***Mountain*** *marathon will* ***test runners Saturday***

By LylUl Arave

Deseret News sports writer

FRUIT HEIGHTS - The most abominable sin that   
runners can commit in a race is to walk. Walking in a race   
means feeling guilty and falling behind the rest of the

field. "

Sueh behavior is usually Interpeted to mean that a   
runner is either out of shape, lacking in proper willpower   
or is just plain quitting. And "quit" is the dirtiest   
four-letter word in sports.

Now to all trained and serious runners, it might be   
slightly permissible to walk a little in a 26-mile marathon,   
but in races of 10 miles and less? No way!

. However, the seventh annual Bair-Gutsman MOlJIltain   
Marathon Races are scheduled for 7:30 a.m. Saturday   
starting at the Rock Loft and no runner can possibly   
complete without walking considerably.

The reason runners must walk part of these races is   
because of their bizarre steepness. Both races climb 960   
vertical feet per mile for the first five miles and rank as   
the steepest footraces in America. Even the famed Pikes   
Peak Marathon in Colorado is not nearly as steep.

The Bair-Gutsman races are Utah's oldest and most   
prestigious mountain footraces. There are two races, a   
If}..miler which originated in 1974· and a 30.3 miler which

was first run in 1978.

Both Gutsman races are the creations of Kaysville's   
J an Cheney. Each race starts ~ at the same time and   
follows the same route for the first 10 miles, but the 30.3

miler continues to Bountiful. *I*

The races begin at 4,700 feet' above sea level and   
follow a paved road for one-half mile up to the mouth of   
Bair Canyon. The course then follows a narrow and   
sometimes obliterated trail up the canyon.

Surprisingly, the trail up Bair Canyon passes through   
a multitude of different types of terrain and flora ranging   
from sagebrush, swamps, ferns, rocks, grass and a small   
stream to timber.

At times the trail divides or fades and only a quick   
discerning or lucky decision prevents a runner from   
getting lost for several minutes or having to run a longer   
distance.

Many runners are forced to start walking in the   
Gutsman after only one mile, but eventually the steepness   
takes its toll on all competitors. The trail becomes so steep   
sometimes that a runner can actually save energy and   
travel faster walking than running.

A few runners use ski poles to aid in propelling their   
body up the mountain, while most use their arms to pump   
their knees up and down.

The final 1,000 yard!! up the canyon transverses what   
is known as "Death Row," an aerobic torture test that   
borders on being straight up. Here a slow walk is the   
fastest pace possible .

At the top of Death Row, the trail connects onto a dirt   
road that travels south and passes just 50 feet below and   
behind the twin radar towers on Francis Peak at an   
elevation of 9,450 feet.

Runners are treated to spectacular bird's-eye views   
near Francis Peak of most of Davis and Morgan counties   
and the Great Salt Lake.

The dirt road travels five miles and 2,200 feet down to   
the top of Farmington Canyon where the lO-mile race

finishes. . .

Finishers of the lO-mile race are treated to a hearty   
breakfast at a nearby campground, while 30.3 mile racers   
continue four miles and 1,792 vertical feet up to Bountiful   
Peak (elevation 9,230 feet).

The longer Gutsman race finishes with 15 more miles   
along Skyline dirt road and ends after a downhill drop of   
3 970 feet in front of the HB" on the mou,ntain in northern .

Bountiful. .

Total altitude climb in the lO-mile race is 4,800 feet,   
while it is 6,592 in the longer race. The lO-mile Gutsman course record is one hour, 37

minutes and 22 seconds held by Colorado's Rick Trujillo in   
1976. His ascent time up the Bair Canyon stretch of 1: 06.15   
is also the fastest ever. Trujillo is currently the Pikes   
Peak Marathon record-holder also.

There are no recorded times for the longer Gutsman   
race since Cheney feels it is the distance of such .longer   
races that is the key element, not the speed' or time.   
However, no one has come close to finishing the 30.3 mile   
race in less than 4.5 hours.'

As if Cheney's two Gutsman races weren't cha.I-·   
lenging and long enough, he now has tentative plans for an   
even longer and tougher mountain event.

He plans to stage "The Flight of the Eagle Event" in '   
September of this year. It will be a fun-run - not a race-   
from Weber Canyon up along the Skyline of the   
mountains, past Francis. Peak and will follow the   
remainder of the regular 30.3 mile Gutsman race down

into Bountiful. .

Best estimates are that this route would be 40 to 45   
miles long. Sections of the route would not even include   
any improvised trail or road,

Prospective entrants of the Gutsman can register for   
either Gutsman race at6:30 a.m. Saturday at a cost of$10.   
A T-shirt picture and the breakfast are included in the   
entry fee.' More than 100 runners are expected to enter this   
year's 100mile race.