

# Marshall Ulrich Passes County Over Weekend

**DAN BARKER, FOR THE FORT MORGAN TIMES**

Oct 8, 2008



Marshall Ulrich

The long, empty stretches along Highway 14 between Fort Collins and Sterling were where Marshall Ulrich was running this weekend.

Ulrich — a former Fort Morgan resident — is on a run across America to bring attention to the problem of childhood obesity.

He did not go through Fort Morgan as predicted, passing only as close as New Raymer on Saturday night, but friends and family were there to greet him as he stopped along Highway 14 Saturday afternoon.

His daily schedule starts early in the morning. He runs the distance of a marathon before stopping to sleep for an hour, then running on until the wee hours of the morning, usually running another 40 miles or so, Ulrich said.

As long as he gets five hours of sleep he can make it. That seems to be the magic number, he said.

Ulrich is attempting to break the world record, running 3,100 miles across 11 states in 45 days, but that means pushing hard.

Ulrich looked in pretty good shape and spirits Saturday, having run a bit with family and friends near Ault. He stopped a few miles west of Briggsdale and chatted briefly with friends before resuming his trek.

He had said that it was hard going until about three days before, when he seemed to hit his stride.

Although Ulrich has tackled such brutal terrain as Death Valley and Mount Everest, this one was tough, he said.

His crew said his shoes only last about three days until their heels wear down from the sandpaper-like friction of asphalt.

He keeps his minimal "closet" in the back of a small van, along with many pairs of shoes.

One part of the crew drives and rides in a small van, keeping track of information and preparing food and drink for him as he runs. They jump out of the vehicle and run alongside Ulrich to give him his meals on the run.

A recreational vehicle stays near. It is where he usually sleeps, only getting to a motel once in a while. The driver of the motor home said he brought books along to kill time on the road, but the schedule is so demanding that he cannot even read the newspaper.

Ulrich's running partner, Charlie Engle, suffered an injury last week, which put him out of the running.

At 57, Ulrich says he is confident he can break the record for those 40 and older.

People have helped him along the way and some have even run with him to support his effort, said spokesperson Mia Ferrell.

The run got under way in San Francisco in mid-September and is scheduled to end in New York City on Oct. 27.

One of the beneficiaries of the event is the United Way. The run will go through the service areas of 90 United Way groups, including the United Way of Morgan County.

Ulrich is the only person in the world to complete the Triple Crown of Extreme Sports: world class ultra runner, record setting adventure racer and Seven Summits mountaineer. His specialty is competing in extreme conditions including desert and adventure racing, as well

as mountaineering. He has:

- Completed more than 116 ultra-marathons averaging more than 100 miles each.
- Completed 12 expedition-length adventure races, including all nine Eco Challenge adventure races — something only two other people in the world have done.
- Reached the top of each of the Seven Summits (the tallest mountain on each continent), including Mount Everest, all on first attempts.
- Crossed Death Valley a record 19 times, including a solo and a 586-mile quad crossing.
- Won the Badwater 146-mile race from minus-282 feet in Death Valley to the 14,494-foot summit of Mount Whitney a record four times.
- Finished a record 13 Badwater 146 ultra-marathons.
- Completed the Leadville Trail 100 and Pikes Peak Marathon on the same weekend — a feat no one else in the world has achieved.
- Completed all six 100-mile trail races, finishing in the top 10 in five of them, in the same year — and was the first person ever to do so (in 1989).
- Won two silver medals in the national 24-hour championships, with a personal best of 142 miles.

Ulrich now lives near Idaho Springs.

—— Contact Dan Barker at [business@fmtimes.com](mailto:business@fmtimes.com).

<http://www.fortmorgantimes.com/news/2008/oct/08/marshall-ulrich-passes-county-over-weekendb/>