

Superior

Friday May 23rd, 2014

TO: Superior 25KM and 50KM Trail Race Volunteers

Dear Friends,

When viewed through the lens of the "real world", race directing is not much more than "project management". A budget needs to be made; services, vendors and contractors must be hired, deadlines and milestones must be created (then met) and the right "employees" must be put in place to complete the project. When the "project" is over all the bills must be paid and a review of the project must be undertaken. If all went well, the customer is happy, your employees are happy, management and owners are happy and you stuck to the budget you made - kind of funny to think of a trail run in these terms isn't it? And with all that, the theme that really permeated this years Superior 'Spring' Trail Race for me was JOY. *When are humans the happiest?* There are many things that make us happy but many of the worlds theologians and spiritual leaders say that it is when we work together, for a common goal, on a selfless task. Engage in this with people you care about, while making new friends in one of the most beautiful places on earth and you are on to something - it's the reason we all come back, year after year. Yes, volunteering from the outside may look like little more than handing out water at an aid station but at the risk of sounding too ethereal, its a spiritual experience, have you ever heard the term "team spirit"? Its a togetherness, a euphoria, working hard, laughing hysterically, its watching and helping people transform their lives with the simple act of putting one foot in front of the other on a trail - its all of that...

Pictured is the Indigenous Women's Running Group based out of Duluth, MN that has made our event the focus of their training - women changing their lives and the lives of those around them; the spark comes from inside - running is the flame.



As always we cannot thank all of you enough for your help, your kindness and your friendship - it means a lot to the runners and the world to Cheri and I. As always, if you have any questions, comments, concerns, suggestions, compliments or complaints, please feel free to drop me a line. Run Wild, Be Free, Rocksteady.

Sincerely,

JOHN STORKAMP

John Storkamp | Race Director