew; giving freely of your time and resources, all with full time jobs, families, athletic ambitions of your own and other things that you could do with your time.

After considering all of this, three words kept coming back to me and three concepts emerged; Tradition, Energy and Commitment. **Tradition:** This year was the 17th time the Afton Trail Run was held. At the end of the race I was approached by a man who has run nearly ever year. He commented that each year the race has gotten better and that the great group of volunteers is what really makes our race stand-out. Improving for 17 years in a row is no easy task – but I believe that this is what has been done and it has only been possible through your help and is fueled by the strong sense of tradition surrounding the race. **Energy:** It takes an almost manic energy to pull this race off each year. The lifting is heavy, the hours are long and the pay is bad. Who better for the job but a team of dedicated runners and ultra-runners! **Commitment:** This year, most of you called or emailed me before I called on you and said you would be there. Not surprisingly you all were. When I showed up at the park on the Friday preceding the race, the course is already being marked and people are waiting in the parking lot to help. Then, on race-day you showed up before sunrise, eager to start for what many of you is a 12 hour day.

I thought I would be doing well if I could keep this to one page (and I just barely fit it all in!) – But gratitude for all of your efforts drives my keystrokes and the sentiment behind them – really, I can't thank you all enough for your contributions to the race, no what the capacity is in which you contribute. When race day comes, we all get to come together and have the honor of watching the Hyenas do what they were born to do and the turtles do what they used to imagine was impossible. Getting to witness and facilitate this together is what makes all of the hard work and long hours, days, weeks and months leading up to the race worth it. I am already looking forward to next year and I hope you are too. As always, if you have any questions, complaints, comments, concerns, suggestions or compliments regarding the race, please feel free to contact me!

Again, thank you for everything.

John Storkamp

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