

Grand to Grand Ultra 2014: three local contestants training hard

By Susana Young

Grand to Grand Ultra (G2G), a 170-mile, seven-day race, is the only self-supported staged foot race in North America – contestants must carry their food, clothing and bedroll. They are supplied water, a tent, and medical checks along the way. G2G expects 120 contestants this year, including runners from 25 countries, from Armenia to South Africa, from Canada to South Korea.

Three contestants will be from the Kanab area: Gregory Castle, Mike McTeer and Todd Seliga.

They have been training diligently to participate successfully in this event – hiking, jogging, running, weight-lifting. Their training is not only building up their physical endurance, but also helping them learn what to do nutritionally (e.g., How can I carry enough food for seven days and keep the weight of my backpack under 18 pounds?); medically (e.g., How can I prevent blisters or care for them?); and mentally (e.g., How do I motivate myself to keep going, day after day, covering almost a marathon a day?).

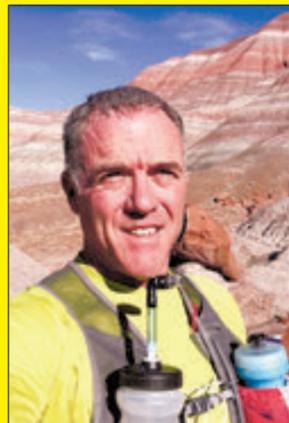
Nothing about this event is easy. The route is tough,

the terrain varied, the altitude change dramatic, and the sand, wind, rain and cold can be tortuous. Why would anyone want to put himself through such a demanding, difficult and rigorous week and months of training leading up to the event?

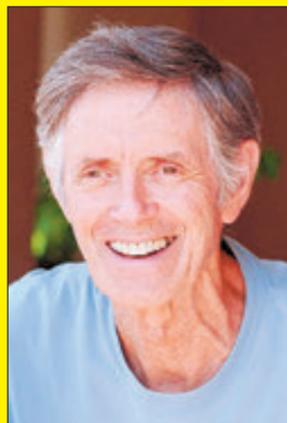
In each of the next three *SUN* issues, you will be introduced to our local competitors, and learn what motivates them to take on this challenge, how they train, and how this adventure is also an opportunity to transcend their personal limits through sponsoring a meaningful cause.



Todd Seliga, NPS Ranger, Tuweep, Grand Canyon



Mike McTeer, Building Information Modeling Consultant and Photographer



Gregory Castle, CEO, Best Friends Animal Society

Re-run of historic Flagstaff to the Grand Canyon journey

In January of 1902, four men made a historic journey from Flagstaff to the Grand Canyon in a Toledo steam car. They thought the journey would take seven hours. Instead, it took two days. When they arrived on the South Rim of Grand Canyon (long before it was protected as a National Park) they made history.

On August 26-27, two British brothers will recreate the journey using the very same car. Nick and Chris Howell, from Cornwall, England, purchased the car at auction in 2004. Since that time, they have dedicated extensive time and energy to restore the steam car to its original glory. One of only 14 steam cars left in the world, thorough research has proven their car is the very same one that made the Flagstaff to Grand Canyon trip 112 years ago.

The Howell brothers will follow the original route as closely as possible, using dirt roads through Coconino National Forest, Babbitt Ranch and Kaibab National Forest. At times, they will travel on the Arizona National Scenic Trail (doubletrack) and the old Flagstaff to Grand Canyon Stagecoach Line.

Since the car runs on water and the engine devours approximately one gallon per mile, they will rely on seasonal water sources to refill and haul up to 40 gallons at a time. They hope to complete the journey in two

days, before hauling the car to Los Angeles and shipping it back to England.

Nick is very proud of the restoration of the car. "I only needed to replace three small pieces of wood in the body and make a new burner, boiler and pilot light whilst restoring and conserving the car," he said. "Otherwise, all other components are original, even the upholstery."

Look for the Toledo steam car in Flagstaff on August

25, and on the remote dirt roads between Flagstaff and Grand Canyon on August 26-27. They hope to arrive at the same location where Oliver Lippincott and his friends first stared into Grand Canyon, near the old Grand View Point Hotel. A write-up about this adventure can be found at <http://www.driving.co.uk/news/a-steam-car-named-desire-one-mans-dream-to-drive-a-1902-steam-car-to-the-grand-canyon/>



A photo at the end of a journey in a steam car from Flagstaff to the Grand Canyon in 1902, before it was a national park.

Arrest in Page for trespass on houseboat

On August 3, 2014, the Coconino County Sheriff's Office received a report of trespassers on a houseboat in Antelope Point Marina on Lake Powell. Antelope Point Security Staff reported over 12 people on a docked houseboat who appeared to be using the 65-foot privately-owned vessel for illegal activity.

National Park Service Rangers and a Coconino

County Deputy responded and identified several subjects on the houseboat, and were able to determine that no permission was given for them to be there. A 38 year-old male subject from Page was arrested for trespassing and booked into the Coconino County Jail Page Facility as a result of the investigation.

The investigation into the incident is currently under

investigation by the Coconino County Sheriff's Office.

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Reminder - Tomorrow!

Historical Home Tour

Kanab Heritage & Preservation Board

August 8th, 2014
9a.m. - 4p.m.



A Fundraiser for the Kanab Heritage Museum

It's time for
the
KANE COUNTY FAIR PARADE
August 13th, 2014 (Wednesday)
Parade starts at 6:30 PM
Scenic HWY 89 in Orderville
Registration: In front of
Orderville LDS Chapel
between 5 to 6 PM
Floats, Trikes, Bikes, Wagons, Walkers, ect...
YOU CAN WIN A CASH PRIZE!

Parade Theme:

"WE HAVE A GOOD THING GROWING"

Parade Grand Marshals:
Dennis *and* Pam MacDonald

