



Thursday September 13th, 2012

**TO: All Superior 100MI, 50MI and 26.2MI Trail Race Volunteers**

Dear Friends,

As the race director I have the pleasure of having just about each and every single runner, crew and family member come up to me after the race and personally thank us for the for the event; the effort put in, the fantastic volunteers and the organization. When *you* see most of the runners, it is in the thick of things and there is not always time for these formalities but these compliments are a direct result of the runners and crews interactions with you (the volunteers) throughout the entire weekend and over 100, 50 or 26.2 miles on the trail - this is what makes our event what it is... SUPERIOR. After each race a concept seems to stick out for me, and this year that idea is - Autonomy; "Acting independently or having the freedom to do so." With so many experienced people and multi-year, even multi-generational people volunteering out on the course you make everyone's lives easier. You know exactly what to do and execute without hesitation because you have been there before and believe me, this does not go unnoticed as I cannot tell you how many people told me that this was the best marked, best staffed, most well run and best executed 100 they have ever run.


Below is an email that we received from a 50 mile runner that is a shining example of what each and every single one of you bring to the table and a representation of what our event is all about:

*"Thank you for helping me accomplish a life-long dream: running an ultramarathon. I had such a wonderful experience at the Superior Endurance 50 Mile run. The 15 hours I spent on the course were exhilarating, fun and positively painful, but it was definitely one of the best running experiences I've had in my decade of running and racing. From packet pick-up, to my celebratory ham sandwich – I loved everything about this race. (ok, everything but the bees) The aid station volunteers were outstanding. Not only were they cheerful and helpful, they were legitimately interested in seeing me succeed. This is not typically the experience I've had at marathons, where the mass of runners is crushing. The trail running community welcomed me with open arms, something that I've never experienced as a road runner. During the last section of the race, I ran into a group of 100 mile runners and their pacer. Despite the fact that they had run for more than 35 hours, they were welcoming, friendly and encouraging in a time when I was desperately trying to keep it together. They helped me navigate the tough hills on Moose Mountain in the dark, and helped me stay positive during those last painful miles. I never expected this kind of camaraderie, especially being-as-though I am a newbie. Even though I was at the back of the pack, the welcome at the finish was wonderful. I felt like I had won the race! People cheered me in by name and I got many sweaty hugs from people who had been strangers just a day earlier. It was a wonderful race and a wonderful experience. Thank you."*

We could not do this without you, each and every single one of you. I know it is early and the sleep-deprivation is still fresh but many of you have already re-upped for next year and many runners have said they have been inspired to come back and work with us just as last years 100 mile champion did this year. If you plan to come back next year, please shoot me a line and I will save your spot. I joked with some of you after the race this year "we are only doing this again next year if you think it is a good idea", that is how important all of you are to this event - to date everyone tells me that the race is on for next year :)

As always, if you have any questions, comments, concerns, suggestions, compliments or complaints, please feel free to drop me a line.

Sincerely,

 John Storkamp - Race Director