

G2G takes off Sunday

By Jeff Frey

"Every long distance runner I've known is working through a fairly serious personal issue," said Brendon Thompson, a week before he embarks on the biggest running challenge of his life in the Grand to Grand (G2G) Ultramarathon race.

The 43-year-old athlete from Wellington, New Zealand, spoke candidly about what led him to participate in the third annual six-stage foot race centered around Kanab. He, along with 114 other super-conditioned men and women ages 23 to 72, will begin the 170 mile cross country race on September 21, from the North Rim of the Grand Canyon; and try to finish a week later at the 9000 foot summit of the Pink Cliffs in the Grand Staircase-Escalante National Monument.

Finding a healthier way to cope with stress generated from two failed marriages, managing a fledgling information technology (IT) enterprise, and helping raise his three children ages 7-14, are the issues motivating Thompson.

"I was depressed over my second marriage folding," related Thompson, "and I was drinking excessively and smoking too much. My nine-year-old IT company is just now starting to do well. I take and care for my kids every other week. Thankfully, their mothers agreed to take care of them an extra week while I'm here in the U.S. for the first time."

"A year ago I saw an Internet segment on the G2G race and I told myself that I had to do that," he stated. "I wasn't a runner before that moment, but I was determined to compete in this race, and in fact, was the first one to sign up for the 2014 G2G."

"I found myself a mentor in Gary Moller," continued Thompson. "He is not a trainer, but more of an advisor. He took a clip of my hair and had it analyzed for nutritional deficiencies. He recommended several vitamin-mineral supplements and diet changes. He said I was too fat and I needed to quit drinking alcohol and stop smoking, which I did."

Thompson began training heavily a year ago and suffered a stress fracture of his ankle at the end of last year. "A year is too long to train, I found out," he said. He could not put weight on that ankle and had to stop running. Moller recommended he

start mountain biking to preserve some conditioning, which he did for several weeks before he could run again, but backed off from the previous intensity.

"The best thing I did was join the Wellington Scottish harrier team," Thompson verbalized. "We run five and 10 kilometer and half-marathon cross country races against other harrier teams in New Zealand and Australia. This has increased my speed. Hinano, my girlfriend now, is a team member. She's faster than me in the shorter races."

Foot injuries are of constant concern with long distance runners. Thompson bought a 1200 page book that covers only foot and ankle injuries and care. "I learned from another runner about using a deodorant on my feet, which lasts a whole week and helps to prevent blisters," he expounded. "I also wrap my toes with Coban. I started out with one pair of running shoes, but now have 15 pairs, but just brought one of my favorites for the G2G."

The runners must carry all their food, personal items and bed gear for the week in their packs. Water stations with restroom facilities are set along the route each day, with tents set up at night. Thompson's pack will weigh in at about 18 pounds, with seven of those being dehydrated food. "I found a website that produces a whole weeks worth of different meals in one package, and has a total of 14,500 calories," he said. Runners must consume at least 2,000 calories per day by rule. "The curries are tasty, but the meats not so much," judged Thompson.

Thompson said his guide Moller gave him one very important piece of advice before he left New Zealand a week ago, having spent time in Los Angeles and Las Vegas before arriving in Kanab Saturday.

"Gary told me I have to not only set goals for this race," Thompson confessed, "but have a goal set for after the G2G to avoid a letdown that could put me back into depression. We runners get pumped up for these races and the G2G requires a lot of time and energy to prepare for. After it's done, there is a risk of sinking into the doldrums if you don't have something to refocus on."

Thompson's first goal for the G2G event has been achieved "just by getting here." "My second goal is to finish the race, and my third is to win one of the stages."

"After the race, I'll go back home and enjoy spending time with my kids, run races with the Wellington Scottish and try to beat Hinano for a change. That will keep me going and out of trouble," he concluded.

You can meet Thompson and other G2G runners this Friday between 1-4 p.m. at the pre-race check-in downtown on the grounds of the Kane County Visitor Center, or at the picnic reception after the race on Saturday afternoon on September 27, at Jacob Hamblin Park.

You can also see them run and cheer them on along the road at Best Friends near Angels Rest on Tuesday afternoon, September 23 between 2-7 p.m..

These dedicated athletes are from many countries around the world, and include Mike McTeer, Todd Seliga and Gregory Castle from the neighborhood. Let's hope they all achieve their own goals!



Fans of remote controlled airplanes will get their fix this Saturday when the third annual RC Fly-in is held at the Kanab Airport from 10 a.m. to 2 p.m.

For the love of aviation: 3rd Annual RC Fly-in

Over 100 radio-controlled aircraft will be at the Kanab Airport for the 3rd Annual Radio-Controlled Fly-In on Saturday, September 20, from 10 a.m.-2 p.m.

Aviators from all over will share their love of aviation with demonstrations of flight capabilities beyond the imagination with helicopters and fixed wing aircraft. Complex aerial maneuvers will be performed with aircraft, ranging from the small and simple, to the large and complicated.

The fly-in will provide fun activities for all ages. Individuals will be able to practice flying using a flight simulator, or try their hand at flight with an actual RC aircraft using the Buddy Box System, which allows the pilot to still maintain control while the student practices flying.

Once again, event participants will have the fortune of going for a free ride in a Cessna 182 aircraft for a brief tour over Kanab. This is one of the favorite activities of the fly-in. It's a first-class experience, including boarding passes for the passengers.

While you wait your turn for the free flight, you'll be able to see static displays of RC aircraft, shop the craft vendors, go on a tour of

the Search and Rescue Command and Control Center at the airport, and see displays of Kanab Fire Department equipment.

Kanab RC Modelers Club (KRCM) will have a booth at the event with club applications and information about the Academy of Model Aeronautics (AMA) available. Membership for both the KRCM and the AMA is free for anyone under 18. KRCM membership is also free the rest of 2014 for anyone interested in joining. Senior discounts are available. The club meets every second Saturday at 10 a.m. at the Kanab Airport. Spectators are always welcome to come and watch them do their flying when the weather permits.

Event organizer Kirt Carpenter said, "The aircraft are controlled by computers relaying instructions to the aircraft. They represent a

video game that is *actually* happening. The idea is to encourage young and old alike who are interested in high-tech equipment to get off the couch and put their computer skills to work."

The event itself is free, but there will be a cost for the lunch provided by the Lions Club from 11 a.m.-1 p.m. The hamburger lunch is only \$4 and the hot dog lunch is \$3. Both lunches will include chips and a drink. Drinks can be purchased for \$1.

There will also be a Split the Pot raffle and event T-shirts for sale.

For more information, view the events calendar at www.visitsouthernutah.com.

If you'd like to be a vendor or have further questions, contact Buck Brown at (928)660-8221 coyoteforge@wildblue.net

Kanab City Council scales back plans for skate park

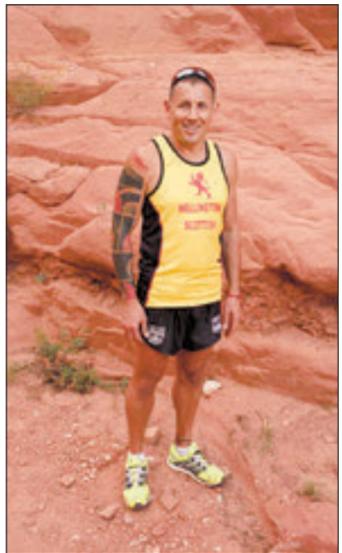
By Jeff Frey

In the Kanab City Council work meeting on September 9, council member Cheryl Brown said the financial outlay for the proposed Kanab skate park will be scaled down to \$125,000, with \$25,000 of that having been raised so far. Council member Joe B. Wright felt the project needed to be started soon. Mayor Robert Houston added that \$100,000 is a lot of money to fund raise.

Kanab's Arts Council recommended the Juniper Art Gallery be separated from under the Arts Council jurisdiction. The Juniper Art Gallery artisans have disbanded after differences of opinion occurred between gallery organizers and city council liaison Cheryl Brown surfaced last July. The \$5150 in the Juniper Gallery account that had accumulated over several years from artist's dues and commissions from art sales will be retained in an isolated account by the city, except for \$600 to help fund local art classes. The city's Historic Preservation Board, namely the History Museum located above the gallery rooms in the old library downtown, has requested use of the former gallery space.

City Manager Joe Decker announced a change forthcoming in Kanab's utility bill that will better delineate specifics. The governor's request to reduce water consumption 25 percent by the year 2025 will also include irrigation water—at least within city limits per Mayor Houston. Amazing Earthfest originator and director Rich Csenge came before the council to request \$3,000 in funds to facilitate a strategic planning process to determine how to sustain the yearly May event he started eight years ago. Csenge would like to find a full time director for the event, and requested a member of the council to serve as a liaison with his board. Council member Brent Chamberlain offered his services in that capacity. After obtaining more information from Csenge, the council will reconsider his request for funds.

The council approved the inter-local agreement for legal services provided to the city by Kane County attorneys, with no substantial changes from the previous agreement. Also approved was an increase in travel expense reimbursement for city employees based on current IRS allotments of 56 cents/mile, up from 40 cents/mile.



Brendon Thompson is a first time participant in the G2G Ultra Marathon that starts this Sunday, Sept. 21.

Appeals Court upholds decision on roads

By Dixie Brunner

How do you get from point A to point B? And, is your path of conveyance considered a road? That has always been a challenging question here. It has a long history of disagreement and litigation from Kane County and the state of Utah.

The Tenth Circuit Court of Appeals decision unanimously upheld that counties have to demonstrate actual use by the general public, not just local ranchers getting to their land. "Counties should demonstrate actual use by the general public, not just use that was 'necessary and convenient.'"

The three-judge panel's ruling denied Utah's request for a full court to reconsider that decision.



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Maxwell fundraiser totals almost \$19,000 - Page 7



KHS Principal Jackson - Page 12



KHS Volleyball - Page 11

KANAB WEATHER

September			
Date	High	Low	Prec
10	78	51	
11	84	53	
12	87	55	
13	89	59	
14	91	54	
15	92	57	
16	92	58	

Courtesy: Wayne & Stacy Grosz

INSIDE THE SUN THIS WEEK: