

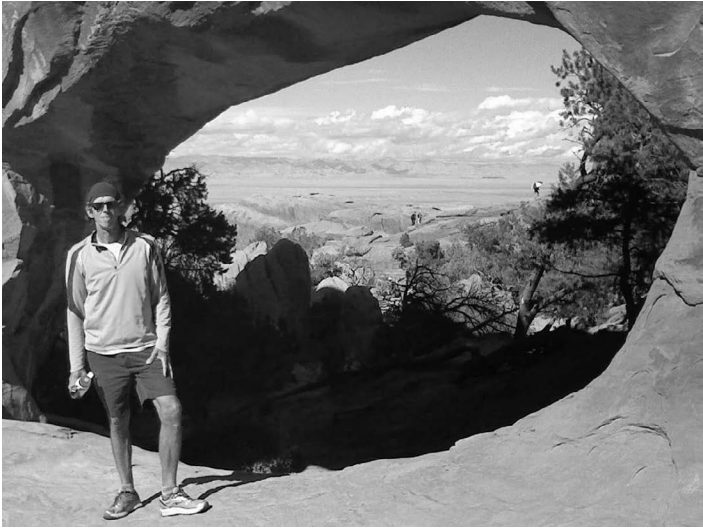
RaceWalker Andy Smith Appalachian Trail Journal

I completed my thru hike on Sept. 24 at 11:30 AM. I was the 607th northbound hiker to finish this year (according to the ranger registry). It was a beautiful, clear, sunny, cloudless sky with temperatures in the 60s and a mild wind. It was perfect day to finish a hike and was like many of the days on the trail. I never hike all day in the rain and never had to set my tent up or take it down in the rain. I was in my tent when it rain but it stopped by morning.

September 24 up at 6 to a cool clear morning. On the trail at 7. The first 1-1 ½ miles were a steady climb but the trail was just roots and rocks. The next 1 ½ miles was the boulder climb. We didn't use our poles and had to use our hands, arms, and knees in addition to our legs. The final 2 miles was the Tableland. A gradual climb of 700' on a rocky trail.

At 11:30 I reached the summit of Mt. Katahdin, the end to the trail. There were about 20 others at the sign which I rushed to get in the group picture. We then spent the next hour taking pictures at the sign, congratulating everyone, making phone calls. I also did 2 interesting things. About a month before I decide to shave my beard since LouAnn has never seen me without it. Unfortunately the razor only took off about ½, I finished the job at the hotel later that day. The other thing I did was spread the ashes of David Aldrich, a 2007 Thru hiker who died of cancer. I received the ashes from Elmer, in Hot Springs and carried them from Hot Springs, NC to Mt. Katahdin. A very special journey.

It took us 4 ½ hours to go up and 4 hours to come back to the park. The descent wasn't as bad as we expected but we did have to use our arms on the boulder. LouAnn was waiting for me in the parking lot at 4:30. We have 2 hikers a ride into Millinocket and spent that night at the Katahdin Inn. I wanted to do the Summit Sundae challenge but



I got to the café too late for it. The challenge is a sundae made of 14 scoops of ice cream (one for every state), a donut, a snickers bar, M&Ms and whip cream. So we had fried clams and scallops instead

It has been a great journey of 177 days and 2185.2 miles. I met many people along the way and made

many friends. I also saw many amazing and awesome sites. It will take some time for my body to adjust. My feet seeming to be swelling and takes some time to get moving in the morning. I lost 33 pounds although I have gained about 12 since leaving the trail.

Thank you for your support thru your comments and your donations. It is not too late to donate to the Community Table. If you wish to donate per mile just multiply the amount by 2185. As of today, I am still 15 cents per mile away from my goal of \$ 6000. You can send your donation to The Community Table, P.O. Box 62, Dillsboro, NC 28725. We will not be closing the donation until the end of the month or later.

Happy Trails,
Racewalker (Andy SmithAndy Racewalker Smith: www.trailjournals.com/racewalker

Mike Bailey, Trailer Running Trails:

Run for life if you can.. Hide your head in the sand ... arches

Always loved that Lennon song but todays run gave it new meaning . After a great light show last night there is nothing quite like being on a big Mesa and watching Thunder Storms move in I had the opportunity to watch a rainbow form b4 sunrise! So ... back to todays run, and running for my life!

I was slow getting started, storms and too much red wine kept me up. Wanted to run long (2 hours) but wasn't sure what kind of shape the road and trail would be in after the rain . Cloudy and cool , good running weather but didn't look like rain . The campground is on the highpoint of the mesa, so any run that goes off-road will be downhill out and uphill back . After about a half hour it started to look like rain was starting to happen over at the campground so I turned back and decided to run a one minute hard / one minute ez workout on the way back.(As I would be going uphill it would be a good one) . Well dang "if in" the moment I turned around didn't I hear some good thunder rumbling from over my left shoulder . Looked around and didn't see any real mean looking clouds, but sound travels up here so I congratulated myself on turning around. (sorry for all that weak grammar)

Within the time it took to me smoke another interval flash ... wait for it ...1,2,3,4, 4.5 BOOM ! Now I am in for it . Should I just turn this into a 5k time trial ? One more interval ... really flying down a little swale Flash 1, 2,3 BOOM . Shoot ... and here I am without my 5k speed !

Tell you what... I ran hard... watch said 6.35.... but that was uphill at 6000 feet so I knew I wasn't going to keep this up the whole way . As I make the turn towards camp with about 1k to go I get the full flash boom cycle and I am heading into it and it is headed towards me. Ever run straight in to Thunder Storm ? I bet Capt Don has no way I want to do it again

Arches ranks right up there with Zion , Yosemite , and Yellowstone when it comes to impact . It doesn't quite get the same numbers but it is much smaller and the astounding formations are very accessible from the road and parking lot trails . Every time I drove by on my way to Moab I would look at the long line of cars at the entrance and shiver and drive by. Today it was thunder storms so I was hoping with yesterday being the annual free entrance day that it wouldn't be so crowded. WRONG!

Last Canyonland hike was out at "the Upheaval dome " ...

Its 8.5 miles of billy goat terrain. It looks volcanic but there isn't any of those igneous rocks you see around volcanoes. The smart money used to be on a salt layer underneath breaking through (hence the upheaval I guess) Now the odds are shifting to meteor impact . Anyway, whatever it is , it sure tore the stuffing out if this landscape !

Ran into another hiker at the second overlook , Jesse, and we finished the hike together and then did the Whale Rock" as well . Jesse was from Baltimore and had racked up some serious mileage on his trip . It was another incredible day ... temps were mid 70s , visibility was great , and the scenery and people were even better !

Leaving Moab Tough ! Great place and maybe I will be back . Next stop Durango / Ignacio / Mesa Verde . But can't get that far in one day (my limit is 3 or 4 hours too many sights !) Found a nice place to camp on the San Juan River between Bluff Utah and Valley of the Gods burr its getting cold at night

Read more of Mikes Travels West at www.trailerrunning.blogspot.com

This Month Chester Walks Three more Half Marathons.

Navy-Air Force Half Marathon

On Sunday, September 14, 2014 I race walked the Navy-Air Force Half Marathon in Washington DC. The temperature varied from 58 to 70 degrees with mostly sunny skies and little wind. There were six water stations with Gatorade also available at stations 2, 4, and 6. The stations were manned by plenty of enthusiastic volunteers to take care of the needs of the approximately 400 participants. The stations were located approximately every two miles. The course was on paved roadways that were completely closed to traffic and there was no cross traffic as the course mainly went along the water and up and back a road along a creek which consisted of a gradual up, then downhill. There were many spectators throughout the route. The race started and finished near the Washington Monument, pasted the Lincoln Memorial three times, near the Jefferson Memorial once, and over and back across the bridge to Arlington National Cemetery. The race was very well organized and I enjoyed myself tremendously. This event marked my 270 total marathons (135) and half marathons (135). I have now completed 57 half marathons in 30 different states plus DC since having my left knee replaced on 2/20/2012.

Quad Cities Half Marathon

On Sunday, September 28, 2014, I race walked the Quad Cities Half Marathon in Moline, Illinois. The temperature varied from 61 to 75 degrees with sunny skies and no wind. The course starts in Moline, Illinois, crosses the Mississippi River into Bettendorf, Iowa, goes along the river into Davenport, Iowa, re-crossing the river into the Rock Island Army Arsenal, Illinois, and finishes at the start. The course utilized a mixture of dedicated highway lanes and paved and gravel bike paths. Water/Gatorade stations were located approximately 1.6 miles apart with Gatorade only being served at every other station beginning at station 2. There were plenty of enthusiastic, efficient volunteers taking care of the needs on the nearly 6000 participants. Spectators were only sparsely spaced along to course, mainly due to pedestrians being restricted from the bridges and Army Arsenal or there being only isolated access to the bike paths. There were plenty of volunteers, police, and police aides stationed at every place where a vehicle might enter or cross the highway. There was quite a lot of traffic backup throughout the course but the traffic seemed to be extremely patient. My friend, Bart Yasso from Runner's World magazine was the featured speaker at the pre-race pasta dinner and competed in the half marathon. The race director, Joe Moreno, did an excellent job of keeping the event well organized and fun to do despite the challenges caused by major road and bridge construction, the utilization of one of two lanes on an interstate highway bridge, and the closing of the Rock Island river locks to commercial barge traffic during the event. This is the third year that I have enjoyed doing this event.

Hartford Half Marathon

On Saturday, October 11, 2014 I race walked the Hartford Half Marathon in Hartford, Connecticut. The temperature remained at 50 degrees and there was little wind. A light drizzle began about an hour before the 8 AM start and continued throughout the event which had approximately 20000 participants in the marathon, half marathon, and 5K. The course was on the city streets which were completely closed to traffic and contained no challenging changes of elevation. Every intersection was controlled by 1-4 police officers and volunteers. Water/Gatorade stations were located every 1.5 miles and had plenty of enthusiastic, efficient volunteers to take care of the needs of the participants. Despite the rain there were numerous spectators throughout the course cheering and encouraging along the roads or from their porches. There was supposed to be many places along the course featuring musical entertainment; however, only about 1/3 of the planned entertainment performed as a result of the weather. The 21st edition of this event was very well organized and this was the third time that I have done this event. For once the National Weather Service predicted the weather that actually occurred and I did not luck-out as I have in many recent events.

Chester Kalb, Southernmost Walker.

Pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.com/>

KWSR's weekly group training run schedule is as follows:
Key West Morning Runs are changing and various times Monday through Saturday
E-Mail dr.dedraling@gmail.com for updated info.
Sundays: 7:00 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run.
Call Don for Big Pine Key Run Info 305-304-0091

Check Key West Morning Runs on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by November 8th, to don.n@juno.com

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

Run On, Don

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