



patagonia



DAVID HORTON ATTEMPTS PACIFIC CREST TRAIL RECORD

63-day attempt Start date: June 4th

Fast Facts – David Horton

Age: 55, **Home:** Lynchburg, Virginia, **Profession:** Professor, Liberty University, **website:** www.extremeultrarunning.com (you can see his predicted trail schedule) **Has run:** 95,000 miles at the end of 2004, **Has won:** over 40 ultramarathons, **Has AT'd:** sped the Appalachian Trail in 1991, averaging 40 miles/day over 2,160 miles., **Has TA'd:** Ran the 2,906-mile Trans-America footrace in 1995, averaging 45 miles/day and placing 3rd. **Has LT'd:** Set the Long Trail record in 1999, running 271-miles in 4 days, 22 hours. (New records set in 2000 and 2004). **Wrote:** *A Quest for Adventure* about his Appalachian Trail effort, **Profiled:** May 2005, *Trail Runner* magazine

PCT – Fast Facts

Length: 2,650 miles (4,265 km), **Length as the crow flies:** 1,000 miles (1,600 km), **Traverses:** California, Oregon and Washington **Record holder:** Ray Greenlaw, 83 days, self-supported, set in 2003, **Elevation gain/loss:** 300,000' including up 60 major mountain passes and down 19 major canyons, **Links:** <http://www.pcta.org/index.asp> , <http://www.fs.fed.us/pct/index.html>

Words from Horton

The Pacific Coast Trail (PCT)

2005 Record Adventure – 2,666 Miles

June 4 – August 9, 2005

66 days, 7 hours, 16 minutes

by David Horton

It is 7:15 p.m. on August 11, 2005 as I sit here on MY couch at MY house after having eaten my first meal with my wife, Nancy; son, Brandon; daughter, Allison and my precious grandson, L.J., in over 2 ½ months. I can't explain what a joy that was. I had dreamed about this for weeks. How often I have taken these things for granted. Never underestimate the value and importance of family and a loving and caring relationship.

This past couple months now seems like a dream. It wasn't really that bad... or was it? I have already forgotten many of the tough things, and remember the good moments. As humans, I think we have to do this to survive.

I have done two other very long runs, the Appalachian Trail and the Trans-America Footrace. I can say with all

honesty ... the PCT was, by far, the most difficult challenge for me. I am not quite sure why.

This successful adventure would not have happened without the help of so many kind and generous people. For fear of leaving someone out, I am not going to name them individually. I developed some VERY special friendships this summer, and each of you know who I am talking about. I had some GREAT talks (one-on-one) with many of my friends and even some new friends ... some deep subject areas.

I am not ashamed to say that I cried more this summer than I ever have in my life. My emotions were running high. The High Sierras and the snow wore me raw and down to the bone. In all my life, I have never depended on the Lord and my friends as much as I did this summer. This was not an individual effort ... this was a team and collective effort! I couldn't have made it without all of you!

The things that I appreciated most about my summer adventure are how it inspired, motivated, touched and affected so many lives. I received lots of cards, letter and special treats from friends and total strangers. Many told me how this had motivated them to do other things. Many said that they would pray for me on a daily basis and that truly humbled me.

I said I wasn't going to thank any specific individuals, but I've changed my mind. I can't write this and not thank and praise my lovely wife of 34 years, Nancy. She was my rock. She totally supported me in this effort, although I know it was tremendously hard for her as well. She always told me she believed in me and was always there on the other end of the phone to listen when I called her at the end of the day ... emotionally spent and needing a shoulder to cry on. Thank you baby ... I love you very much!

The other person I would like to thank is the Lord Jesus Christ. I have not doubt whatsoever that the Lord was with me all the way. I had not doubt, at any time, that He would give me the strength and patience and endurance to complete this adventure. There were SO VERY MANY times when things just worked out, without any explanation ... things that couldn't be explained through earthly means. He promises to be with his children ... and He definitely kept His promise to me. Thank you Lord for loving me, saving me, and taking care of me and my family!

I have a tiredness and peace that is so sweet right now. I am a very rich man in family, friends, and experiences. I hope all of you can be as blessed as I am.

Soon I will crash physically, but I will have memories and new friendships that will last for a lifetime.

In Christ,
David Horton
"The Runner"
August 11, 2005

HORTON FINISHES- 66 days, 7 hours, 16 minutes

****Come congratulate David Horton at the Seattle Running Company on Wednesday August 10, 2005 at 6:30 where he will share stories and pictures**

from the trail. **

Day 67 – August 9 Hart's Pass to Beaver Pond Parking Lot: Finished!

David Horton just called on the satellite phone (at 1330). He finished the 2666.1 miles of the PCT at 1311 today after leaving at 0451 today (Tuesday) and covering 30.5 miles in 08:20. His total time on the PCT was 67 days, 7 hours, 16 min. He finished with Patti Haskins, Scott McCoubrey, Rob Lane, and Sally (didn't get the last name). The conversation was breaking up. He fell three times today (unusual) perhaps in the anxiety of finishing this saga. There are only a couple of wooden posts at the Washington-Canadian border and no Mounties. He and the others now have an eight-mile hike to get to transportation and Scott McCoubrey's place (if I have it right). The celebration will be in Seattle tomorrow (Wednesday).

Day 67 – August 9

Krissy Sybrowsky just called with the most recent update. Horton woke at 3:00 am and started his day with bacon, eggs, and toast. He began running between 4:30 and 5:00 am and plans to finish between 12:00 and 1:00 pm today. This will make it an 8 to 9 hour day for Horton to finish his last 34 miles. Scott McCoubrey will run the last 34 miles with Horton. There are quite a few people hiking up to meet and congratulate Horton as he finishes this final portion of the trail.

Day 66 – August 8 To Road 700/5400 at Hart's Pass: One Day to Go

David Horton himself just called (at 1830) on a regular phone from Turner's cabin. From Trinity today he did 30.5 miles in 09:25 bringing him to 2621.0 miles total on the PCT. Tomorrow he has 30.5 miles to get to the Washington-Canadian border. I advised him not to overshoot into the Yukon. Scott Jurek has left the course after traveling 200 miles in 69 hours with David. It is still sunny and hot. If he had arrived in this northern Washington area three days earlier he would have been held up by forest fires. He says, "The Lord wants me to finish this." The three extra days on the Sierra snow pack were actually worth it as he was at least able to keep moving in that section. He only had one rehab day (in Bridgeport) after he and Brian Robinson starved for 26 hours before getting to Sonora Pass.

Patti Haskins is still helping as is John Williams and Scott McCoubrey will be pacing with him tomorrow on the final day. (I am sorry if I miss some names and misspell some of them). The others might be in Seattle getting David's celebration ready. David will call here around 1400 tomorrow with a final report.

Denise talked to him about how his feet were doing. She's been so curious. He said he has an open sore behind one of his toes, and some deep cracks around his heels. His toenails are a mess, he says. However, his biggest concern with his feet has been to try to keep them from getting infected. He has succeeded in that endeavor. He sounds elated about being almost done. Ben told him to be sure not to *overshoot and end up in the Yukon territory*. He laughed at that comment. Ben's humor....

Day 65 – August 7 To Highway 20 at Rainy Pass: Anticipated Finish on Tuesday

Krissy Sybrowsky just called (at 1100) from a pay phone and talked with Denise reporting on yesterday's adventure. David Horton (and Scott Jurek) started at 0430 at Trinity trailhead and went 56.3 miles in 19:36 finishing after midnight (Monday! - his longest day). There were 12,000 ft. of elevation gain during this period of time. This brings him to 2596.5 miles on the PCT. Krissy did the back course for 15 miles and then returned without seeing him/them. Scott McCoubrey hiked six-and-a-half hours on the back course leaving at 1112 and was able to connect with them after having thought he missed them. Then the three of them hiked out to the day's destination. They stayed at Turner's cabin at a place called Mazama. (The

name Mazama came up on day 47 but must be a different one). David got to bed at 0200 (Monday) and started out again at 0630 for 30.5 miles to get to Hart's Pass. Unfortunately he will have an eight-mile hike to get picked up and taken back to Turner's cabin for his last night on the PCT.

David is very animated at this point as he is finally seeing the end. He is also very skinny according to Krissy (because Denise was curious). Denise is curious about his feet too, but forgot to ask how they've weathered this many miles.

A question came up about how the satellite phone gets charged. It is done when they are in civilization. The phone is used as little as possible. It is a rented phone with 60 minutes of purchased time. It can't always be used especially when in forested areas. He doesn't keep it on standby and doesn't retrieve voice mail. He doesn't always have it with him in person. There are chargers which can be used in a vehicle as well as AC chargers when at a residence.

Day 64 – August 6 To Trinity Trailhead on Temporary PCT Detour Route: Three Days to Go

A satellite phone call came in last night (at 2239) after we had already gone to bed. Then, we left for a hike up White Mountain in the Inyo National Forest at 5AM. Thus, my apology for not getting this out until our return tonight.

Krissy Sybrowsky left a message indicating that David Horton completed 51.0 miles in 18:19 with a 0400-start yesterday, 8/6/05. This was his hardest effort yet on the PCT. He should now be at 2540.2 miles total on the PCT (with 56.3 + 30.5 + 39.1 miles to go the next three days to the finish). Scott Jurek paced him the whole day. If I understand the message correctly, Scott McCoubry met him/them with aid part way during the day. Stephanie Patterson and Krissy met him/them at Boulder Pass and then went back 11 miles with them to the finish. John Wallace and Patti Haskins set up camp.

Day 62 – August 4

A tough day shared with Scott Jurek. The two completed 46.4 miles in 15 hours and 23 seconds. They endured 13,600 feet of climb and 11,200 feet of descent. Tonight they will camp on the trail with the mosquitoes. Leah Jurek, Jon Wallace and Patti Haskins hiked in all of the camp gear and were making dinner when the duo arrived.

Next update: Monday 8/8

Tentative finish date: Tuesday 8/9/05

Day 61 – August 3



The usual early start was postponed due to construction trying to get back up to Tacoma Pass this morning. So after a long wait Horton accompanied by Leah Jurek, Neal Bryant and Kim Graham started at 6:53am. Fortunately the day's planned mileage was relatively short. From the other end of the trail, Snoqualmie Pass, Justin Angle, John Wallace, Jon Wimmer and I started around 9:30am and met him at his 11.7 mile to go mark. So for the last 11 miles of this day Horton had is largest pacing crew to date. Neal kept things light with his singing and jokes. Leah, Justin and I had a hard time listening to talk of "the kingdom," but let those east-coasters have their fun. About 6 miles from Snoqualmie Pass Al Schuele left a cooler full of treats

for the "famous David Horton Thru-Runner;" all of us enjoyed something from the icebox. Patti Haskins joined us at the day's end where cold water to drink and a shower were top priorities for Horton. His day total was 28 miles with about 5600 ft of gain for the day. "I knew it; my body told me today was tougher than they were making it out to be."

Day 60 – August 2 phone message from Horton



“Krissy, Horton here. I’ve paid my dues and I am now reaping the rewards!” Horton’s message tonight was one of the best I have heard since he started this adventure. He is so excited about nearly the ultimate finish line. Today Horton was accompanied by Scott McCoubrey and Dusty Olson for the first 23 of his 40.2 miles. From Chinook Pass up to the ridge was beautiful and chilly; then plodding along the ridgeline it got frosty and cold. Scott Jurek and Mike Schuster did an out and back from the day’s end point and Al Schuele met him along the way with food. Horton finished up the day at Tacoma Pass in 11 hours and 16 minutes, 5420 ft gain and 7460 loss. The crew drove to the Snoqualmie Lodge for a big meal and a good night sleep.

Day 59 – August 1

Today was the first day that Horton called “perfect running weather.” It was a bit overcast and cool for the greater part of the day. After a hectic hunt Horton’s friend Mike Schuster from Northern Virginia was able to meet up with Horton the night before and ran all day with him today. The two covered 29.5 miles with 4800 feet of gain in 8 hours and 19 minutes. Seeing elk in the woods was one of the day’s highlights. The Jureks picked them up at Chinook Pass and the whole group stayed with Scott McCoubrey at their cabin near Crystal Mountain. Horton was able to take a nap mid day thanks to the shorter mileage, yet still sounded a bit confused trying to figure out his total mileage and what day it was. His quote of the day: “This thing is gonna happen. Gonna finish!”

Day 58 – July 31

3:40am and Horton was already dressed and waiting in the car ready to go. Scott was running around putting some of the last items in the car when Brandon and I woke up. Chris Sibilica jumped in our car and we all left for the trailhead just a couple of miles down to Forest Road 5603. 4:25am start time and off we went at a blazing walking pace. Just 3 miles down the trail we met Brandon and Scott again. Scott joined in and Horton grabbed his large pack as we continued down the trail. Chris and I turned around at about 6:30am as they headed off into the beautiful Goat Rocks section. Scott and Horton finished 42.9 miles at White Pass 13 hours and 51 minutes total running time for the 7300 feet of gain and 7400 feet of loss. Horton said this was the prettiest section he has been through since the Sierras, there are tons of wild flowers and the views are spectacular.

Day 57 – July 30

If 41 was short then today was really short. Horton succeeded in pushing ahead the last couple of days so that today he only had to run 27.8 miles to get to his stopping point south of Packwood. After a shower and ice cream Dawn Sibilica, Scott Jurek and Horton drove to the White River 50 mile finish line and enjoyed socializing with a bunch of sweaty, happy 50 mile finishers. The weather and BBQ were great and the conversation and joking around even better. The trio left the scene about 7pm for their 2 hour drive back to day 58’s starting line. Later that evening Brandon, Krissy and Elly Sybrowsky (our new puppy!) also drove south. We found the campsite about midnight. The wake up call came really early.

Day 56 – July 29

“Nice to have a shorter day today, even if 41 miles is shorter.” Horton was able to finish in 12 hours and 5 minutes right in front of Mt. Adams.

Day 55 – July 28

After camping at Wantum Lake in the Columbia Gorge with the Jureks Horton got an EARLY start, waking his crew at 2:45am and started by 3:30am. Today Horton crossed into his final state. About 36 miles into the day joined by Olga Varlamova Horton crossed into Washington. Olga said he “crossed *Bridge of the*

Gods at 8:27 am. David got emotional, this is his last state. Scott ran ahead and greeted him under the sign 'Welcome to WA'. Leah Jurek ran in 10 miles from the end point carrying a heavy load of treats and finished the day with him roughly 15 trail miles north of the Bridge of the Gods. The 51.4 mile day with 9060 feet of climb and 11,850 feet of loss took Horton 15 hours and 43 minutes.

Day 54 – July 27



Last night I sensed excitement in Horton's voice. The end is near and he is getting energized by it. With just under 600 miles to go it seems he smells the barn. He was able to add 12 miles onto the projected day's total bringing him to 47.6 miles for day 54. He climbed over 7800 feet and was met by two trail angels, Dawn & Chris Sibilias, along the way. The Sibilias brought Josh back for his flight; Josh is sad to be leaving as he would like to see Horton through to the finish. Also, the Sibilias will be helping Scott & Leah crew Horton for the next few days. The phones cut off before I could get where he

and the crew were camping for the evening. He is pushing ahead these next few days so that he might have a shorter day this Saturday July 30. The White River 50 mile National Trail Championships will take place down by Crystal Mountain and if Horton is able to get closer to the race finish line in time he hopes to join the White River runners for their post race BBQ. Horton is looking forward to crossing the Columbia river on Day 55 – July 28 and therefore into Washington.

Day 53 – July 26

A sleepy morning for Horton, he said he was zig zagging down the trail and decided to take a nap; just as he got comfortable a hiker came by and woke him. "I guess I'm not getting anywhere by lying here." The afternoon proved better running and Horton was able to push a 42.6 mile day into 46.4 miles thanks to an easy road crossing 3.8 miles down the trail past Little Crater Lake Trail. A pretty mild day, only 4000 feet of gain and 5500 feet of loss. This brings the grand total to 2087.8 miles. Scott and Leah Jurek joined Horton tonight and will crew him through the rest of Oregon and all of Washington. Josh Yeoman flies out on July 27. An interesting note about Day 53 that Horton reflected on is that when he set the record on the Appalachian Trail he finished on day 53.

Day 52 – July 25 continued...

Adding day 51 and day 52 together gave Horton just over 110 miles for those two days. In his message last night he sounded tired and thankful to have these two days behind him. Sean ran with Horton for 16 and Tracy Bahr helped a bit with aid along the way. Horton covered 56.9 miles with 8000 ft of gain in the day that took him past Mt. Washington, 3 Finger Jack and Mt. Jefferson. Along the way Horton crossed over the invisible 2000 mile marker. The group camped on the trail last night after the 16 hour and 24 minute day. Horton is looking forward to a shorter day 53.

Day 52 – July 25

Talking with Horton this morning he was already well into his run after a huge breakfast prepared by David Stram and Kevin Armstrong. Sean Meissner ran the first 16 miles with him, helping him through the lava fields (which Horton is not too fond of). Tracy was planning on meeting him in another 5 miles and Josh would find him about 17 miles from the finish, and they will all hopefully be done before dark. The planned days end is at Skyline Rd 42 (4200) near Breitenbush Lake. The Central Oregon ultrarunners have more than come through to assist Horton as he continues north.

Day 51 – July 24

Big mileage day, 53.6 miles, 5600 feet of gain, very little sleep, ZERO road



(picture provided by Eugene Trahern)

crossings, total time 14 hours 46 minutes. Horton had a lot of help as he passed from Irish Lake to Hwy 242 at McKenzie Pass. Tracy Bahr transported him to the start, Eugene Trahern met him along the way, Sean Meissner brought him his first ice cream of the day a few miles from day's end, David Stram and Ken Armstrong arranged for an incredible feast for both dinner and breakfast the next morning. David Stram also secured a great little lodge only minutes from the trail for the crew to sleep and eat plenty of ice cream with a fork; Horton's preferred ice cream eating utensil.

Day 50 – July 23 (message from crew, Josh)

40.4 miles, 11 hours 10 minutes, Horton finished (as originally scheduled) at Irish Lake. Bev and Alan Abbs drove up from Red Bluff to meet him at Willametter Pass. Clem LaCava joined and the group ran with Horton through to Charleton Lake, about 18 miles. Tracy Bahr was a huge help as the keys to the crew car were misplaced. She made them dinner and drove Horton back up to the start point (leaving at 2:30 am so he could start at 4:38am) on Day 51.

Day 49 – July 22

From Highway 138 to Summit Lake Campground, the 43.1 miles was an enjoyable day filled with beautiful scenery include lakes and Mt. Filson. The distance coupled with 5000 ft of elevation gain took Horton 11 hours and 44 minutes. He was met with about 4 miles to go by ultrarunner Clem LaCava and treated to a large spread of food and treats at day's end. Horton said Clem's spread was in competition with Steve Riccardelli's feeding July 5th back near Donner Pass. It was a great day and Horton is thinking to push on tomorrow to make it a longer day.

Day 48 – July 21

A relatively easy day. Horton called mid afternoon to say that he finished his 22.1 mile run in 7 hours and 30 seconds. This brought him to Hwy 138 near the Cascade Crest. There was a lodge nearby that had just one room left, so Josh and Horton booked in and spent the afternoon relaxing by the pool and watching the families enjoy their summer vacation. One of Horton's goals is to see wildlife along the trail, specifically rattlesnakes, bears and cougars. To date he has seen

4 rattlesnakes, 1 bear and is still waiting to see a cougar. His crew however saw a cougar cross the road only a few minutes before picking Horton up at day's end. He also asked me to include a thank you to THE GOOSE from Little Rock Arkansas for having some fun things at each mail drop.

Next report July 25

Day 47 – July 20

Not too bad. What was expected to be a tough day ended up being relatively easy thanks to the help of Rob Cain and Kevin Sawchuk. Rob met Horton earlier in the day with ice cream, cold drinks and lots of good stuff. About 15 miles from the finish of the 49.8 mile day Kevin met Horton with more ice cream, cold candy bars, Mountain Dew and lots of ice water. Kevin (who happened to be vacationing at Crater Lake from California) had shoved a small Styrofoam cooler in the bottom of his large back pack and filled it with ice and all of the goodies; he figures he ran in with about 20-25 pounds on his back. Horton was able to lighten his load by the time the duo made it to the days end at the Mazama campground near Crater Lake 14 hours and 25 minutes after Horton started that morning. Marilyn Bailey (SOB RD) met Kevin and Horton about 5 miles from the finish with water as well so for the long dry 49.8 mile day Horton was well taken care of. The Oregon Ultrarunning crowd is making all kinds of efforts to meet Horton along the trail and help keep him moving north. It is so wonderful to see all of the different people playing a part in this adventure.

Day 46 – July 19 continued

A quick day where Horton actually felt like a runner. He did not have to carry a full pack until the last 8

miles. There was a lot of trail access today where Rebekah, Kevin and Josh could meet him with supplies. The 36.7 mile stretch with 5300 feet of gain took him 10 hours and 38 minutes.

“Today was just as I expected Oregon to be beautiful meadows, dark woods, open fields... but the last 5-6 miles was all lava rocks. Some people have done some tremendous work carving trails through this area but I wasn't too impressed with what we had to look at.”

Day 46 – July 19

A call early this morning let me know that Horton is in much better spirits “for now; that will change.” He was enjoying the scenery and was relishing in all of the wonderful cards, gifts, cookies and thoughtfulness that was sent his way last night. Horton received all of the goodies that were sent to Ashland, Oregon and thoroughly enjoyed reading through each one of them. He asked me to thank everyone in this update for thinking of him and to write that he is most appreciative for the crazy things that his good friend Eric Clifton has sent to him at each and every mail drop. “I don't know how he comes up with these things, but he has sent something to every mail drop, just like he did when I did the TransAm (cross country foot race).

Rebekah had run about 10 miles with him and he was on his own when he called looking forward to the 36.7 mile day ending at Hwy 140 (near Fish Lake).

Day 45 – July 18 TOTAL TO DATE - 1738.8

After an hour and a half drive to the border/starting point, Horton joined by Virginia friends Rebekah Trittipoe and Kevin Budd headed out for the 45 mile (border to Hwy 66 at Green Springs Summit) day adventure. They covered the distance in 13 hours and 7 minutes and mostly enjoyed themselves. The last (unknown) climb of the day got on Horton's nerves a bit, but HE was thankful for the support and encouragement of his pacers.

Day 44 – July 17

OUT OF CALIFORNIA!!! I received a short and very excited message sharing that Horton crossed the California – Oregon border at 5:36pm on Sunday. (Grider Creek CG to Rd 2025)

Day 43 – July 16

No official report. (Etna Summit to Grider Creek Campground)

Day 42 – July 15

A hilly and hot 40.1 miles over 6800 feet of gain. (Hwy 3 to Etna Summit)

Day 41 – July 14

A broken phone message relayed that Horton was happy to have finished a “short day” of 35 miles (Gumboot Lake to Hwy 3) in around 10 hours. He said just after starting he saw a bear “about 200 pounds I would say.” He also saw the second fastest thru hiker.

Day 40 – July 13



This proved to be the longest day yet (time duration). The 55.2 miles (Ash Camp to Gumboot Lake) took 16 hours and 50 minutes. Horton covered over 9900 feet of climbing and enjoyed great views of Mt. Shasta and enjoyed the terrain all day long. The heat on the other hand started to bother mid-day. Fortunately Tracy Bahr joined for the last ten miles of the day; Horton was very thankful for the company.

Day 39 – July 12 TOTAL TO DATE – 1469.9

The 46.6 mile day from 3100 Rd to McCloud-Big Bend Rd took 13 hours and 52 minutes and was much more visually enjoyable than the day before. Horton finished early (called at 7:30pm after already having eaten and showered) and was headed to be early as well. The plan is to start even earlier making Wednesday a long day. Horton is scheduled to complete 55.2 miles finishing near upper Gumbot Lake. Josh will run backwards on the trail from the finish with headlamps and extra food and water as days end may be well past sundown.

**Day 38 – July 11**

Early start from Hwy 44 and the 46 mile day ended up being some of the most boring terrain around. The views looking behind to Mt. Lassen (the plugged volcano) and ahead to Mt Shasta (the only 14er in northern California) were at least encouraging. A highlight from the day was passing a large pond filled with white pelicans with black tipped wings. Later on Mark and David (Mark ran 40 miles with Horton today) heard and saw a large bald eagle in its nest not too far from the trail. Fortunately

Horton's immediate fear was not realized, the eagle stayed in its nest and did not dive bomb the two runners. Royce Zumwalt joined the crew today and will help tomorrow as well. Josh will be back to crewing on his own come Thursday – ***Horton and Josh would love some help if anyone is available.*** Days end was a 3100 Rd 37N02

Day 37 – July 10

An early start as the crew had to drive an hour back to the trailhead from the Abbs home. Bev started with Horton at 4:50am at Hwy 36. Alan went into the Park to make a water drop then ran back towards Bev and Horton. The three traveled through Lassen Park and met Josh with about 11 miles to go and peeled off to head back to their car. After that things "got boring." It seems the trail is flat, flat, flat through this section and more desert-like. The trail meandered around Mt. Lassen today, which he was told is the southern most peak of the Cascade Range. Mark Swanson and his family met Horton at day's end (Hwy 44 near Subway

Cave) with a great meal and lemon meringue pie for dessert. Mark is planning to stay and help crew and pace for the next three days.

Day 36 – July 9 –

Horton was met by Beverly Anderson-Abbs and Alan Abbs 20 miles from the day end and spent the afternoon becoming "fast friends." Bev said "we took him home Saturday night, picked up dinner, bathed him and put him to bed." The day started at Hwy 70 at Beldon Town Bridge and finished 46.5 miles later at Hwy 36

Day 35 – July 8 – short call from crew

Horton was on the trail at 4:15am this morning. The crew was in route to drive 70 miles out of the way to get the tire fixed before meeting Horton at his first aid stop of the day. The 53.7 mile day was probably one of the easiest running days to date. No snow being the key factor. Horton said this section of trail is the best marked and easiest to follow. The most exciting thing from today was the "Welcome to the Cascades" sign that greeted him along the trail. This was significant and made Horton feel like he was finally getting somewhere.

Day 34 – July 7 – quick chat with Horton

The day started off early with a long 6 mile climb gaining 2800ft out of Sierra City. Not much to report about the day; Horton finished 38 miles in 12:33, but had to wait roadside for an hour as the crew had to deal with the first flat tire. Dinner at Taco Bell and a quick night's rest; Horton plans to start day 35 at 3:30am. July 8 "is the test – please tell people to keep me in their thoughts as the schedule has me booked for a 53.7 mile day".

Day 33 – July 6 – talked with Horton

Fun trail story from July 6, Horton was attacked by not one but two birds (type unknown) yesterday in the last few miles into Sierra City before Hwy 49. He heard a "Whoosh" behind him, then again over his head. He looked up to see a bird squawking and dive-bombing straight towards him. After the first passing he picked up a stick and started "running like mad, swinging the stick in the air." They made another pass and then "Wham!" on the third pass one of them hit him in the side of the head! It stunned him a bit and when he looked around he saw something on the ground. For a split second thought he had taken out his attacker, but in reality the bird had knocked off his hat. He picked it up and high-tailed it out of there.

The day started at 5am and Jack Driver (also his host from the night before) accompanied Horton from I-80 to Jackson Meadows (26 miles). Jack says:

He was happy to have the worst of the snow behind him but we had some tricky sections today before he was out of it for good. We cruised along at a slow but steady pace eating snow and sharing stories while we searched for the trail at the end of each of the countless snow crossings. He took a couple of really hard falls which he said was business as usual. He complained a bit about the difficulty of climbing up the snow banks and the elevation points in his guide book, but if he hadn't said anything you would never know this is a man who has just covered 1100 gnarly miles in one month. (Besides his legs and knuckles being so torn up!) His lone crew member, Josh is really a great kid and is doing an excellent job although he's been getting earfuls for missing vital road crossings. Not an easy job.

I left Horton at Jackson Meadows, as he continued on 12 miles to Sierra City, and caught a ride back to Truckee with Josh. It was well worth skipping work and anyone up north who has the chance should get out there and meet him. He is very appreciative of any help even if you just come out to say hi. 26 miles was not enough, I really wish I could spend more trail time with that tough old goat. Although something tells me this won't be the last I see of Horton. Truly tough as nails.

Horton covered 37.5 miles in 13:04 (because the first 10 were slow with snow). Horton and Josh stayed in a great hotel and had a great meal at a great little restaurant. He was quite animated telling his bird attack story and again is sounding much happier with the trail conditions and his adventure. ***If you would like to get a hold of Josh so that you can meet up with him and Horton, shoot me an email and I will pass along his cell number.***

Day 32 – July 5 report from Steve Riccardelli (Sunsweet)

Horton started the day at 3:30 and had to hike 4 miles back up to the trail and then "started" from Barker Pass. "Ridge between Barker and Emigrant pass is nicest I've been on yet. SPECTACULAR." Allister at Squaw Valley was nice enough to drive Josh (crew) to Emigrant Pass in time to catch Horton for water and refuel. At the intersection of the PCT and the Western States trail Horton called Scott Jurek who is in Vegas for Badwater and will join Horton on the trail in a week or two.

I (Steve) met up with David a few miles up the trail and came into Donner with him in good spirits. We saw Kathy D'Onofrio running the other way – a chance encounter of great runners. At the trailhead we met up with Josh and Jack Driver and all sat down to a big pot of Jambalaya, a jug of apple cider, a dozen

giant cookies and a quart of ice cream. David told war stories and entertained us as we polished off the meal. Meanwhile, Kathy came back from her run and gave David's legs and feet much needed therapy and massage. David chided me to write "it was GOOD" between moans of pleasure/pain.

Here's his report for the day: "First decent day since I can't remember when. Things went relatively well – decent trail conditions – finished at a decent hour. Total time 11:28, 32.3 miles for the day. 1154.0 miles in total.

They will spend the night at Jack's house. Tomorrow morning, Jack will run with David and get him started on the way to Sierra City. It promises to be a good long day with improved conditions.

Day 31 – July 4 talked to Horton (during the fireworks)

"They are pretty but I wish they would stop so I could go to sleep." Horton finished up late last night 33.8 miles in 14:50. He called me at 10pm sounding a bit down about how tough all of this snow and route finding has been. Left Echo Lake and covered the 32.3 miles to Barker Pass. Beautiful terrain, trail difficult to follow at times – as has been typical. Horton met Josh at intersection of trail and Forest Rt. 3, but had to hike 4 miles back down to road because gate was closed. From there watched fireworks in Tahoe Basin, made dinner and to bed at 11:30.

Day 30 – July 3 report from Larry Haak

Roland Martin and Chris Horberg were able to join Horton for the day. Chris ran 20 miles and Roland stuck it out for the entire day. They traveled from Ebbetts Pass, received aid at Carson Pass and finished up the 42.5 miles in 16:02 at Echo Lake Summit late that evening.

Day 29 – July 2 report from Larry Haak

5:15am start, 9pm finish to do 31 miles on Horton's day back after a rest day. The first 18 miles took him 10 hours, very tough, technical terrain from Sonora Pass to Ebbetts Pass.

Day 28 - July 1 rest day

Today I finally got to talk to Horton a bit more than the few words about the daily mileage and time it took to run. Brian and Horton finally made it out of the very difficult High Sierra portion and as Brian left for his wedding trip Horton decided that today (Day 28 - 1st) would be his first day off. He is taking the time to get clean, tend to sores, talk to reporters and most importantly rest his body and mind from this arduous push. Larry Haak will stay with him till Monday the 4th and Josh Yeoman will be his only crew member till July 25. ***If you are available to help crew in the next few weeks your help would be greatly appreciated.*** Horton asked me to thank those that have sent notes and goodies to him along the way. These thoughtful gestures are super motivating and helpful in keeping "the runner" northbound – keep them coming! (The mail drop schedule is at the bottom of this log).

On Day 27 - June 29

The duo completed 24 miles in 13:24 and on Day 27 – June 30 they finished 23 miles at Sonora Pass in 12:39. July 1 is a rest day in and around Sonora Pass and July 2nd Horton will be back on the trail.

NOTE: July 5 Sunsweet is hosting a welcoming party for Horton at Donner Pass, more details to follow. Come greet Horton, share in some snacks and help propel him north!

Day 26 - June 30

Just spoke with Larry and the meeting with food did not happen this morning. Running back in from

Sonora Pass was difficult to remain on trail and after a few failed attempts Larry and Josh were able to find the ridge and now Josh is out there, hopefully on the right track.

Wanna run? Today is Horton's last day with Brian. Josh Yeoman is planning on running with Horton the next couple of days but some extra help with cars and pacing would be great. Think about it ☺

Day 26 - June 30

Reaching Horton and Brian is difficult by phone and by foot. Crews could not reach the designated food drop spot yesterday (Day 26 - 29th), so Horton and Brian carried on facing 31 miles without food supplies. While the crew was out trying to make the food drop they came across Abby, a cook holding down camp for the Park Rangers. She was kind enough to give Josh and Larry some much needed fruit and juice to keep them going along their way. A call from the crew reported that they would head in early the in the morning (Day 27 - 30th) to meet the two hikers with sandwiches and other treats to make up for missing dinner. Horton and Brian are still scheduled to come out on Sonora Pass sometime today.

Days 24 & 25 June 27 & 28- update from Larry Hates

Brian and Horton are pushing ahead and shooting to be at Sonora pass by Thursday June 30. 6/27 They covered 30.8 miles in 13:15 making it to Vincent Lake. There was a great crew of people that met up with Horton last night, a lot of Western States 100 participants scheduled an extra travel day to find Horton on the trail and run a few miles with him. Brian will sign off once the duo reaches Sonora Pass.

Day 23 - June 26th – long talk with the new crew

Horton and Brian were treated to the comforts of warm food and a cabin at Red Meadows after finishing 29.6 miles in 12 hours and 5 minutes. Larry Haak, Josh Yeoman, Bill Andrews and Brandon Forester all strangers to each other, brought together to assist Horton, hiked and biked 8 miles in to bring Brian and Horton some warm food and set up camp. Upon arrival and sharing the news of Horton's adventure the owner of the Horse Business in Red Meadows was more than accommodating to Horton and Co. needs last night by offering them one of the cabins. This group of guys will stick with Horton for a couple of days and plan on meeting him tonight (June 27) at Tuolumne Meadows along with a surprise for Brian; his wife and Dad are hiking in to help Brian celebrate his Birthday which is June 26.

Day 22 - June 25th phone message from Horton

Only a few short excited words left on my voicemail. Horton and Brian covered 27.2 miles finishing the day at the Vermillion Valley Resort. This puts Horton's running total at 871 and only about 2 days behind his planned schedule. (they were scheduled to be at the resort – Day 20 - on June 23)

Day 21 - June 24th.

Talk about adventure! Horton and Brian ran over John Muir pass which led them to Evolution creek. They had to cross Evolution creek which was chest deep. Both were swept off their feet and carried down the trail a little ways. They are now camping without a fire so they are both a little chilly. However, they get to see the crew tomorrow and are still in excellent spirits. Today (Day 21 - June 24) he ran 31 miles in 15 hours.

Day 20 - June 23rd – phone message from Horton

Horton who is in great spirits was laughing as he described his June 23rd adventure as a super difficult day. They climbed over two difficult passes, Kearsarge being one of them. A total 6,000 feet of gain in 19.1 miles; the time for the day - 12 hours 48 minutes. At this point they are a little behind schedule but Horton is ok with that. He is just trying to get through this section safely.

Day 19 - June 22nd – phone message from Horton

“Sissy Girl! Horton and Flyin’ Brian Robinson here. Flyin Brian and I left Trail Pass this morning. Slept at 10,500ft last night. Had to carry a big heavy pack today, that was really fun, not. Everything went relatively well we covered 30.2 miles in 12 hours and 12 minutes (on Day 18). We went by where you go up to Mt. Whitney.

We had to ford 3 streams and the last one REALLY hairy, really hairy. (laughing) We are up sleeping over 11,000ft tonight. Tomorrow we go over Forester pass in the morning, 13,180ft – the highest pass on the PCT.

After that we have Glenn pass which is a high pass as well. Things are going well; I just don’t like this big heavy pack but any way, its okay. Brian has really taught me a lot. Hope you are doing well, talk to you later, bye.”

Day 18 - June 21st – phone message from Nancy

Horton and Brian left Kennedy Meadows yesterday (Day 17 – June 20) and traveled the scheduled 39.6 miles in 12 hours and 50 minutes. This puts them at the junction with Trail Pass Trail (according to his schedule). They ran into some snow, but “it wasn’t too bad.” They camped in the open at 10,500 ft where Brian made Horton cook dinner (probably the first meal he has cooked since being on the trail) of potatoes and ramen noodles.

Day 17 - June 20th –

Day 14 - the 17th ended at Jawbone Canyon Rd, 43.3 miles, 8,000ft of gain. (The rest of the message cut off)

Day 15 - June 18 was by far the best day yet! Horton was greeted by the OTHTC (Over the Hill Track Club) at the end of his 49.4 mile (13 hours 34 minutes) day at Hwy 178 (Walker Pass). Rick and Barb Miller were cooking up a feast. Chris Rios, Phil Kiddoo, the Buffingtons and many more were a part of the welcoming committee. There was a lot of laughter and voices in the background and Horton was obviously thankful for the camaraderie. His one comment was “I can’t get too used to this,” he is referring to the coming week where it will be just him and Brian Robinson.

The message from Day 16’s - end June 19 came to me this morning from David’s wife Nancy. Horton stayed on schedule completing 51.6 miles in 14 hours 26 minutes. He is at Kennedy Meadows and is now preparing for the John Muir Trail section with Brian Robinson. Horton has completed 699.4 miles in 16 days.



Brian Robinson is the first person to complete the Triple Crown in one year (all three N/S long trails) and is a very helpful and key resource to Horton in getting through the next week. It is possible that these two will not see anyone for the next 238 miles (roughly 5 to 7 days), unless crews are able to hike in. They are carrying all of their supplies and food and will leave sometime today (June 20).

Next report – pending on satellite phone reception

Day 14 - June 17th –

At the close of Day 13 - June 16 Horton completed 57 miles in 15 hours and 24 minutes. The long day brought Horton back on to his predicted schedule which he is “tickled about”. He finished with Josh Cox feeling very strong at Tehachapi – Willow Springs Rd.

Horton called again this morning with the most enthusiasm and genuine excitement about this adventure I have heard in 2 weeks. It was very windy on the hills of Tehachapi and he couldn’t get over how many

windmills covered the hills. "They are here for a reason!" He is optimistic that he will finish at Jawbone Canyon Rd tonight and will stay on schedule from here. His excitement lies in the fact that he is finally getting in shape. Along the trail Sam Carmichael of *National Geographic Adventure* called for an interview asking questions about gear and Horton's overall goal. The article will appear in the September edition.
Next report June 20

Day 13 - June 16th -

Talking to Horton on the evening of June 14 he sounded much happier and even joked a bit about finding an Ice Cream Sponsor. According to his crew, their biggest expense besides gasoline is Ice Cream. On Day 11 - June 14 Horton covered 51.3 miles in 13 hours and 51 minutes. This was the hottest day thus far and with the exception of running out of water, everything went pretty smooth. As he came to that day's finishing point he and his crew were interviewed by the Oregonian paper. That night they stayed with Donna and Jim Saufley, two "trail angels" that house all thru hikers, wash their clothes, feed them and even loan them cars if needed. Horton was very thankful for the opportunity to catch up with some other thru hikers and for the Saufleys' hospitality.

Last night (Day 12 - June 15) we had a very bad phone connection and I was only able to get a few details and no sense of how he was feeling. Horton completed 41.7 miles of the scheduled 54 in 13 hours and 2 minutes, 7500 feet of gain. He will try to make up the missed mileage in the next few days.

This morning he called for a quick 1 minute 22 second call to tell report that the High Desert Ultrarunners have a permanent oasis set up on the trail complete with lawn chairs, a cooler, and something else... he was a bit distracted as the trail seemed difficult to follow at that point. "Heading into the desert!"

Day 11 - June 14th -

Horton called this morning to report about June 13. 44.6 miles, 9800ft of elevation gain, 15 hours and 1 minute. Horton traveled up and over Baden Powell Mt which stands 9338 ft with the snow level starting at 7500 ft. He is back on schedule, but living on minimal sleep. Horton is traveling alone and would definitely enjoy some company. Please email krissy@montrail.com to coordinate a potential meeting spot.

Day 10 - June 13th - report from Krissy

I got to talk to Horton last night after he finished running (Day 9 - June 12) and it sounds like this has been a bit of an emotional experience/roller coaster as well as a physical challenge. As we talked Gary Buffington was bandaging his hand from a fall he had taken during the day, but his tone and spirit were good (especially in comparison to the messages I have had on my voicemail). He chose to cut it short on the 12th and will make up the mileage in the next two days.

Day 9 - June 12th -

Covering 48.3 miles with only 3 opportunities to see the Buffingtons on June 11 (crew) proved to challenge Horton both physically and mentally. It was a "tough day" and this is a "tough thing, there isn't much time to rest."

Day 8 - June 11th - phone message from Horton

June 10 was the longest day yet, both in mileage and distance. Horton completed 46.7 miles in 13 hours and 54 minutes. The day started with a 6,000ft climb over a 22 mile stretch. At the top Josh Cox met Horton with *Chariots of Fire* booming from his portable stereo; it was an emotional moment. The completion of June 10 also marked the end of the first week. Horton has completed 267.4 miles.

Day 7 - June 10th – report from Don Line (trail help and host along the way)

Yesterday (June 9) was also tough. After running downhill for 19 miles with an elevation drop of 7,000 ft. he hit the desert floor. It was very very windy. One wind gust blew him down. I ran with him for three miles and at times we were running against winds up to 40 mph. Even walking was difficult. He said "this is the hardest condition I have had ever run in." The only good that the wind did was to keep the temperature down. It was only 90 degrees. (It was 113 degrees 10 days ago)

After a long shower, 3 helpings of homemade macaroni and cheese and strawberry shortcake he was in bed by 8:00. With clean clothes they were out my door by 4:30 for the 20 mile ride back to the trail. He was in fine spirits and eager to get going. He even called me from the trail about 2 hours later enjoying the morning with views of the snow in the mountains and continuing his run.

** Extra note: Horton made it to bed at 3:30am (after being lost). Was up at 5:30 to do an out and back on the section of trail he missed by being lost and continued on to finish the estimated mileage for the day, plus an extra 7 to make June 10 a bit easier. Supposed to do: 21.9, credit for: 28.9, actually ran 38.9

Day 6 - June 9th –

Quite a bit of excitement! Last night I (Krissy Sybrowsky) received a call from Horton; he'd gotten off trail and was at the Palm Springs Tram Station and couldn't reach his crew. This morning I received a call from Gary Buffington. He told me Horton had been lost and some helpers that had gone looking for him also were off course, but were found late last night. Everyone met up and Horton slept three hours before heading out to retrace the 10-mile section of the trail he'd missed when he was lost. He did that out and back and then continued north with the intention of staying on schedule. So today's 31-mile day will now be a 41-mile day on very little sleep. This was a bit of a scare for everyone involved, especially Horton.

Day 5 - June 8th – report from Horton

On June 6th, Horton pushed 9 miles ahead of schedule to give himself a cushion for an upcoming unsupported section. On the June 6th stretch he met his first thru-hiker, was paced by Josh Cox and was supported by TJ Keys. Yesterday, (Day 4 - June 7) Horton ran 34.3 miles from Lost Valley Road to Pine to Palm Highway in 8 hours and 30 minutes. This section was "ugly, dry desert and there wasn't much helping." Horton is referring to his love of BIG trees, mountains and animals. Today Horton will push through 38.7 miles of unsupported terrain and bag the San Jacinto peak (10,800 ft).

End of Day 4 - June 7th – notes from the crew

Dear David Horton fans:

We are crewing David and are at the Hiker Oasis hostel in Anza, California. David as usual is ahead of schedule and has done 140 miles in 4 days. There are no injuries, and today he found a balloon out in the desert caught in a cactus and brought it to us to mail to LJ his grandson. Tomorrow he goes out 38 miles unassisted with no definite fluid available unless the stash left by a trail angel is still active at the 19 mile mark. He goes up over 9000 feet of elevation and we pick him up in the Buick at 8000 feet and 38 miles. We are mostly tenting but last night we stayed in the Warner Springs Hotel. I just spoke to Charlie Rombough an old friend from Lynchburg who will run south from the 38-mile mark 5 or 6 miles and carry in some fluid. Local noted ultrarunner (San Diego) TJ Key has been of great help the last 4 days as he ran along and carried fluids and scouted out road crossings. He left today for home but we bet he will be back as he was physically and psychologically integrated into the team. Millie is caring for David more than for me.

Millie and Gary Buffington

Bear Bag and Sweat Pea, GA>ME 2000 on the Appalachian Trail

End of day 2 - June 5th – report from Horton

Two days and 78.1 miles done, David Horton is on schedule at the end of day two. He covered 43.8 miles the first day and 34.3 miles yesterday. He has already been helped by numerous trail angels including the San Diego Ultrarunning Team, Neal Bryant and his crew through this section the Buffingtons. Last night was met by the Buffingtons and camped at Stage Coach Trails Campground. Horton sounded positive and joked that he is “looking forward to getting in shape.”

May 25th - Introduction

In preparation for his Pacific Crest Trail adventure, David Horton wrote, “This is an adventure that will test my body, soul, and spirit. I am determined to achieve my goal. And I invite you to take part in whatever way you can and be part of my dream and help me turn it into reality.”

For Horton, having others join the effort will inspire him to the Canadian border. It means sending him postcards and cookies, running with him, finding places to rest, and filling his belly with food. “I love ice cream!” he says.

Horton knows that his PCT adventure will be all consuming, but his enthusiasm for involving supporters is boundless. “This will build and build and build,” he said, recalling how by the end of his Trans-America run from Los Angeles, California to New York City, he was receiving tray loads of letters that helped fuel his fire. “This is not something I can do alone,” he says.

Running the Pacific Crest Trail will be the longest of Horton’s notable career of lengthy trail runs. That’s one reason he wants to do it, but he has plenty of other goals, too. It’s been ten years since his last mega-adventure, so that was an itch that definitely needed a good scratch. When he’s done, too, he envisions the letter H -- for Horton -- scribed across the vast land, outlining his history as the only guy who will have run the Appalachian Trail, the Pacific Crest Trail and across the country, too. He also wants to see the spectacular PCT, but, he admits, “I don’t want to just see it, I want to do it faster than anyone has ever done it. That’s ego, I guess.” But mostly, he looks forward to the simple, uncomplicated life of running, eating and sleeping for a couple of months. “As every runner can tell you,” he says, “the reward is in doing long runs.”

You can mail a letter, postcard, or send COOKIES or anything else to:

<p>1) David Horton PCT Thruhiker c/o General Delivery Warner Springs, CA 92086</p>	<p>6) David Horton PCT Thruhiker c/o Burney Falls Camp Services McArthur-Burney Falls State Park 24898 Hwy. 89 Burney, CA 96013</p>
<p>Tentative arrival date: June 6</p>	<p>Tentative arrival date: July 7</p>
<p>2) David Horton PCT Thruhiker c/o Donna Saufley 11861 Darling Rd. Agua Dulce, CA 91390</p>	<p>7) David Horton PCT Thruhiker c/o General Delivery Ashland, OR 97520</p>
<p>Tentative arrival date: June 14</p>	<p>Tentative arrival date: July 14</p>
<p>3) David Horton PCT Thruhiker c/o Kennedy Meadows General Store 1445 Kennedy Meadows Rd.</p>	<p>8) David Horton PCT Thruhiker c/o Olallie Lake Resort Estacada Ranger Station 595 NW Industrial Way</p>

PO Box 3A-5 Inyokern, CA 93527		Estacada, OR 97023
Tentative arrival date: June 19		Tentative arrival date: July 22
4) David Horton PCT Thruhiker c/o General Delivery Tuolumne Meadows Yosemite National Park, CA 95389		9) David Horton PCT Thruhiker c/o White Pass Rural Branch PO Krackerbarrel Store 48851 US Hwy 12 Naches, WA 98937
Tentative arrival date: June 22		Tentative arrival date: July 28
5) David Horton PCT Thruhiker c/o General Delivery Sierra City, CA 96125		10) David Horton PCT Thruhiker c/o General Delivery Skykomish, WA 98288
Tentative arrival date: July 2		Tentative arrival date: August 1

*If you mail something please allow sufficient time for delivery to these addresses. These arrival dates are based on the projected schedule. Due to record snowfalls in the Sierras David and Brian Robinson (Brian will be going with David from Kennedy Meadows to Echo Lake) think that it will take an additional 2 to 3 days in that area. Keep checking the website to see if he is ahead of or behind schedule in order for appropriate adjustments to be made for the mailings.