

RESPONSES

1. That a race in it's second year filled up so fast is a testament to the quality of the race and the RD's. Glad I signed up early. I love that one of the best 50 milers in the country is in my home state!

○

By: **Dennis Ahern** on January 5, 2010

at 4:10 pm

[Reply](#)

2. Wondering if anybody has tried to run on the City Creek trails, specifically womens prison loop? Too muddy, snow in gullies?

○

By: **Lee Reddish** on March 17, 2010

at 9:41 pm

[Reply](#)

3. Lee and I ran the first four miles of the second leg, at that point the trail was covered in snow. and also about the last 3 miles (to the mouth of the canyon) of the first leg on Saturday. The trail was great.

○

By: **Pat Reddish** on April 19, 2010

at 3:37 am

[Reply](#)

4. I really, really want to run the 50 mile solo. If there is anyone that has entered that has decided not to do it I will pay for your spot. Let me know. Thanks!

abbiehawkes@hotmail.com

○

By: **Abbie** on April 23, 2010

at 10:11 pm

[Reply](#)

5. "Course conditions, "The 1st leg is almost free of snow already. the top of wildhorse ridge to the switchbacks in upper Cussic have snow but the traverse across slate mountain is just about snow free (you can avoid all but 2 small snow fields)!" on behalf of Mike Sullivan.

○

By: **Jared** on April 26, 2010

at 7:27 pm

[Reply](#)

6. I ran the second leg yesterday, and there is still snow below the Kinport saddle and from the hill that climbs out of Midnight Creek to about 3 miles out from the West Fork trailhead. Everything was melting and quite sloppy, with some post-holing at higher elevations. Also, keep an eye out for mountain lions, there were 3 of them drinking out of a puddle together on Kinport road before it drops into Midnight creek.

○

By: **Valerie Gill** on April 27, 2010

at 3:06 pm

[Reply](#)

7. Here's an open invitation to anyone wanting to join a mostly mellow run of Leg #1 on Sunday, May 2 (if no snowstorm!). We will meet at City Creek parkinglot at about 8:30, leave a shuttle vehicle, drive to West Fork Mink parkinglot, and start running about 9:00. There will be a water stash at Gibson Jack trailhead (optional start). We're considering an optional finish, going back up Upper City Cr. to make a 25ish mile day. spurdani@hotmail.com if questions.

○

By: **Dan Spurlock** on April 29, 2010

at 1:58 pm

[Reply](#)

8. If a team is in need of a female or male runner, or both, my husband Pat and I are available – even last minute since we live near Idaho Falls. We both ran on 3-person teams last year so we are familiar with the race. You can contact us by email at nordic@ida.net or at 538-7845.

○

By: **Jodi Bragassa** on April 29, 2010

at 7:22 pm

[Reply](#)

9. Anyone been up on the course since the snow last week? How much of legs 1 and 2 are passable?

○

By: **Jon** on May 5, 2010

at 11:24 pm

[Reply](#)

10. Is anyone staying in a motel in Pocatello as opposed to camping? I am considering this and was wondering what hotel would be good...thanks!

○

By: **Emily B** on May 7, 2010

at 12:35 am

[Reply](#)

11. My brother and I ran the first leg to Gibson Jack a week ago. The trail has some snow drifts on it, The new snow that we have been receiving usually melts off, but not today, slate mtn. has new snow on it. So I guess the answer to your question is yes, but your going to get muddy.

○

By: **Pat Reddish** on May 7, 2010

at 1:26 am

[Reply](#)

12. If a two person or three person team is looking for a female runner, please contact me. I ran in a three person team last year that got 3rd place, I live in Pocatello, and am very familiar with the race's trails. The race filled up too quickly this year! Even if it is last minute, I can fill in. Thanks! Email: snobunnie11@yahoo.com

○

By: **Melissa Merrill** on May 7, 2010

at 5:33 pm

[Reply](#)

13. Ran second leg today and took a bunch of video to show conditions on the course, check it out here:

<http://challengeofbalance.blogspot.com/2010/05/pocatello-50-leg-2-recon-5-7-10.html>

○

By: [Luke Nelson](#) on May 8, 2010
at 6:05 am

[Reply](#)

- Hey Luke, Thanks a ton for posting your videos. Even though I just got into ultras last year with my first 50K and earlier this year with my 2nd 50K, I very excited about this event. Your videos are giving me that real view of the trail itself and I'm loving it! Do you think the course will be well marked? Thanks again for the video!

■

By: **Henry Lewis** on May 8, 2010

at 5:00 pm

[Reply](#)

- Henry,

I am certain that the course will be very well marked. The race directors and some Pocatello locals marked it extremely well last year, there was never doubt of where you were supposed to be going. Just an FYI ran the first leg yesterday and it is almost entirely dry and should be totally clear in the next couple of days with the warm weather that is forecasted. Glad you are getting excited this is a race you will definitely fall in love with!

■

By: [Luke Nelson](#) on May 10, 2010
at 1:14 am

14. Jared or Ryan- what special arrangements do we need to make if we can't make the Friday check-in? Can we check in around 5-5:15 race morning?

○

By: [Jon](#) on May 11, 2010
at 3:58 am

[Reply](#)

- Hi Jon,

We STRONGLY encourage everyone to make it to the pre-race meeting, however, you can still check-in Friday evening at the Start/Finish (through about 9PM) or Saturday morning between 5:15-5:45AM. After 5:45 AM we'll assume that you're not running!

See ya soon!

Jared

■

By: **runuphill** on May 11, 2010

at 4:17 am

[Reply](#)

- Thanks, Jared. Unfortunately, being at work in Utah until 5 pm is not going to allow early check in. But, we can definitely stop by the start before 9 pm, if you will be there that long, rather than wait till Sat morning.

We'll plan on that. Thanks.

■
By: **Jon** on May 11, 2010
at 4:28 am

- Sounds great Jon, we'll see you Friday evening then.

Take care,

Jared

■
By: **runuphill** on May 11, 2010
at 4:41 am

15. Anyone from SLC up for carpooling? My plan is to take off around 11 or so in the morning on Friday and plan to return home shortly after the finish on Saturday.

○

By: **jeff** on May 11, 2010
at 10:39 pm

[Reply](#)

16. Sweet videos Luke! Thanks for scoping it out – I ran that leg last Saturday & found same conditions: just a few inches but very runnable. Have you checked out leg one recently? I ran into some big drifts two weeks ago. Wondering if it has changed.

Melissa

○

By: **Melissa Merrill** on May 12, 2010
at 10:26 pm

[Reply](#)

- Melisa, I ran leg one the day after I took the video, the drifts are almost gone and the trail should be pretty awesome now, and even better after another couple of warm days (like those that are forecasted the next couple of days!)

■
By: **Luke Nelson** on May 13, 2010
at 2:23 am

[Reply](#)

17. While running the 2nd leg this past weekend, we came upon several large trees that have come down this winter. they may pose some difficulty in setting up aid-stations. Good news, the snow is melted out on the 2nd leg!

○

By: **Mike Sullivan** on May 17, 2010

at 5:29 pm

[Reply](#)

18. I was a little intimidated about glaciading, because I once fell in a crevass while glaciading. Fortunately, Jared reduced my concerns. Nevertheless, I'm wondering whether it would be suitable to bring heavy duty visqueen or plastic sheets that are cut into squares for glaciading. I have access to such material. We receive sofas that are wrapped in it and I would be willing to bring extra, if there is interest. Crazy or interested?

○

By: **Charles Foster Rose** on May 19, 2010

at 5:23 am

[Reply](#)

19. Looking to make our 2-man team, a 3-man team. If anybody knows a person wanting to run a leg, that is not on a team already, please let me know. Thanks.

○

By: **Lee Reddish** on May 23, 2010

at 3:57 am

[Reply](#)

○ I'll run a leg for ya , witch one and how fast

■

By: **chuck** on May 24, 2010

at 4:59 pm

[Reply](#)

■ Thanks Chuck. Just before you replied to the post we got another runner to help out. From the looks of the teams, there are several that need runners, so I'm sure you'll be able to run if your still lookin'. Thanks again.

■

By: **Lee** on May 25, 2010

at 2:12 pm

○ I might be available – email me more info, what leg, etc... and I can see if I can rearrange plans for this weekend...

■

By: **Melissa Merrill** on May 24, 2010

at 8:34 pm

[Reply](#)

■ melissamerrill1@yahoo.com

■

By: **Melissa Merrill** on May 24, 2010

at 8:35 pm

○ Hi Lee,

I spoke to you on the phone earlier today. I'm all for this, my only question for the race director was if he would apply my solo entry fee to my relay entry. I sent him an e mail earlier today. I'll get back to you soon.

Dave

■

By: **Dave Shelton** on May 24, 2010

at 10:29 pm

[Reply](#)

20. Re: Glissading. Don't worry about it, it's really not a big deal. There is a rope to hold onto if you feel uncomfortable. I would not bring the visqueen or plastic, not worth the effort and it may cause you to go faster than you like. Just slide on your butt. Light gloves for your hands may be a good idea. It is also possible to stump down the slope with your feet, avoiding the glissade altogether, but then you miss the fun. If it happens to be cold enough for the snow to be dangerously firm, I'm guessing they will route around the snow field.

○

By: **Dennis Ahern** on May 23, 2010

at 1:53 pm

[Reply](#)

21. Hello,

I'm running legs 2 and 3 this weekend and about anxious about being prepared for conditions up and over Scout Mountain. Do you suggest long sleeve technical/thin gloves? How long to climb Scout? It looks like about a 10 mile slog. Thanks for any info.

-Josh

○

By: **Josh** on May 25, 2010

at 3:33 pm

[Reply](#)

- Im doing a good portion of the flagging for the race and also live in the area. I would highly recommend having a long sleeve technical shirt and light gloves in your drop bag at the start of leg three if you dont have them with you already. Weather here can change very rapidly this time of year and I always bring a lightweight wind shell with me if Im going to be out for more than an hour or so.

■

By: **Darthrunner** on May 26, 2010

at 10:11 pm

[Reply](#)

22. Thanks, the gloves sound like a good idea.

○

By: **Charles Foster Rose** on May 25, 2010

at 3:42 pm

[Reply](#)

23. Hello All:

I am staying at the Red Lion in town. I am hoping to catch a ride with someone staying in town to avoid getting my wife and kids up at 5:00am. Can I catch a ride with someone? I will pay gas money.

Thanks,

Tony

○

By: **Tony Jimenez** on May 27, 2010

at 1:57 pm

[Reply](#)

- A couple of us are staying at the Ameritel, which looks it's on the same freeway exit. I'm sure we can work something out, as long as your family will be there to pick you up at the end. We are not the fastest runners. 😊
208.371.4436 Call me tomorrow sometime to coordinate if you haven't already found someone. ~Emily

■

By: **Emily B** on May 27, 2010

at 5:32 pm

[Reply](#)

- Tony,

I can also give you a ride in the morning. Staying just around the corner in the Holiday Inn. If you need a ride my number is 505-412-0154. Take Care. Bill

■

By: **Bill** on May 28, 2010

at 6:44 pm

[Reply](#)

24. What an adventure today. Worse weather conditions I have ever encountered in a race.

Felt sorry for the hell the RD's went through trying to keep track of everyone.

Volunteers were great. Mud, wind and sleet not so much.

Hope to return next year and see sections 2 and three.

○

By: **matt** on May 29, 2010

at 10:07 pm

[Reply](#)

25. I am reminded of how much control in my life I do not have...inspite of the rather *damp and breezy* conditions the atmosphere remained supportive and caring. I am impressed by the professionalism of the directors and volunteers under their leadership. Running for me is more about the comraderie of my friends as we train and celebrating at the

end of the run. Even though I didn't get to run...I did celebrate and catch up with friends. I will have the first leg next year...

○

By: **Kebai** on May 29, 2010

at 11:27 pm

[Reply](#)

26. Glad to hear everyone is o.k. . . thanks to the RDs and their volunteers for hanging in there on such a tough day! I hope we get a chance to do it again next year . . . feel like I still haven't seen the mountains surrounding Pocatello and would love to get a second chance at running what seemed like an awesome course!

○

By: **Jeff** on May 30, 2010

at 3:32 pm

[Reply](#)

27. I know that there was a lot of pressure to keep the race going despite the atrocious conditions yesterday, but Ryan ABSOLUTELY made the right call in calling it off mid-race. Not the easiest decision considering all the work that went into putting on the race and the effort that people made to train and travel to be there. Safety of the runners trumps everything else & Scout Mountain would have been a survival game yesterday. We will definitely be back next year & hope mother nature cooperates. – Rob

○

By: **Rob** on May 30, 2010

at 10:26 pm

[Reply](#)

28. Hi everyone,
I just wanted to thank Jared, Ryan, Mindy, and all of the volunteers for everything they did this weekend. I was one of the underdressed runners that made it out of City Creek and on my way to Mink Creek before the race was called. I was soaking wet and cold and I knew I had another ascent into the wild winter weather ahead of me, but I continued and hoped for a break in the weather. No such luck. Descending into the last aid station before Mink creek (Midnight), I was colder then I've ever been and probably dangerously close to hypothermic. At this point a guy ran by me and asked if I was ok and if I wanted his jacket. How unselfish and beautiful is that?! Of course I didn't take it, but I wanted to see him later to thank him for the offer. I finally got to the aid station where the volunteers were absolutely the most amazing people. They literally brought me back from the dead. Gave me broth, a down jacket, warm heater, etc. and wouldn't let me leave until they were sure I was ok. I don't know how I would have made the last 6 miles without them. Thank you, Thank you, Thank you. And hello to Dennis and Lisa, my companions at the heater circle. All and all, the day was an incredible experience. Amazing people that helped each other. Amazing race directors and incredible volunteers. I can't wait for next year.

○

By: **Anny Merrill** on May 31, 2010

at 6:23 pm

[Reply](#)

29. Two BIG thumbs up for the RDs in what was very nearly an RD's worst nightmare. Given that this was only the second year of the race, the response to the sudden and unexpected conditions was amazing. I had a very difficult time with body temperature on the ridge, but was reminded of how deeply people can dig to help others when things go bad. Thanks to all the runners, volunteers, and RDs. You did a great job. I look forward to next year (with better gloves and hand-warmers!).

○

By: **Dana** on May 31, 2010

at 7:46 pm

[Reply](#)

30. Many thanks to Jared and Ryan for their hard work again this year, and to the other volunteers. I would like to see this run continue for many years, so I would be willing to help anyway that I can. Please feel free to add me to the list of people willing to shoulder some of the work load for next year.

○

By: **Lee Reddish** on May 31, 2010

at 11:37 pm

[Reply](#)

31. Mon.nights group trail run at 6:30. Luke organized this last year and we are keeping it going. It is lots of fun and everyone is welcome. Meet at Centennial park (right by City Creek) and run for 1-2hrs. We will meet for the first time next mon. June 28th.

Hope to see you there!

○

By: **Dusty** on June 23, 2010

at 2:08 pm

[Reply](#)

32. What the... Solo only! Now I'm going to have to work for the fun of it.

○

By: **Pat Reddish** on November 3, 2010

at 4:12 am

[Reply](#)

33. Hi Pat,

Yep, the relay is gone, primarily for logistics reasons. It was so much extra work for us and without it we'll be able to focus on making the solo races (50m and now 50km) better. Let's all pray to the weather gods to not have a repeat of the weather we had in 2010!

See ya in May!

Jared

○

By: **Jared** on November 14, 2010
at 5:21 pm

[Reply](#)