



BOB MOW (48:02) AND ELLIE NOLAN (50:35)
SMILINGLY DISPLAY THEIR FIRST-PLACE
FINISHER'S TROPHIES FROM THE AUTUMN
EQUINOX MUD GRAND PRIX, 22 SEPTEMBER, 1996

Best of Portland Best of Portland Best of



best group run

What better way to celebrate the passing of the seasons than a ritualized run in the great outdoors? On each solstice and equinox for the past 19 years, an intrepid group has gathered in Wallace Park for the **Mud Grand Prix** come hell, high water or sleeting snow. Begun in 1978 by runner Steve Cackley, this casual, free run is currently "dictated" by Del and Charla Scharffenberg and still follows the same worn path through Northwest Portland to Forest Park trails and back—a run that, as far as anyone can tell, is about 6.8 miles. During the fall equinox, the added attraction of thousands of swifts gathering in the park before departing for warmer climes contributes an even greater sense of the passing of summer. Somewhat of a maverick event, the run usually culminates in a potluck barbecue in Wallace Park for worn-out warriors. And of course, in the winter and spring, there is usually enough rain and mud to remind Oregon dwellers exactly why the changing of the seasons is cause for celebration.