**Running on Steens Mountain**

Your public lands in Harney County not only boast some of the greatest landscapes in the Pacific Northwest, but also two of the most unique and memorable athletic events: the Steens Mountain High Altitude Running Camp and the Chris Miller Memorial Steens Rim Run and Walk.

Camp Founder and Director Harland Yriarte started the Steens Mountain High Altitude Running Camp in 1975. Two week-long sessions are held each July, giving 350 runners the experience of a lifetime. Camp includes various running and hiking sessions on trails, up and down hills, and cross-canyon; presentations and discussions on nutrition, form and overcoming the mental edge; and team-building exercises. Yriarte is known for his stirring speeches relating the majestic Steens Mountain to running and life. He emphasizes performance improvement through self-reliance, personal accountability and teamwork strategies. The Running Camp gives attendees (ages 13-18) an exceptional running and camping experience and teaches them to enjoy and respect wilderness beauty through running, hiking and exploring. For many, the Running Camp is life-changing. Youth from all across the U.S. and abroad say their time on Steens Mountain is never forgotten.

Visit steens.camp for the inside scoop!

The Annual Chris Miller Memorial Steens Rim Run and Walk – better known as the Rim Run – is a race unlike any other. With its high elevation, stunning views and scenery, unpredictable climate, and near-steady climb from start to finish, this race brings a whole new meaning to “challenging 10K.”

The Rim Run began in 1983 when a local high school cross country coach decided "the Steens would be a great place to have a road run." Coach Mary Otley gathered a few dozen participants for the first race and began a tradition spanning over 30 years to date. The race continued on with the help of Coach Gordon Black from 1984 through the remainder of the decade, gathering more participants each year. In 1987, the Rim Run became the "Chris Miller Memorial Steens Rim Run and Walk" in honor of a local teen who had a passion for both running and Steens Mountain. Miller’s parents Gary and Jill took over planning and coordination of the event in 1990 and have since passed the leadership to son Nick. The Rim Run continues to be a favorite 10K for racers across the country. Families, running clubs, friends, singles, and dozens of others look forward to the race every year – many seeking a new challenge with true high-elevation running, several out for the exercise and great scenery, and still many "regulars" there to support the Miller Family and the memory of Chris.

The 2016 Rim Run is set for Saturday, August 6. Come run above the clouds!

Visit steensrimrun.com for registration and race information.