

Hope this note finds everyone set for another great year of trail running. 2006 brought many new folks to town and some exciting new Flagstaff running developments. Soulstice continues to evolve thanks to the many of you who keep coming up with creative ideas to keep it fresh, new, and lively, even in the rain! Special thanks to the Pay and Take, Aspen Sports, Boyer Metal, Kahtoola, Salomon Sports and our own artist David McKee for their generous support of the race!

As most of you know, NATRA uses the entire proceeds of the Soulstice Mountain Trail run to support some great community causes. In 2006, we became the title sponsor for the Big Brothers Big Sisters Half Marathon. In addition, NATRA helped sponsor the Flagstaff Summer Running Series and along with the Nordic Center started the Flagstaff Mountain Trail Runner Championship (including cash prizes!). We also sponsored aid stations at the Big Brothers Big Sisters Half Marathon and the first ever Sedona Marathon. We also began our sponsorship of Flagstaff Biking Organization's trail days and had



several of you out to help fix up the Sandy Canyon Trail. The War Dog run on the first Sunday in October has grown into quite an event. Now with runners bringing food and even a keg of beer, it is the perfect way to recover from the Annual Fat Tire Festival.

At the heart of NATRA are still the Saturday, Sunday, and Monday group runs. We have seen an influx of new runners moving to town and



the group runs now consistently have between 10 and 20 runners. The web page also had a banner year with over 20000 hits. In addition, we have a new running portal in Flagstaff called www.runflagstaff.com. Run by Greg McMillan, this will become the new race event calendar for Flagstaff. Perhaps the biggest change this year has been the gender composition of our group. When we started out, the runs had 80% men and a reputation of being a group of hardcore runners. In just the past year,

I think the group runs have often had more women than men as word has spread that we really cater to all runners.

2007 is already shaping up to be an exciting year. Along with the High Altitude Training Center, RunFlagstaff.com, ToomeySports.com, Flagstaff Convention and Visitor Bureau, and the Summer Running Series, we are helping sponsor a Run Flagstaff table at the PF Chang's Running Expo in January. In March, we will have two NATRA teams compete in the 192 mile Ragnar Relay from Wickenburg to Scottsdale. The Flagstaff Mountain Trail Championship will increase to three races and include cash prizes for the winners. Finally, mark your calendars for the October 13th Soulstice Mountain Trail run. This race will mark the 10 anniversary of the first Soulstice Run. Race registration will open April 1st and it will sell out even earlier this year!



Again, thanks to all of you for another great year and Happy Trails to 2007! Cheers, Neil