



## RUNNING DESIGNS LLC

### EPIC RUNNING ADVENTURE TRIP 2021 - THE GRAND CANYON

Running Designs LLC is launching guided running adventure trips to some of the world's most beautiful, majestic locations in the world, starting right here in our own majestic Grand Canyon. Join guide and avid masters runner Melissa Gacek on a tour where you will find a change of pace + a change of place = a new perspective.

**THE CANYON IS CALLING:** Tired of pandemic shutdowns and stress of world tension, plus enticed by the challenge of doing a run outside her comfort zone, Melissa signed up to run the Grand Canyon Rim to Rim to Rim, a run that would take her through many different ecosystems, 60 degree swing temperature changes, elevation changes equal to climbing the empire state building three times, running 48 miles (about 18 longer than she had ever gone before) without access to elevation or mountain terrain to train. And knowing there would be steep drop-offs, and being challenged to step up and hurdle barriers often every three steps in more than 1/2 of the run. She had faith this adventure was calling her and her grit, determination and sheer will would get her out of the canyon safely. When her trip leader dropped out 2 weeks prior to leaving, Gacek decided she and the other teammate would still go, as this was to celebrate their 44th year and designed their own course, going 50K.

With unfinished business, the traditional Rim to Rim (South Kaibab Trailhead to North Kaibab Trailhead) and the full Rim to Rim to Rim – (down South Kaibab Trailhead across Phantom Ranch, up the North Trailhead, back across, and then returning up Bright Angel Trailhead), Melissa plans to return to the Grand Canyon this November and April and invites you to join her, for the adventure of a lifetime.

**YOU:** a recreational runner/hiker/walker, in good shape, strong in mind and body, wanting to get away for a few days, and get back to the basics of nature, beauty, fresh air, and to feel fully alive. You want a goal that excites you, scares you, but is completely doable and remember, you don't have to be a fast professional runner to do this. Maybe you or a friend have a milestone birthday (40/45/50/60/70)! Maybe you just went through a loss or divorce, or maybe you are just sick of the pandemic and homeschooling. Honestly, you don't need a reason, just go...and see the Grand Canyon in all its awe and wonder, many layers are 1700 million years old!

#### GUIDED TRIPS INCLUDE:

- Travel planning (suggested flights, lodging, car support/drop and pick up during the run)
- Trip itinerary
- Packing/gear list
- Customized training plan for running and strength training
- Swag bag (running gear: eg, shoes, tank/shirt, visor/hat, socks), fav foods samples, water bottles, and more surprises
- Your leader: Melissa Gacek, certified running coach, masters runner, world and national champion
- A team to travel together. Each trip will be up to 10 people, so you have a partner to work with—everyone brings their own strengths, and you support each other at different times

**THE COURSE:** You decide what you can handle. We will see what makes sense with the group that signs up. South Kaibab to Phantom Ranch and back up Bright Angel (14-15 miles), Rim to Rim 50K Same route but go to the sacred Ribbon Falls and back up Bright Angel, Rim to Rim South to North Trailhead, or full Rim to Rim to Rim (approx. 48 miles). You can hike the entire thing, or run/hike it, at your pace. We just ask you be ready and prepared to be on your feet for the day. If you choose Rim to Rim to Rim in a day, you will need to start in the dark, and may finish in the dark. You can do Rim to Rim in daylight if you keep moving. This course is relentless with steps and switch backs as you climb up and down the canyon.

#### COST: \$1000

What are you waiting for? Trip registration opens June 1, 2021. **Limited to 10 people.**

#### DATES:

Friday, November 12 – Sunday, November 14, 2021. (You are welcome to come in sooner or fly out a day later on your own.)

**TRIP REGISTRATION OPENS JUNE 1, 2021!**  
**EMAIL [RUNNINGDESIGNS@HOTMAIL.COM](mailto:RUNNINGDESIGNS@HOTMAIL.COM)**  
**TO BE ON THE LAUNCH VIP INVITE**



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