

AATRA meeting \* April 3, 1999 \* 10:45 a.m. (approx) *following the snowshoe shuffle and prior to the awards ceremony*  
Meet at Beaver Creek – Hotel/staging area

The following items will be discussed during our one hour meeting. Input, ideas, feedback are all encouraged.

1. Attendance
2. Finances – **see attached: \$339.81 in account; most expenses on printing/copies; recently paid dues to RRCA for membership in association**
3. Officer reports – **Danelle, Tom, Ellen, Adam**
4. Website – **updates – increased traffic**. Variety of questions that we all take turns answering on topics ranging from training to shoe selection (Adam, Kevin Cooney, Nancy, Elliott, etc as requested. We now post the newsletter index on the site, links – many. Add probably 5-10 per month. **Number of hits** – total of 27,743 since June '98; 13,135 in first three months of this year and March had 4,947. T-shirt sales – **sold \$105 and now net loss of \$290. Will take to RRCA to sell as well.**
5. Newsletter - ad sales – **slow but no marketing**; corporate membership – adding **a few here and there**; editorial – **getting better response plus articles are on disc or e-mail for ease of compiling newsletter**; fishin' tales winner – **from Danelle.**
6. Publicity – **RRCA convention speaking engagement** – upcoming on April 29; slide show presentation in NM – **added a few members from this talk and lots of interest in the website**; Tom Sobal's responsible trail running tips in an upcoming book on trail running in California by **Stan Swartz. AATRA will be mentioned for Tom's addition and for the foreword; also had a quote in the Colorado Trails book just published.**
7. **Membership**
  - a. Benefits – always hoping to add more – **IDEAS? I have membership forms today that you can take and distribute.**
  - b. USATF as sports organization/MUT – **funding for team (ultra and mtn) of \$5000, a first to get support. Will translate to about \$200/mtn. Athlete as we add the IAAF monies as well. Malaysia at latter part of September.**
  - c. RRCA – delegate to convention in Washington – **Jim will be our delegate**
8. Other business/ideas to grow and improve the organization - **IDEAS**
9. Next meeting: suggest September 5, Breckenridge Crest Marathon – **will get room from Rich Cook**

***Tentative Agenda, please contact Nancy for any additions and or changes***

NEW PHONE (719) 570-9795 fax 570-9729

## Defining Our Sport *(draft)*

Trail and mountain running have been categorized using several elements to include terrain/surface, elevation (gain or loss), and distance.

**MOUNTAIN RUNNING:** The major component in mountain running is elevation gain or loss. The sport is further defined by surface, distance, and terrain. A mountain run can be on paved surfaces as long as significant elevation change is present. On the international scene, there is a World Mountain Trophy Race which occurs annually with uphill courses in the even-numbered years and uphill/downhill courses in odd-numbered years. The US has fielded teams in both the senior men and senior women's divisions.

**TRAIL RUNNING:** The major component in trail running is the surface (non-paved). Trail running is further defined by terrain and distance. There are presently no internationally recognized trail running championship events. USA Track and Field has hosted national trail running championships and plans to support more events in the near future supported by the USATF subcommittee on mountain/ultra/trail running, (MUT).

### Additional Disciplines

**CROSS COUNTRY:** The major component is terrain. Cross country runs occur on non-paved surfaces with natural or man made obstacles located on the route. Cross country runs are further defined by distance. An international event, the World Cross Country Championships, are held annually.

**SKYRUNNING:** Skyrunning includes the Skyrace (events with distance beyond 10 miles), Vertical Kilometer (an uphill race with 1000 meters of vertical gain in less than 3.5 miles), and the SkyMarathon. The major component in Skyrunning is the altitude. All Skyrunning events occur at elevations at or above 2000 meters. Skyrunning is further defined by terrain, elevation changes and distance. Skyrunning hosts an international championship every other year in even-numbered years.

**ULTRA RUNNING:** Ultra running's major component is distance. Any distance beyond the marathon of 26.2 miles is considered an ultra run. Ultra runs are further defined by terrain (can be on trails in the mountains, on paved surfaces, etc.). The international championship event is 100K and occurs on the roads.

There are also off-road running categories which require additional equipment. These include snowshoe running whose major component is surface and is further defined by terrain, elevation, and distance. Burro racing defined by the burro/runner combination and further defined by distance, terrain, elevation changes. Ride and ties offering a horse/rider combination and further defined by terrain and distance. Orienteering/Rogaining utilizing a map and a compass and further defined by time allotments on course completion.