

A big “Thank You” to all our Volunteers for 2006!

This has been our largest PCT50/50 event, and yet again it was another successful 100% volunteer-managed effort. Every year we panic about having to support a constantly growing event. We beg, guilt-trip, and bribe our friends, colleagues and family into helping out, and we truly are most grateful for their help. Our race could never take place without the dedication and reliability of our volunteers, those who just came out to help on Saturday, and those who helped before and after the race.

As always, we received nothing but rave reviews about the support in this race and we would like to pass some of it on to the volunteers who provided the support.

We would like to extend our gratitude towards the many volunteers who devoted their entire Saturday, and then some, to help provide a safe and successful 2006 PCT50/50.

If you have never volunteered at an ultra event please consider offering your time to give back to your running community. It is important that we all contribute our time and effort to minimize cost of the events and maximize our appreciation of the work involved in the organization.

Door Prize Donations: Dave and Paula Harkin for Portland Running Company, and Krissy Sybrowsky for Montrail.

Start/Finish Area: Special Thanks to Maggie Miller who purchased and managed all the food supplies, and thanks to Ian Shelley, Sarah Tisdale and Jennifer Money who prepared and served all the food. Thanks also to Sharon Arrigotti who delivered ice and helped with food preparations.

Packet-pick-up and registration: I thank Wayne Whiting, Sam Holmes, Jerry Buckner, and Stan Arrigotti, who kept me sane through everything from name corrections, to event switches and our clandestine Day-of-Race registrations☺ Jane Updegrave manually updated log sheets for her aid station and others.

Results: I don't know why I never thought to hand off the tedious results work until this year, and it made a big difference in my life. I thank Russ Zornick and his wife and Jerry Buckner, for handling results so I could support aid stations and runners and take of other business rather than spending my day at a laptop. After all, I got into trail running to avoid staring at a screen all day.

Web Posting: Thanks to Liz Dauw and Randy Winkel for helping with web site upkeep.

Medical Support: We would also like to extend our thanks to John and his crew of Metro West Ambulance, who provided medical assistance. We were most fortunate to have very minor medical needs this year.

Little Crater aid station (open 6:30AM-7:00PM): Fritz Pieper, Kim Boyd, Chandra Burge and family, Shannon and Mark Takizawa who kept runners from making wrong turns, Allen Sandstrom, and Randy Benthin. As always, very special Thanks to Fritz, who has managed this aid station for the third year now.

FS58 aid station (open 6:30-6PM): Frank Huebsch from CORC (Central Oregon Runners' Club), who has operated this aid station for the second year, as well as Dennis and Frances Everson, as well as Katy and Jim Rustvold supporting Leif Rustvold and 249 other runners. This team braved swarms of mosquitoes.

Frog Lake aid station (open 7AM-5PM): Frog Lake was managed by Lisa Campbell and her husband Jeet, with great support from Robin Loen whose husband ran the 50-miler, Tracy and Julia Reisinger, Patrick who offered to help on Friday, and Allen Sandstrom. Sam Holmes, a dear friend from Corvallis managed the 50km turn-around and probably provided some tunes along the way.

Barlow Pass Aid Station (open 8:30AM-3PM): Beth McNair was our second-year veteran at this aid station and she took off by 7:45AM to not miss the first runner this year. Jonathan levy, Rosa Walker and Steffi Schlender rounded off the aid station crew for Barlow, and they reportedly had great fun supporting the runners and hearing their stories.

Timberline (open 9:30-2PM): Jim and Jane Updegrave are some of my favorite people, both for their great sense of humor and their dedication to giving back to the community. Jane is an expert hula hooper as well☺ Wayne Whiting, Victoria O'Cain and Kate Merrill helped out at Timberline, and Kate received a very special "Thank You" for providing foot massage to some weary 50-milers. Wow what a service☺

Sweepers: Kate Merrill, Wayne Whiting, and Jerry Mark

Supply Delivery and bag pick-up: Thanks to Stan Arrigotti and Jerry Buckner for delivering ice, soda and whatnot to the aid stations. Jerry Buckner drove around three times collecting bags from aid stations.

Clean-up: Maggie Miller, Fritz Pieper, Ian Shelley and Sarah Tisdale, Jim and Jane Updegrave, Anisha and Colin

Jacket Hand-Out: Special thanks to Anisha and Colin for such a fabulous and cheerful job handing out our cool fleece jackets.

Thank you all; I hope I did not forget anybody!

Monika and Bob