



G2G honeymooners Michelle and Glen Gay near the Honeymoon Trail at Camp 2 in House Rock Valley. Photo by Susana Young.

## Honeymoon Trail G2G style

Michelle Hickerson, USA, has been a Best Friends supporter for a long time. It was almost two years ago when she read in the Best Friends newsletter about Gregory Castle running this race. "I have been fussing over it ever since, then I finally decided, if Gregory can do it, I can do it!"

But she wanted a running partner. "I decided that if I got married, then my husband would have to run with me," Michelle

jokes. Michelle and Glenn Gay were married September 12, and are spending their honeymoon running G2G. They will keep together on the trail, "even though Glenn could run much faster," Michelle says. Glenn counters that, "I wouldn't be doing any of this if she hadn't inspired me."

They will likely have many marathons as a couple. Already they are planning to do the Marine Corps run in Washington, D.C. next month.



Last year's winner Michele Graglia (l) and Davide Ugolini (r), the course director again this year.



Local G2G runner Sam Noel's family was there to cheer him on. Photo by Matt Brown.

## G2G Ultra – family affair

G2G (Grand to Grand) is becoming a family affair. Co-founder Tess Geddes, known as "Aunty Tess," is there for participants from the moment they sign up for G2G. Several chose to do the G2G because they have competed with Tess at other events, like the Marathon des Sables. During G2G Ultra, Geddes affectionately greets each contestant at the finish line.

This year, there are many families participat-

ing—for example, one couple is planning to get married in Las Vegas after the G2G. A couple from Yuma is raising money for the Humane Society through their G2G participation.

There are also couples where one is a runner and the other a volunteer on the course. There are fathers and sons (from Taiwan and from Japan).

Two brothers from Japan, Daisuke (26) and Kojiro (21) Tajima, are competing, along with a university friend of Daisuke. They had intended to run with their mentor, Satoru Imamura, but he had to drop at the last moment. Imamura is known in Japan for his philosophy about cleanliness: "The condition of your room is a reflection of the condition of your mind" is one of his often-quoted mantras.

G2G 2014 runner Garth Reader (fourth place) decided to join his wife Lisa in volunteering this year. The face that so many participants return as volunteers is a testament to the closeness that develops among those involved in G2G.

2013 local contestant, Julie Jensen and her son helped pick up trail marker flags on an 18-mile stretch of the route Tuesday morning.

Next year, could there be a father/son, mother/daughter, or any combination of parent/child from the Kanab area who are selected for the G2G scholarship?

## Letters

Continued from Page 4

mid 20th century.

Get past the label and actually look at the issues. Turn off the comical excuse for a debate the networks want to brainwash the masses with and actually look at the hard and true facts being presented. The only one making sense and presenting actual solutions on either side of the party lines is the candidate people on the both sides have written off as a "radical" and a "Socialist."

It's time we caught up with the rest of the civilized world and stopped lamenting about "politics as usual." We have a chance to finally change that paradigm, so hang up those party labels and vote for common sense!

**Brian Meade  
Kanab**

# Running G2G: purpose elevated

By Susana Young  
G2G (Grand to Grand) participants get involved for many different reasons. Beyond the goal of completing the race is an array of lofty goals. A team of ex-military men from the UK (David Barnes, Stuart Doughty, Christopher Smith) is raising funds (200,000 pounds so far) to help wounded veterans transition back into life. A mutual friend, wounded in battle, helped them to see the importance of the "Walking with the Wounded" organization, which raises funds to "retrain and re-skill our wounded and support them in finding new careers outside the military."

The team is also participating in research by Glaxo Smith Kline (GSK) Human Performance Laboratory, which is committed to "breaking through the limits of human performance." Barnes, Doughty and Smith have been x-rayed, measured and tested and will go through the battery of tests again as soon as they get off the plane in the UK.

One of the questions GSK

is trying to understand is why, in a previous study of competitors in the Marathon des Sables ("The Toughest Foot Race on Earth"), the contestants they tracked put muscle on, even though they lost weight. It seems counter-intuitive. Why is this so? It had never been tested before. There is so

much we still don't know about the human body. Smith says The UK team will provide research data to help answer these and other questions, Smith says.

Smith's view on becoming more physically active is, "To go from couch potato to running five miles is harder than going from running five

miles to running a marathon." His advice for people participating in competitive situations is, "If you are feeling good, ride the wave. Listen to your body. If it hurts, slow down, let your body catch up and get ready to go again. The body is capable of doing much more than we think."



A team of ex-military men from the UK (David Barnes, Stuart Doughty and Christopher Smith) is raising funds (200,000 pounds so far) to help wounded veterans transition back into life.



The start of the Grand to Grand Ultra Marathon last Sunday on the edge of the Grand Canyon. Photo by Matt Brown.



Edda Bauer heard about the G2G Ultra from a roommate when she was participating in a six-stage race in Cambodia.



Hans Schmid (r), 75, holds many track and field records in the USA for his age group. Photos by Susana Young unless noted.

## Oldest G2G contestants – Edda and Hans

By Susana Young  
Edda Bauer was born after her mom had lost two baby boys. She was protected by her mom and not allowed to do anything that might be risky. She got low marks in school classes that had anything to do with sports. She was always afraid.

When she turned 50, she decided she needed to shake off her fear. She walked in the mountains. "You know how it is," Bauer said. "If you climb one mountain of three kilometers, then you want to climb a higher one, and then a higher one next time."

She started running and loved it. First was a 10K near her home in Germany, then she did a half marathon. Her first marathon was at age 60. A highlight of her life was doing the New York

Marathon four years ago – "A great experience! My time was five hours five minutes, but I have so many videos and photos. I made a presentation to my Alpine club about my New York Marathon experience. It was so much fun!"

Bauer runs for fun. She has never had a trainer. "It would seem too much like work if I had someone telling me I had to keep to a training schedule."

She heard about the G2G (Grand to Grand) Ultra from a roommate when she was participating in a six-stage race in Cambodia. G2G is her first self-supported race. At age 71, she is certain she will finish the race, and looks forward to the celebratory dinner at Angels Landing on Saturday night.

After G2G, she'll spend time in the national parks near Kanab. She will then run the Chicago Marathon and the Washington DC Marathon – both in October. "While I am in the U.S., I might as well make the most of my time!"

She received great news just before she left Germany for G2G. She has been accepted to run in the Boston Marathon next April. I know of at least a couple of local Kanab folks who will be there to cheer her on. Go Edda!

Hans Schmid, 75, USA, was a sporty kid, but didn't play soccer or other organized sports. He didn't pay much attention to fitness until he turned 60 and discovered his love for running. He started doing marathons and has stayed continu-

ously active. He is fast! He holds many track and field records in the USA for his age group. He exudes an attitude of joy and an agility that disguises his years in age.

Schmid loves meeting people and making new friends through his running. He met G2G co-founder Tess Geddes when they were tentmates while running the Marathon des Sables. One fellow runner, Mandy Miller, said, "Hans seems to have an attitude that through fitness he will overcome age. I want to be like Hans at his age. Actually, I want to be like Hans at MY age!"

Bauer and Schmid are the oldest to compete in G2G 2015. They are both amazing, kind and loving people.