

DECEMBER 2011 UPDATE

'TRR 2012

BUENA VISTA TO
BEAVER CREEK, CO

~

AUGUST 14-19, 2012



Welcome!
This is the first of
what hopefully are
many updates as we
prepare for our epic
adventure!

AND IT BEGINS...

Who volunteers to run 120 miles and can't wait to start? Spencer Newell and Brian Hetzel. Follow along as they detail their trials and tribulations on the road to the Colorado Rockies.

Where?

6 days in the Rocky Mountains
120 miles on foot
23,000 feet of elevation change

Why?

We get this question a lot, especially from our close friends. Why would anyone want to willingly run over some of the roughest terrain the United States has to offer, up and down 23,000 feet, covering 120 miles over six days? It's a valid question, I guess, as most who hear of our plan think we are a little off for even considering it. However, Spencer and I always come back to the nagging truth; we want to run the race because we can.

You see, each of us have been to the edge of life and taken a look over the other side. We know what life can throw

at you, how difficult it can be, and yet we somehow made it this far. Unfortunately, other people have not been as fortunate.

Jen, Hayley and Michaela had so much to live for, were such unbelievable human beings, yet their lives were taken away for no reason at all. That's something Spencer and I can't shake. How could these beautiful, amazing women not get the chance to show the world just what they were capable of? It's not fair.

And so, we run for Jen, Hayley and Michaela because we can. It's really as simple as that. We want to show the world what these women stood for, what they lived their lives doing, and to simply spread the word of the Petit Family Foundation.



Spencer Newell and Brian Hetzel
A friendship that started in the frozen tundra of the North Country at St. Lawrence University is about to get even awesome...er.

WHY WE RUN



We chose to listen to Dr. Petit, and running is our own little way of helping spread the work that his beautiful family cherished so much. We may not be the fastest to toe the line, but we lace up our shoes and take to the roads to keep the spirit of this amazing family alive.

How:

It is going to take us close to a full year to get ready for the 2012 Transrockies Run. We have a rough idea of what the preparation will look like, although having trained for multiple marathons over the last two years is a big bonus. Being that this is a stage race, we will be running an average of 20 miles a day. Therefore, a slow progression of mileage over the next 10 months, with a focus on only the Transrockies will be crucial.

Specifics:

This is going to take a better part of the year to train for, including various trips to training destinations that have significant altitude levels. We will be confronting 23,000 feet of elevation change, so entering the race prepared for such an environment will be crucial. A trip to Arizona in the spring is already on the drawing board, with a few more for Brian in the works. Living at sea level is a limitation, but there are various ways at getting around it. All of them, however, make for fantastic writing material. You can keep up to date with both Spencer and Brian's trials and tribulations at the official Petit Family Foundation Running Team blog:

www.petitrunningteam.blospot.com

Fundraising:

This will be the major focus of our run, and one that we hope will draw a large amount of donors. Brian has fundraised for the majority of his races in previous years, and managed a few significant figures. With more time and a larger target, we believe there is no ceiling on what we can raise. Of course, we are engaging you all during a time of economic crisis. However, we believe if we cast our net wide enough, get the word out there about the Petit Family Foundation, what the girls lived for, we will be able to draw on a large amount of small donations. We are also hopeful that a few larger donations will be mixed in, as well, so don't be shy :)

As with all of the other Petit Running Team projects, we are utilizing Crowdrise. This will allow us to take our efforts to entities such as Facebook, Twitter, etc. in the hopes of starting a true viral campaign. Also, Crowdrise uses the same infrastructure as the Petit Family Foundation, which is the Network for Good. Very little is taken off the top of each donation, usually a nominal fee for operation costs.

Bottom line: we are setting a fundraising goal of \$15,000 through August 19, 2012 the final day of the Transrockies Run. An ambitious number, for sure, but there is a reason. You see, the two perpetrators who broke into Dr. Petit's house, who killed his two daughters and his wife, wanted \$15,000. They forced Jennifer to go to the bank and withdraw the money, knowing her family was being held captive at home. She did so with grace and courage, knowing what was at stake.

\$15,000, to us, is more than just a fundraising goal. That figure carries so much behind it, so much tragedy and heartache. We want to do our part to help turn the tide. The money may have been taken out of hatred, but it will be given back through kindness, generosity and love.

Conclusion:

We are committed to continuing on the legacy that Bill, Jennifer, Hayley and Michaela spent their lives building. The Petit Family Foundation is one we strongly feel the world needs to hear more about. It is our hope that our own personal triumphs over life's many difficult obstacles will fuel us to cover the 120 miles up and over the Rocky Mountains, Being the Change every step of the way. We don't see this as a grueling test, a line to cross off on our must-do lists. Simply, we see it as an honor – we have been afforded the ability to carry the flag for others who are no longer able to do so.

We run because we can.

Sincerely,

Brian Hetzel and **Spencer Newell**

For more information about the Petit Family and the Petit Family Foundation, please visit:

www.petitfamilyfoundation.org



We will send regular updates from now on. Here is what we've been up to lately:

Spencer says,

Looking at the calendar it seems like a long way away...August...TransRockiesRun. When you break it down however there are only 9 months until Brian and I begin one of the biggest adventures of our lives. 6 days...120 miles...20,000ft of elevation...all in running shoes.

The toughest part won't necessarily be the race itself, but the training that goes into it. Recently I relocated from Bend to Corvallis, Oregon for a change of pace. While some might think I'm crazy for leaving an outdoor paradise it will actually play to our advantage for TRR because it will allow me to train on trails for the entire year because of the lack of snow...a big plus in this sort of training endeavour. My first two weeks in Corvallis I spent some time scouting out climbs, trails, and all of the proper training grounds that I'll call home while preparing for TRR. To my surprise I found NO shortage of ideal training grounds. Furthermore my coach, Mike Larsen, and I spent some time discussing a race schedule which will ultimately build up to peaking for TRR. Races on the 2012 schedule include the Corvallis Half, Eugene Marathon, and the Newport, OR marathon. While I'll spend some time on the bike this year, and maybe jump in a road race or two, running will be the ultimate focus for 2012. Once the new year begins the official countdown will be on. A huge thanks goes out to the Petit Family Foundation for helping make this mission a reality.

Brian says,

"Ugh...that's why they make cars, Brian."

This is just one of the many responses I have received when telling people about the TransRockiesRun. I can see how some folks would see it that way, as running 120 miles up and over difficult terrain sounds, well, out of the

ordinary. But, I have always looked at challenges such as this and said, "why not?" Am I nervous? Maybe a little bit, but not about the race itself. I am more concerned about the training and being prepared to put my body and mind through the biggest test so far.

You see, I live at sea level on the east coast in Cheshire, CT. The Rocky Mountains and more specifically, the 6 stages of the TRR, live at no less than 7,500 feet. A slight issue.

I have been researching ways I to which I can run...a lot...and mimic altitude training and the good news is....there isn't really anyway to do it. One guy from Midwest ran all of his mileage with a straw in his mouth to restrict air intake. That might not be a bad idea, to be honest. So, if you are ever in and around southern CT and you see a guy bundled up and running with a straw in his mouth, don't call the police, just honk and give a thumbs up.

Along with Spencer, I will be ramping up the mileage come January 1, with my mind focused on next August. I will be running a series of races beforehand, some of them being: the 12 mile Tough Mudder up and down Mt. Snow and over 25 military obstacles; Boston Marathon; Hyannis Half Marathon; VT 100 on 100 relay; And hopefully the Run to the Clouds race up Mount Washington.

We will keep you posted with our training and adventures as they unveil over the next 9 months. It should be a lot of fun and, if any of you know how Brian and Spencer operate, really, really funny.

Thanks again to the Petit Foundation for making this a possibility. 120 miles, here we come!

Best,

Spencer Newell and Brian Hetzel
www.crowdrise.com/120forthepetits

HOW TO HELP



Help us reach our goal!

Please help us reach our \$15,000 fundraising goal by making a donation or passing this newsletter on to whomever you feel comfortable. We realize this is a tall order, but we think with a lot of hard work and a little help from family, friends, and really nice strangers, we can get there.

[CLICK HERE TO DONATE](#)



A quick break after running up to the Delicate Arch during a cross country driving adventure a few years back