



**Red Rock Canyon Marathon Trip Notes  
Followed by Las Vegas with Tom  
March 8-15, 2012**

It was about 14 months ago that I participated in one of Calico Racing's events – Running with an Angel in Boulder City Nevada outside of Las Vegas – and declared that I'd go to any of these events. Joyce is the race director and she runs a really perfect show while choosing only very scenic locations. This being my second Calico Racing Event I'm even more reinforced by my own experience and from folks who have reported the same good experience with Calico.

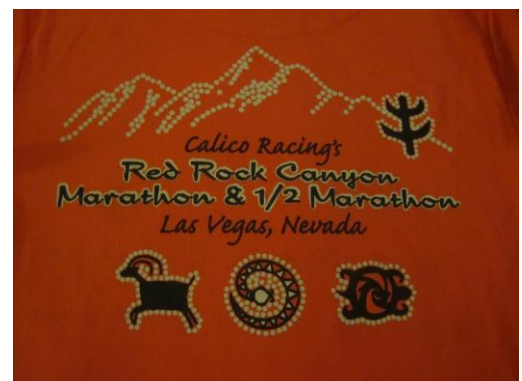
Red Rock Canyon is the opposite side of Las Vegas from Boulder City and again it's surprisingly close to the Strip. In fact, Joyce had arranged for a bus from the strip for runners on race morning. For me, I always want to be near to the start so staying at the host hotel called the Red Rock Canyon Casino and Resort was perfect. It was about 5-6 miles to the start and a bus picked us up at the resort about 45 minutes before the start.

But to be fair, no marathon is perfect. This one is far above many others but let me tell you some of the pros and cons. There are so many 'pros' that I'm looking to do another of Joyce's events in Lovell Canyon, again near to Vegas.

Here I am at the very simple finish line and grateful to be there! Oh finish line, where have you been? Or a bit before: Where oh where is that friggin' finish line?

**Pros**

- Course is gorgeous and challenging and beyond description. Out and back gives you the same hill twice and it's at least 1,000 feet elevation climb.
- Driving the course and hiking some along the way is a good idea and a delight for the day prior.
- Local hotel is cheap at marathon rate of \$115. It is elegant and easily worth its normal \$270 cost. It's a huge complex with multiple restaurants and a food court.
- A bus to the start from the Strip is provided for a small fee.
- Tourist opportunities abound from other hiking to the famous Las Vegas Strip (which I always enjoy.)
- T-shirts are famously well-designed and excellent quality for all Calico Racing Events. Unfortunately this year's was sized huge.



Pictured front and back. Bright attractive orange. We all loved it. The meanings are explained by Joyce at the end of this report. Very interesting and shows Joyce's attention to detail.

- Generous time limit of 7 hours but much beyond that prepare to find a ride home. (Though I suspect Joyce herself would drive you home if needed.)
- Half marathoners started near the turn around and an hour later.
- Fluid stations were generously placed, manned by fun folks, and plenty of them had food. I never used my own food.
- Toilets were plentiful and never a line. There were both porta-potties and more permanent park potties.



### Cons

- Hotel does not have a coffee pot in the room and the coffee shop does not open early enough. There is room service. (I brought a mug and an electric immersion heater.)
- Starting time is 6am but that's probably necessary to keep traffic to a minimum and to run in cooler weather.
- High elevation to start at about 3600 feet and climbing at least to 4600 feet (I should verify figures) with a few extra ups and downs along the way. That is definitely tough on us mainlanders/sea level folks. Even the wee bit of hiking the day before caused a lot of heavy breathing even for the younger of us.
- Course is primarily asphalt though there's about a half mile of dirt and gravel. I usually look for some dirt or gravel to the side to save the hips but the desert shrub made that impossible this time.
- Course is an out and back that is the scenic drive so you are sharing the road with cars later in the day though it's well-coned off. (I like seeing other runners on out and backs.)
- Weather can be challenging. We were lucky since the 50 mph wind storm of Tuesday had passed. It was very cold at the start and very warm at the end. We went from multi layers and garbage bags to shorts and tank top.
- Age group awards are only in ten year increments, i.e., 60-69. Understandable due to the smaller number of marathoners but meant the younger gals took 1<sup>st</sup> and 2<sup>nd</sup> place AG.
- Chips had some kind of malfunction and they were unable to award trophies at the event. Mine was subsequently mailed. Further, results the first week showed 6:29 chip and 6:32 gun and now only gun time's shows up.

### Results

The best congratulations note I can remember comes from Judy who was at Red Rock with us. Who else but a good friend would call 6:29 a good time! **CONGRATULATIONS!!!! I AM PROUD TO KNOW YOU AND CALL YOU**



MY FRIEND...I like the way 6:29 sounds!!!!!!!!!!!!!! And those pretty legs...none of my Atlanta friends have...wait, maybe that's has, pretty legs like that. I'm thinking maybe it's a Jewish thing...yep that's it...we have Jewish legs... So happy for you...you have that half marathon cutoff time in Europe, Stockholm right? in the bag!!!!...OTHERWISE I'M SURE YOU"LL DO THE DIE TRYING THING as I did in Red Rock Canyon. We who did Red Rock, ROCK!!!!!! Congratulations again on your 6:29!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! JEW Dee

**Reminder**

We all get the same medal whether we were first or last. That's from the mouth of someone who is near last! It is again a nice medal. See picture.

Again – the information below about what and why all these symbols on the t-shirt and medal mean was very well thought out and based on Indians of the area, animals, canyons, traditions. Joyce kindly provided me a copy which is cut and pasted at the end.

**And if you're old enough you might get an award too**

These were cute little stones and I really couldn't tell if they were real or not since they were so good. The printing was on leather cut out strips.

**First message out to Tom after this doozy:** I hurried back to hotel for car. I'd come in around 6:30 and panicked as the last bus was 7:15 at which time my friends were nowhere to be seen. Joyce was holding the bus and maybe 7:20 to 7:25 we could see Annette in the distance but the bus had to go. Joyce insisted I get on it and go get a car. Annette told me that Judy was maybe 5-10 minutes behind her. We were in the very last of the marathoners. It was high altitude at around 3700 to 4700 and two hills with this 1000' elevation but ups and downs in between. Gee, do I keep saying they get harder and harder or am I choosing harder ones or is this just age? I'm in a restaurant with coffee for me and marguerita for Annette. Big burger ordered.



**Joyce the Race Director**

I read that she started running later in life too. She's a real hot shot. In Boulder I showed her loading the truck. The only possible pictures of her were of her working so here's another Pure Joyce! Always smiling. Always working. Always being agreeable and making things work.

**Random shots from the course**



As the sun came up . . . . A benefit of the half marathoners starting from the other direction, or at our half way mark, meant we never had a porta potty line. Unfortunately I needed a few of them.



At the finish line – horses and a French Canadian contingent of Team ‘n Training. No, not related. The French team was full of stories at the finish line since they were waiting for one of their half marathoners who was walking in with a cane. I’d stopped and talked to her, took her picture with her camera but only later learned that she’d had an appendectomy gone wrong and had been in a coma for months only to have to learn to live again.

Wish I’d taken a picture of all my cups I picked up in the last half. First I was extremely miffed that runners would trash a park, and then I started picking up their cups and putting them upside down on the traffic cones. The first few were not easy to reach down and then I realized it felt good to stoop and it was a great stretch and it was easier and easier to reach down. I lost count somewhere after 35 cups.

### **Back to the t-shirt**

From Joyce and if you are an owner of one of these t-shirts, or even one of her past one’s, you’ll enjoy reading about the time involved to design this year’s shirt.

*The design inspiration behind your event shirts and finishers’ medals: In 2008 I sat down for the first time to design the event shirt for the Red Rock Canyon Marathon and ½ Marathon. Surrounded by the beauty of Red Rock Canyon, one would think that coming up with design ideas for the event shirts and finishers’ medals would be an easy task. On the contrary- it seemed nothing I came up with did any justice to the majestic mountains that frame the Las Vegas Valley. Sure- you could draw just any mountain outline, stick a sun ovetop of it and call it done. But how would that differ from that of Sedona or Red Rocks of Colorado? I wanted something uniquely Red Rock Canyon, Las Vegas. As one runner said, I needed to put Calico Racing’s paw print on it! So I spent a bit of time in the Visitors’ Center, learned more about the area- and left full of ideas! Each and every symbol on your medals and shirts has a specific meaning to it that is tied to the area. Largely inspired by the petroglyphs found throughout Calico Hills and White Rock trailheads here at Red Rock Canyon- I hope to capture the rich southwest history. Popularly known as rock art, petroglyphs are symbols drawn by prehistoric cultures as a means of conveying a message. This is accomplished by etching into the stone, as opposed to painting on stone, called pictographs. Not one to sit back on my laurels, I wanted to maintain the same overall theme of the shirts, while updating and modifying the design one year to the next. In January 2010 I sat wondering how I could*

manipulate the design I had worked so hard on, and poured my heart and soul into. Over the course of a couple of weeks I pondered, while watching tennis greats battle it out at the Australian Open.

In January 2002 I was fortunate enough to visit the land down under and even sat in the stands on a scorching hot day watching the tennis match. At the time I was training for my very first marathon- the former Las Vegas Marathon in February that raced thru the desert. During that trip like many tourists I bought a boomerang and a didgeridoo that now hang on my office wall. Both are decorated with an Australian Aboriginal art technique called dot painting..... which were incorporated into the Red Rock Canyon Marathon & 1/2 Marathon event shirts for the first time in 2010. Since then we have kept the various elements and the dot painting technique, though have continued to update it each year. So what does each element of your designs mean?

- *The Mountain Outline: This outline is taken from the mountain outline on the Dedication Walkway stone that lies at the entryway to the 9/11 memorial sight near the Visitors' Center. On the sign reads a quote, "What lies behind us and what lies before us are tiny matters compared to what lies within us."*
- *The Roadway: The roughly 13 mile paved Scenic Drive twists and turns climbing up over the mountains*
- *The Paw Prints: The paw prints belong to a mountain lion, whose stealthy presence is known throughout the southwest.*
- *The Bighorn Sheep: Bighorn Sheep inhabit the area of the Las Vegas Valley. This symbol is also used on the "Clark County" signs, as well as on the trail system signs here at Red Rock Canyon.*
- *The Rattlesnake: Though I've never seen one, these creatures should have you keeping your ears open!*
- *The Desert Tortoise: Found here in the desert southwest, the desert tortoise is a threatened species on the Endangered Species List. Enough so to have its very own Acknowledgement Waiver for the event, and the educational character "Mojave Max" named after it.*
- *The "Tree": The form that looks like a tree is a spiritual symbol of goodness and life. I think it is no accident it looks like a tree, as the giver of life. Throughout the park you will notice Joshua trees, Rabbitbrush, Creosote, Sagebrush, and Nevada Bluegrass, among others.*
- *The Human Form: At the base of the roadway is the human form for victory- enough said!*
- *The Spiral: Most people think of the spiral symbol on its own. But I have come to learn that this is a migratory symbol indicating that a settlement has been abandoned. It tells others that the inhabitants have continued the migration. Kinda sad! However- after a new village has been built and is thriving, a runner is sent back to the old village to add the squared symbol to the spiral, alerting others that the Creator's command is being followed and fulfilled. Much more uplifting if you ask me- and much more appropriate for a relatively new marathon wishing to stay for a while!*
- *The Sun/ Logo: With Las Vegas' 300+ days of sunshine a year, a design wouldn't be complete without the sun- and of course I had to put Calico Racing's paw print on it!*

### **Canyons on my mind . . . .**

It was Grand Canyon of the Pacific in Hawaii for hiking in November, now Red Rock Canyon and next Yakima River Canyon Marathon in central Washington State the end of March. This summer I have Kings Canyon in Australia outside of Ayres Rock in July.

### **Tourist wraps around the marathon.**

We had to sign a statement about caution towards the tortoise. The government official web site had a lot on The Threatened Desert Tortoise as well as pictures but it didn't want to cut and paste. There were caution signs about the tortoise and this statement we had to sign, and thus my little silver charm commemorating this marathon might be a turtle.

### **Visitors Center**

*Red Rock Canyon National Conservation Area in Nevada is a 198,000 acre (801 km<sup>2</sup>) area managed by the Bureau of Land Management as part of its National Landscape Conservation System, and protected as a National Conservation Area. It is located about 17 mi west of Las Vegas. The canyon is one of the easternmost parts of the Mojave Desert; the bottom of the canyon, from 3,600 to 4,500 ft (1,100 to 1,400 m), is in the Lower Sonoran Zone, while the area from 4,500 ft (1,400 m) up is in the Upper Sonoran Zone. The character of the sandstone layers is such that a number of*



year-round springs may be found in the recesses of the side canyons.

### **Just out the back door**



There was a similar view out the window of the Red Rock Casino and Hotel where we stayed.

### **This is Calico Basin**



The day before the marathon Annette and I drove the canyon scenic route stopping at many points to do a short walk. It was here we saw climbers.

### **We love Vegas!**

The last time I was in Vegas was June 2011 at the start and then the end of the Bryce/Zion hiking trip. Tom had wanted to visit Vegas but the calendar was tight, so here we are and here's Tom's photo show so I'll avoid mine. His are better even if he does like them looking like postcards.

<http://www.photoshow.com/watch/gy4iY2km>

I've had a couple Vegas reports recently anyway. His are better for sure!

### **Restaurants**

Wing Lei is the only Asian Michelin starred restaurant in the country. It is in the gorgeous Wynn hotel where we've stayed in the past. (But we prefer the classic Bellagio).

This was our big extravaganza dinner. Over three hours sampling the best of the chef and taking his wine pairings. It was super. It was an experience. But the ambience topped the food. Gardens out our window. Calm and not pretentious glitch as some Vegas restaurants.

We continue to call the Mon Ami Gabi in the Paris hotel our big time favorite. And it's a bargain especially in view of the pricing at Wing Lei.

### **Hotels**

We continue to call Bellagio our favorite hotel. Tom compared the new city center hotels as glitzy versus classy. We have stayed at the Wynn and suites at the MGM and Imperial but find the original building of the Bellagio is unsurpassed in classy expenditures to make it so. From Tom: *We had a*

*good time in Las Vegas with a really sweet suite at the Bellagio. The night shot is the view from our front window (the side window looks out on the new City Center). Tough life.*



**Maybe not ALL of it . . . .**

*It is illegal but . . . according to Wikipedia and others about Illegal prostitution*

*Typical newspaper boxes commonly filled with free flyers solely advertising 'escorts' on Las Vegas Blvd. Despite the presence of these flyers, prostitution itself is illegal in the Las Vegas metropolitan area.*

Prostitution outside licensed brothels is a misdemeanor in Nevada. The big casino towns of Las Vegas and Reno have worked to expand their tourism base by attracting families to the hotels and casinos. Accordingly, the state legislature has made prostitution illegal in Clark County, and law enforcement agencies have tried to eliminate the once rampant street prostitution. Nevertheless, prostitutes continue to work in casinos, where they wait in bars and attempt to make contact with potential clients. Escort services offering sexual services euphemistically as 'entertainment' or 'companionship' are ubiquitous, with about 140 pages of the Las Vegas yellow pages devoted to "entertainers". Similar ads are present in newspaper boxes all along Las Vegas Boulevard. From the Strip to downtown Fremont Street at most bus stops and many street lights, a large collection of free flyers offering escort services with semi-nude pictures are available. Moreover, smaller hand sized flyers are dispensed to tourists and others along the Las Vegas Strip, often right in front of the most luxurious hotels and casinos, by freelance workers. These flyers also graphically depict female 'personal' entertainers or escort services. Despite the attempt to make Las Vegas more family-friendly, such advertising for these services goes on undisturbed by police or hotel security. In 2009 Las Vegas was identified by the FBI as one of 14 cities in the U.S. with high rates of child prostitution. Las Vegas police claimed that "roughly 400 children are picked off the streets from prostitution each year." The U.S. Justice Department has also named Las Vegas among the 17 most likely destinations for human trafficking.

### **Home again – home again**

Just in time for a visit from Marie for her spring break. Here's Marie. She will come again late May and then in December we've booked a trip to Vienna, the City of Music, with her.



### **What's next?**

I think I'll save that for another story. The schedule is full and I'm just grateful that we can even think of a major trip or two each month.

### **Much sympathy to Diane who just lost SIL Dianne**

Here's the lovely view given her on the evening of the funeral. And to that I'll say goodnight.





## ***Itinerary***

### **Thu Mar 8 - Diana**

9:00am Depart home via Tom  
11:00am Depart Newark EWR via CO#1410  
1:28pm Arrive Las Vegas LAS

### **- Judy**

10:08am Arrives Las Vegas via Delta #2203 – using shuttle  
Departs Monday March 11 at 11:10am via Delta #64

Rental car Hertz mid-size (Camry?) until Sunday

Hotel Red Rock Casino and Resort Hotel – host hotel for 3 nights  
11011 West Charleston Boulevard, Las Vegas, NV 89135  
Tele: 702 797 7777 or 866 767 7773

Directions from airport about 20 minutes drive: I-215 West, Exit Charleston Boulevard, Right at Charleston, see signs.

Red Rock Resort and Spa is the closest hotel to the Canyon. Red Rock Resort is about 20 minutes drive from the Strip and Las Vegas Airport. This luxury hotel ROCKS and is the location of the FREE bus and Friday's packet pick up. A block of rooms has been held for the race for Friday and Saturday nights at \$115 plus \$15 resort fee. To reserve, tell them you are with the "Red Rock Canyon Marathon 2012".

### **Fri Mar 9 - Annette**

9:00am Arrives Las Vegas Airport

### **- Diane**

6:05am Departs Nashville thru Denver arriving Las Vegas via SW#460 at 10:05am  
At the last minute due to death of SIL she couldn't come

### **- Carol G?**

Arrives and departs similar time to Diane  
At last minute she was unable to get space available.

BS Reunion i.e., Bread and Soap, or Bull-Shit, or Butt Stupid? Activities: Hike Turtlehead? David Holmen as well as Marv and Maryanne Winters were unable to come also.

### **Sat Mar 10**

6:00am Marathon start – 7 hours allowed per RD Joyce  
7:00am Half marathon start

### **Sun Mar 11 - Tom**

9:00am Depart home via car service  
11:00am Depart Newark EWR via CO#1410  
1:26pm Arrive Las Vegas LAS

Diana to turn in rental car at Harrah's, 3475 Las Vegas Boulevard, follow sign to self-parking garage at rear of property; go to level 6E to Hertz for turn in; Diana do shopping first  
Tom to taxi to Bellagio where we'll meet.

Hotel Bellagio for 4 nights in Salone Suite Conf #233617508  
Tele: 866 906 7171 for concierge

7:00pm Mon Ami Gabi at Paris – reservations made by Bellagio concierge

10:00pm Cirque du Soleil “O” show with tickets already purchased

**Mon Mar 12**

7:00pm Wing Lei at Wynn Hotel – reservations made by Bellagio concierge

**Wed Mar 14**

Eve Cirque du Soleil “Mystere” show with tickets already purchased

**Thu Mar 15 Diana and Tom**

2:38pm Depart Las Vegas LAS via CO#1436

10:30pm Arrive Newark EWR

Car service arranged

Marathon schedule from website <http://www.calicoracing.com/>

Thursday March 8, 2012:

■5:30-8pm: Packet Pick-Up, east side. REI @ The District @ Green Valley Ranch. 2220 Village Walk Drive Suite #150/ Henderson, NV 89052.

Friday March 9, 2011:

■5- 9pm: Packet Pick-Up. Red Rock Resort and Casino. 11011 West Charleston Blvd/ Las Vegas, NV 89135. Packet pick up will be inside the ROCKS LOUNGE. For the closest access- Use the surface parking Casino entrance just WEST of the EAST Parking Garage.

Saturday March 10, 2012:

■LAST RESORT! Packet Pick-Up race morning at your start line. PLEASE do everything possible to make it to packet pick up on Thursday or Friday!! Race morning is VERY busy and should be used as an ABSOLUTE last resort to pick up your packet. PLEASE do not email or call to ask for permission.

■If you PURCHASED the bus ticket from the STRIP- YES you may pick up your packet race morning, as both packet pick up locations are about 20 minutes drive from the Strip.

■4:30am: Buses will begin departing the pick up area to transport runners to their start lines. The MAIN FREE parking and busing is from Red Rock Resort and Spa located at 11011 W. Charleston Blvd/ Las Vegas, NV 89135. Use the surface parking closest to Charleston Blvd and look for COACH USA buses. Buses will run on a rotation.

■4:30am:Marathon bus departure from THE STRIP for those that have purchased the STRIP bus ticket. Location: Bally's Hotel and Casino at 3645 Las Vegas Blvd, using the FLAMINGO side for pick up.

■5:30am: Half Marathon bus departure from THE STRIP for those that have purchased the STRIP bus ticket. Location: Bally's Hotel and Casino at 3645 Las Vegas Blvd, using the FLAMINGO side for pick up.

■5:25am: Final MARATHON START bus from main pick up point.

■6am: Marathon start time!

■6:25am: Final HALF MARATHON START bus from main pick up point

■6:30am- 6:45am APPROX: Final sweep bus from main parking area for runners.

■6:45am- 7:30am: Spectator Buses run from the main pick up point to the Visitors Center for those that want to take the Scenic Drive Tour.

■7am: 1/2 Marathon start time!

■7:45am: APPROX departure of spectator bus thru the canyon's scenic drive along course

■8:15am: Possible first place 1/2 Marathoner finishes

■8:45am: Possible first place Marathoner finishes

■9:15am: Spectator bus departs MAIN FREE lot at Red Rock Resort TO finish line

■9:30am: Bus back to the STRIP departs the finish line. Approx.

■10am: Bus back to the STRIP departs the finish line. Approx.

■11:00am: Bus back to the STRIP departs the finish line. Approx.

■11:30am: Bus back to the STRIP departs the finish line. Approx.

■1pm: Course officially closes

■1:10pm: Bus back to the STRIP departs the finish line. Approx.

■Buses will run continuously once full to return runners to their cars at the MAIN FREE parking.

■1:10pm: Last bus returns to the main parking area.

\*\* Please note that bus times after the race are approximate. If the "10:00am" bus is completely full by 9:45am we will send it on its way. If there is only a small handful at 10am, we'll ask for your patience while we get a few more. It is my high priority to get you where you need to go in a timely fashion, but your cooperation is appreciated as we tend to everyone's needs.

Finish line refreshments will be available and awards will be handed out at the finish line area.

Amazing Red Rock Canyon (about: 2011)

Course: 4 Organization: 5 Fans: 2

E. E. from Washington (3/10/11)

11-50 previous marathons | 1 Red Rock Canyon Marathon

I did the marathon, and the course was tough, but the beauty of the canyon was amazing; it helped to forget the long uphill. They had the best volunteers at the water stations, and they were sufficiently supplied. There were no spectators because the course is on a scenic drive. Most participants do the half marathon. I'd recommend this race to avoid the big crowds. Don't expect a PR for your marathon; just enjoy the solitude.

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Beautiful marathon (about: 2011)

Course: 4 Organization: 4 Fans: 3

B. H. from Salt Lake City, UT (3/6/11)

6-10 previous marathons | 1 Red Rock Canyon Marathon

This was a small marathon. I have to admit, the beauty of the red rocks was breathtaking. I actually enjoyed this smaller marathon even though I prefer bigger city marathons.

Pluses:

- Amazingly well-stocked aid stations every 1 to 1 and 1/2 miles. They even had an aid station 0.5 miles from the finish!
- Scenic and breathtaking views of red rocks
- Good and plenty of post-race food
- Bathrooms were enough I felt even though there were only about 1 bathroom every 1-2 miles or so, with more at the halfway point, but I never had to wait

Negatives:

- Registration was at the Red Rocks casino. I would rather have a packet pick-up at McDonald's or Walmart than a smoky casino, but I guess this is Vegas . . .
- The half marathoners start from the opposite end and actually run towards you once you hit the 10-11 mile mark, but I actually kind of enjoyed this as they were cheering you on for about 2 miles (I would consider this a positive, but others might disagree). You could pass but you kind of had to pick your spots
- Wait for the buses at the end of the race. I know this might be tough to gauge or control, but if you were in a hurry after the race to be somewhere like for a flight or something, you might try to have someone available to pick you up at the finish line.

Like I said overall I really liked this marathon and would recommend it just for the spectacular views. Support was great along the trail as well.

Recommendations:

- Hold the packet pick-up somewhere else. It was helpful to know where the buses were going to pick you up, but you really can't miss the casino. There have to be more interesting places/easier places to hold the packet pick-up like a running store or something
- Allow for race day packet pick-up. Some of us travel a long ways for these races and to demand that we pick up our packets the day before for a SATURDAY race is kind of absurd. Some of us can't take Fridays off whenever we feel like it.

I would recommend it for anyone doing a Nevada marathon. It isn't USATF certified, but you won't PR here or Boston qualify: Too many really steep hills.

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Awesome...Challenging...Breathtaking (about: 2011)

Course: 5 Organization: 5 Fans: 2

G. R. from Atlanta, GA (3/6/11)

11-50 previous marathons | 1 Red Rock Canyon Marathon

If you are looking for a well organized event and a very challenging experience, look no further. This marathon will definitely test your endurance. As an athlete herself, the race director does a great job taking care of all the details and this event takes place on the most notable natural treasure among the Las Vegas community, Red Rock Canyon.

Plenty of fluid stations, nice finisher's medal, and tech tee.

There is really nothing to complain about with this event, but my only suggestion for change is: Offer two separate medals, one for the full and one for the half finishers. I know this becomes a cost issue for many race directors, but an easy way to overcome additional costs is by using the ribbon to identify the date of the event rather than imprinting the date on the medal itself. So the medal would be generic to the full or half and the ribbon would provide the date of the event. This would allow two separate medals.

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most scenic half marathon (or any run) for me ever (about: 2010)

Course: 5 Organization: 5 Fans: 5

C. M. from Glendale, AZ (9/27/10)

11-50 previous marathons | 1 Red Rock Canyon Marathon

I was not looking for a PR; I had been on the DL for a month, so I was going to walk it. Once I got out there I was welcomed by the climbs and awesome downhill. I finished a half-hour sooner than anyone expected to see me! My mom and husband really enjoyed the scenic bus ride. I will be signing up for the 2011 race.

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Awesome! (about: 2009)

Course: 5 Organization: 5 Fans: 2

K. B. from San Diego, CA (4/9/10)

1 previous marathon

I ran the half-marathon, and it was great! The stars were the course, the weather, and the hot breakfast at the finish line. It should be apparent that this is a hilly course and there are essentially no spectators. But if that suits you then everything else is perfect.

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Challenging, scenic course (about: 2010)

Course: 5 Organization: 5 Fans: 3

Tim Phillips from Glasgow, MT (3/22/10)

11-50 previous marathons | 1 Red Rock Canyon Marathon

Beautiful, red-rock canyons! Only about 300 meters of flat running, though - the rest is either up or down!

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One of the very best (about: 2010)

Course: 5 Organization: 4 Fans: 1

C. W. from Eastern Washington (3/7/10)

50+ previous marathons | 1 Red Rock Canyon Marathon

Every step is beautiful... and every step is difficult. Organization and volunteer support are superb. HammerNutrition provided great products. A glorious, difficult run with friendly, supportive organizers and runners. And the t-shirt was beautifully, thoughtfully designed.

My only suggestion would be to host the Friday packet pickup in a larger room, somewhere more accessible. And add more potties at the start and along with way.

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Great event, very well run, but no PR here (about: 2010)

Course: 5 Organization: 5 Fans: 5

G. P. from New Jersey (3/6/10)

4-5 previous marathons | 1 Red Rock Canyon Marathon

Okay, even a quick look at the course profile will tell you not to look for a PR at Red Rock. But the course is awesome, the organization was first rate and the small field of runners was a fun departure from the events I usually run. If you show up to Red Rock not ready to run hills, you are in for a very long day - and the downhills can beat you up as well. I had a great time and Red Rock will be on my list for 2011.

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Beautiful and Competitive Course (about: 2009)

Course: 5 Organization: 5 Fans: 5

R. H. from Colorado Springs, CO (8/2/09)

11-50 previous marathons | 1 Red Rock Canyon Marathon

One of the most beautiful courses that I have ever run on. Breath-taking. It was also a treat to see Anheuser-Busch's running team - I think they set the course record in both the marathon and the half. It was fun watching these guys battle; on the out-and-back, you can see them as they return. I was on the bus that carried these guys back.

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Breathtaking! (about: 2009)

Course: 5 Organization: 4 Fans: 4

Katrina Fontanet from Melbourne (sea level), Florida (4/27/09)

11-50 previous marathons | 1 Red Rock Canyon Marathon

This marathon was simply breathtaking in both senses of the word!

A: The red mountains looked like they were painted onto the blue sky. It was just surreal. Also, the orange cones helped us feel secure on the one-way road shared with all the cyclists, rock climbers, and tourists. Those attending the aid stops were attentive. I also liked getting "high fives" from the 1/2-ers coming the other way, because I sure needed that support then!

B: Hill training would be helpful. Altitude adjusting would've been a good idea for me, especially since I was coming off several weeks of a respiratory illness and I had little training during that time. I wanted to quit after Mile 2 because I was gulping in all that cold north wind and I got a big headache. I planned on giving up about 10 more times after that!

What kept me going was the aforementioned 1/2-ers, the grandpa volunteer at the turn-around, my husband who'd parked just ahead and come down to walk/jog with me, and the volunteer at the top of the hill who told me "just finishing this is amazing." In other words, all the usual characters that make marathoning worth every step!

RACE OF THE MONTH

# Red Rock Canyon Marathon and Half-Marathon

Las Vegas March 7

**H**ERE'S YOUR CHANCE to see a different kind of wild life the next time you hit Sin City. Though only 20 minutes from the Las Vegas Strip, this course showcases the otherworldly quality of the Mojave Desert: the ruddy sandstone cliffs, cacti, and Joshua Trees, with snakes, lizards, and tortoises roaming free. The out-and-back route traverses

a paved 13-mile road that winds through the Red Rock Canyon National Conservation Area. For the first nine miles, runners climb to a scenic overlook at 4,771 feet, then make a screaming descent down the other side. After the turnaround, they have to scramble back up to the overlook before heading downhill to the finish. [calicoracing.com](http://calicoracing.com)



For more events, go to [runnersworld.com](http://runnersworld.com) and click on "Races & Places."  
Race Directors: Please enter your race results at [runnersworld.com/racedirectors](http://runnersworld.com/racedirectors).

**GETTING AWAY FROM IT ALL**  
Racing through the Red Rock Canyon, runners get a taste of desert solitude.

Runner's World has featured this marathon twice in the recent past.

Wait till we have OUR reality tv show. What should we call it, BS WIVES? EXTREME BS? It's going to be so popular! BS-ers GONE WILD? Help me out here. And for our commercial advertisers...yep, you knew it...BREAD and SOAP. Can't wait.

Also, I'm not reading any of that good stuff you two BS-ers are reading...I'm reading psychology almost all the time. HA HA, I'll be the first one to know what's really wrong with us.

Love, Dances With Bread