

Running Repeats



Somehow years ago I got into my head that it was cool to run repeats of high peaks. I do recall probably in 2004, seeing a guy run up and down Mount Timpanogos twice in a day. I was very impressed. But he only went up to the saddle (not going clear up to the summit) and back twice. I convinced myself that this was not quite right, that you needed to go from trailhead to summit and back, then repeat.

My crazy repeats started on Mount Timpanogos, two, then three, then four, then five summits, and finally six summits on July 5, 2016. About every month I meet someone who has heard about my running and the conversation starts, “Are you the guy who...” I think, “Oh no, here it comes again.” I get embarrassed and reply, “Yes, I’m that guy.”

I like repeats because it is sort of a controlled environment on a consistent trail. You return to your car every few hours to resupply and continue on. They are easy to plan for. But they also is a tough mental exercise that seems to help develop mental strength to continue on in races when I face trials. I believe they have been helpful to mentally avoid DNFs. Pushing yourself out of your warm car to face another climb up to a summit can be a daunting task. But the challenge of it all gets me excited to try to accomplish it.

My hope is that I have helped inspire others to do repeats. Many others have done repeats on Mount Timpanogos. In 2016, runners doing repeats in Utah seem common on Grandeur Peak and Mount Olympus above Salt Lake City. In 2015 a hiker in his 70s, Ben Woolsey climbed to the top of the block Y above Provo, Utah (one mile, 1,000 feet) at least ten times in a day, and did 100 climbs in a matter of a few weeks. During that year he climbed to the top of the block Y above Provo 500 times. In 2016 I created quite a stir by breaking my ten-year record of five consecutive summits on Mount Timpanogos with six. Just a few days later Scott Wesemann tied my record.

Some of the crazy repeats I have accomplished include:

- [Quint Mount Timpanogos](#) (70 miles, 22,500 feet)
- [Double Kings Peak](#) (52 miles, 8,500 feet, accomplished three times)
- Quad Lake Mountain (36 miles, 11,400 feet)
- [Quad Y mountain](#) (27 miles, 13,800 feet)
- [Quad Squaw Peak](#) (30 miles, 11,500 feet)
- [Sextuple Mount Timpanogos](#) (84 miles, 27,000 feet)

All of these are likely records. Among the most challenging repeats were the Kings Peak repeats on the highest peak in the state of Utah. Twice I attempted to do three trips, but both times after the second, thoughts of going home were too strong and I quit. The 26-mile, high altitude trip makes that one a particularly difficult challenge.

