

# Local G2G competitor Todd Seliga, practices by running with backpack

*By Susana Young*  
 Why would a guy who, in January 2013 traversed the Grand Canyon's North Rim on foot for 24 days from Lee's Ferry to Lake Mead (equaling almost a marathon a day in distance), be interested in what would seem to be a comparatively easy G2G Ultra; a "mere" 7 days and 170 miles?  
 Seliga's quick answer: "It is not the same at all. First of all, I had work objectives part of the time when I did that, requiring an enormous coverage area by foot. Second of all, I was hiking with a 35-pound pack on my back, not running. Running with a backpack on will not be easy. Lastly, and most important of all, I was alone for most of the trip. I am really looking forward to experiencing the G2G event in the company of world-class international competitors."

western half of the Grand Canyon; a 500,000-acre area stretching over 140 river miles. He is often on foot, as he finds being on foot is much easier to get where he needs to go. The rugged geology means roads barely exist and most areas are only accessible by scrambling.

Seliga expects his G2G backpack to be a little on the heavy side initially perhaps 20 pounds. He likes real food like dates, nuts and cheese. He won't be carrying freeze-dried meals. He intends to fit everything into his pack. He can't stand stuff flopping around attached to his pack. He'll even put his sleeping bag inside the backpack. What about sunscreen and sunglasses? nope. He covers exposed areas with clothing and a hat. He used to wear sunglasses, but he kept breaking or losing them.

Seliga is in his tenth year in the Kanab. His mother's side of the family, the Tenney's, are from this area. He says, "After hearing stories about the area from my grandmother, I knew I wanted to move here! I've been a ranger for 15 years, spending time in Yellowstone, Yosemite,



Seliga's backpack practice – how to fit it all inside.

Saguaro and other parks before making my home at Grand Canyon. I love working and living on the remote northwestern side of the park. "

Seliga has always been an outdoor enthusiast. In high school, he mountain bike raced nationally. After a debilitating tendinitis injury that left him barely able to walk, he diversified into kayaking and, later, backpacking. Is running a problem?

He says no, and has begun running more to prepare for G2G. Seliga says, "I'm excited to be part of the G2G! I love the opportunity to participate in a self-supported stage race covering the vast and incredible terrain that is my home. It is an honor to represent our area in a race with individuals converging on the Colorado Plateau from all over the world!"

Seliga will be raising funds for Heifer International, an organization whose mission

is to reduce hunger and poverty worldwide. He has been donating to Heifer for several years, and admires the organization for several reasons, from their sustainable solutions to the "walk the talk" culture of the organization. He visited their headquarters when he was considering making them the target of his giving.

Heifer donates farm animals to communities in need. The donations continue for generations as the animals reproduce and provide life-sustaining gifts. Last Christmas, Seliga got his nephews in northern Utah together and had them choose their Christmas gifts. They chose to give a flock of ducks to a family through the Heifer foundation.

You can join Todd Seliga in the fundraising aspect of his G2G adventure by visiting [HYPERLINK "http://teamheifer.heifer.org/seliga"](http://teamheifer.heifer.org/seliga) \t "\_blank" <http://teamheifer.org/seliga>.



The 2013 Houseboat Trip purchasers had an awesome time this past June...this could be your trip next year!

## Lake Powell Houseboat trip still available

The Kane Schools Foundation's annual Lake Powell Houseboat trip certificate, good from September 15, 2014 (this fall) until June 15, 2015, is still available. This 7-day Adventurer Houseboat Trip is now being offered for \$3,200. This is an excellent value for this shoulder season trip on this ARAMARK houseboat, which sleeps 12 people.

Check out the details on our website at this link [Houseboat Trip](#).

## Road Runners needs items for Fund Raiser

The Road Runners Recreational Society 501c3 charity helping disabled and seniors needs contributions for their fundraising yard sale on August 30.

No large items please. Call 643-7881 or 435-668-1002.

## Colors of the Desert

*By Barb Wiatrak Young*

Over the wind kissed desert,  
 To the lofty mountain peaks,  
 Where violets sing in springtime,  
 And in winter snow bespeaks.

From the colors of the cliffs,  
 To the mountains jaded green,  
 Spreads a vivid panorama,  
 Of the artist's greatest scene.

The crystal mountain streamlets,  
 With their rushing water clear,  
 Plays a tune of sparkling beauty,  
 That you cannot help but hear.

Amidst the flowers blooming,  
 With varied hues and sweetest scent,  
 Is why its color country,  
 As the master artist meant.

You can see it in the sunrise,  
 Or when the mountains fade to blue,  
 It's a place that's next to heaven,  
 With a peek at heaven's view.



Todd Seliga cooling down after a run. Still smiling! Photos by Callie Domek

Get your Ho-Made Pie T-Shirt at the Thunderbird Restaurant!

**Thunderbird RESTAURANT**

HOME OF THE HO-MADE PIES

DAILY BREAKFAST & LUNCH SPECIALS!

MT. DARMEL JUNCTION EST. 1931

WE ARE NOW OPEN DAILY 7 AM TO 10 PM 435-648-2262

# SUN Dining Guide

**Jake's CHAPARRAL**  
 Fine Family Dining

86 S 200 W • Kanab, UT  
 435-644-5464

Mon-Sat 11am-10 pm

Lunch and Dinner

**New Salad Bar**  
**New Menu Items**

**THE CAFE**  
 332 N 300 W • Kanab, UT  
 HOME OF THE \$3.99 BREAKFAST

Open 7 am-3 pm  
 Tues-Sun  
 Breakfast And Lunch

Outdoor seating available

**Desert Star Cafe** Pet Friendly Covered Patio

Wed-Mon, 11 am-11 pm  
 198 S 100 E • Kanab, Utah  
 435-644-5550

Steaks, Seafood, Chicken, Pasta, Vegetarian  
 All-You-Can-Eat Salad Bar

Ice Cream • Homemade Desserts and Herb Bread Sandwiches

**Restaurant Owners**

If you would like to be included in the SUN Dining Guide, call Hilda at 644-2900. Starting at only \$25/week in full color!

**Southern Utah's 7-Day Forecast**

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Scat'd T-storms	Mostly Sunny	Sunny	Sunny	Sunny	Sunny	Mostly Sunny
85/61	86/60	88/60	88/59	89/58	90/58	88/57
Precip Chance: 40%	Precip Chance: 5%	Precip Chance: 0%	Precip Chance: 0%	Precip Chance: 0%	Precip Chance: 0%	Precip Chance: 5%

**Weather Trivia**  
 What state leads the nation in tornado touchdowns?  
 Answer: Florida

**Weather History**  
 Aug. 14, 1987 - Slow-moving thunderstorms deluged northern and western suburbs of Chicago with torrential rains. O'Hare Airport reported 9.35 inches in 18 hours, easily exceeding the previous 24-hour record of 6.24 inches. Flooding resulted in 221 million dollars damage.

**Moon Phases**

Last	New	First	Full
8/17	8/25	9/2	9/8