

December, 2002

Happy Holidays!

Another year, another anniversary of my 39th birthday, and more gray hairs - but some things you can't control. I'm still able to cavort around outdoors, run races, and carry a pack on my back, so I can't complain.

No major trips this year. With the severe drought last year in Colorado, running rivers was limited to a just a couple of days in the early spring. So that made it a time to throw the backpack on and see more of the Wilderness Areas that are in my own backyard. I met a great woman, Lisa, this past spring that shares my love of backpacking, so we took many trips this summer. Our hiking season culminated with a week backpacking in the Grand Canyon in October. I had not been to the Canyon since my last river trip in 1994, so it rekindled my love affair with the place. As a



result, I've signed up to take the necessary first aid courses in January so that I can try to get back down there and work a river trip next summer. It's a long shot, but it's a high priority for me to get back on the river.

Other adventures this year were running two marathons (Steamboat Springs, CO and Tucson, AZ) and once again organizing a team with my brother to run the 170-mile Colorado Relay. It was a



good racing year in that the marathon I just completed in Tucson was my fastest time in six years. And our Colorado Relay team was very successful as we finished 5th overall out of the 102 teams entered. It's been great running with my brother, though I'm now in the position of trying to catch him rather than vice versa, but I'm working on that. We're headed to New Orleans in February where he and his wife will do the half-marathon while I do the full, and we're organizing teams to do both the Hood to Coast Relay in Oregon in August and the Colorado Relay again in September.

I sincerely hope that your year has been wonderful and that you will keep in touch.

All the best,