

ZUMBRO

Tuesday April 12th, 2016

RE: Zumbro Endurance Run 2016 Thank You Letter to Volunteers

Friends,

After these events I am filled with ideas, concepts, gratitude and emotion. This letter has become tradition and has never been forced or contrived, it just pours out. I have said it before, but what happens is a thought, idea, or word just gets stuck in my head, encapsulating what I felt and experienced during race week. This year I cannot shake this word - Heritage. Its definition; *Anything that has been transmitted from the past or handed down by tradition.* Our collective experience is truly a gift and it was given by those that came before us and is the reason that our community is as strong as it is - arguably one of the, if not the strongest, healthiest trail / ultra community in the nation. At this years race I witnessed generations of trail and ultrarunners working side by side, "volunteers" ranging in age from nearly 70 years old and as young as 7 years old and representing all walks of life. Runners always say that they *feel* something special at our events - to be clear, when I say "our events" I emphatically mean "OUR EVENTS". What they feel is the collective spirit of all of our experience, what they experience is the result of our heritage. Those who are the most deeply effected come on board to receive what is being handed down and the cycle continues - wow, what a gift. Here are just a handful of thoughts from those that were once again the recipients of your hard work.

"As always, the course markings were superb. One less thing to worry about, when you are cold and fatigued. BRILLIANT job. Thank you for all the hard work that happened before we showed up to run and after we had left."

"You guys are amazing! The experience was something I will never ever forget! Volunteers were happy cheerful uplifting and every good word under the sun! Will be doing this again for sure! This run was the most challenging experience but opened my eyes to what is out there and I thank you for that!"

"Such a great experience for my first trail race and first ultra! Wouldn't have gotten through that beast of a course without the support of the great volunteers and other runners! Can't wait to come back in 2017. Thanks for making my first time unforgettable."

"I just wanted to reach out to you personally and say thank you again for an incredible event that you put on yesterday at the Zumbro 100 Trail race! I am just super honored to be a part of such an awesome orchestrated event that I thought was first class all the way and have definitely already been putting the word out to my sphere of influence for next year."

I ask that you please take a moment to re-read this letter and really hear what I am saying, what the runners are saying... you all did not volunteer at a Rocksteady Running event, you are the event, you are Rocksteady. Anyone that wants to take ownership and chooses to put in the blood, sweat and tears own a piece of this event. I have said it before - we are not changing the world by running long distances through the woods but we are changing something in ourselves and hopefully with transformation we head out into the world to do great work.

Sincerely & Gratefully,

John Storkamp
Race Director
Zumbro Endurance Run