

Ultrarunner to talk about TRT

On May 19, Alpenglow Sports will host the fifth installment of the Education Series created by the Donner Party Mountain Runners.

Created in 2013, the Donner Party Mountain Runners is a grassroots running club that exists to inform and inspire mountain runners in the Truckee-Tahoe region.

Part of their mission involves educational outreach to the local community. Board member and local ultrarunner Gretchen Brugman will tell her tale of through-running the Tahoe Rim Trail. The presentation will tell the story of five runners who spent four days running the Tahoe Rim Trail, covering about 40 miles each day. The runners ended each day with dinner, a hot shower, and a hotel room – popularized as “glam” trail running.

The presentation will feature photos and stories from the trip, as well as detail the training, planning, equipment, and logistics involved to pull off such an endeavor. A short question and answer session will follow the conclusion of the show.

The cost is \$3. There is no charge for Donner Party Mountain Runner club members.

Alpenglow Sports is at 415 North Lake Blvd., Tahoe City. Talk starts at 6:30pm.