

Agony and Ecstasy at Afton 50 Km

by Stan Nowakowski, Co-R.D.

The Afton Trail Run 50 Km has been held in Afton State Park in early July for the past nine years. It is run on a beautiful course across the Minnesota prairie and up and down the bluffs of the Saint Croix River. We have a great course and wonderful volunteers. It is a delight for many runners, but the brutal heat index this year, approaching 105, turned the afternoon into agony for some.

Everyone seemed to be cautious, so the times this year are significantly slower than last year. The 50-km runners took off at 6:30 a.m. with Mark Wise taking an early lead. The course heads up to the prairie within the first mile and winds its way down through the woods and back up on the prairie. Then the hills start, traversing up and down the river bluffs a few times. This slows some runners, but the trail is very runnable. Once down on the river path along the Saint Croix it is pancake flat for a mile-and-a-half before climbing up the bluff and three miles of rolling single track.

It is on the section of trail along the river, during the second loop, that Scott March made a late charge to close the gap on the leader. Scott caught Mark on the climb up from the river, but the hard run left him too spent to keep up the pace. At that point Scott told Mark he had the three miles to the finish all to himself. Mark finished in a time of 4:28, with Scott two minutes behind. Third went to Russell Neiman in 4:40.

The afternoon sun really started to heat things up, slowing most of the runners. Most, but not all: only four minutes passed before fourth-place finisher Ann Heaslett crossed the line. We were lucky to have Ann travel up from Madison, Wisconsin for our race. Ann had just returned from competing in the IAU 100 Km World Cup in Belgium two weeks earlier. She was the

third finisher for the U.S. team in Belgium, but first female at Afton.

Ann led the race from start to finish, building a considerable lead over Christine Crawford, also from Wisconsin, who placed second with a time of 5:34. Third place went to a very determined Maura Schwartz. Maura was the first-place masters runner in a time of 6:03. The two tough climbs between aid stations three and four slowed her down a bit, but she was able to pick it up a little in the last three miles of wooded single-track trail. She said she loves these last three miles so much that she was smiling all the way to the finish. Knowing she would receive the beautiful, handmade third-place award also kept her grin in place despite the still, humid air along the creek bed. She wore the look of agonizing ecstasy when she crossed the finish line.

There was no ecstasy for one runner who collapsed a mile-and-a-half from the finish. The heat and humidity took a toll on the runner, who reported he was just out for a training run. He found himself near the front during the race and pushed it a little too hard for the conditions. The local fire department, with the help of the Minnesota Search and Rescue Dog Association (MinnSARDA), and fellow runners and volunteers, carried him off the trail and into an ambulance. He later had a helicopter ride and an eight-day stay in a hospital. He is recovering now, and looking forward to another Afton Trail Run, hopefully in cooler weather.

This year's course was the same as last year's; with all the compliments we received there is no plan to change it. Everyone said the course makings were the best they have ever seen. We have Donald Clark, Jason Clark and Bonnie Riley to thank for their hard work in setting the perfect trail. (Donald also



Maura Schwartz, happy to finish in third place.

designed the course.) The awards were also a big hit this year. They were handcrafted, laser-engraved wood frames created by our very own artisan Larry Pederson. We appreciate the hard work of all the wonderful volunteers, whose contributions to the race help support the Afton State Park and the MinnSARDA.

Next year will be the tenth running of Afton Trail Run. I hope more runners will join us for a fun day on beautiful trails with aid stations staffed by the best volunteers Minnesota has to offer. I will keep my fingers crossed for cool weather and will put a water bottle in the hand of every runner if it isn't. Whether it is the hills, the heat, or the single-track sections of trail, Afton has established itself as a run filled with both agony and ecstasy.

Afton 50 Km

Afton, Minnesota

July 6, 2002

Trails

1. Mark Wise, WI	4:28
2. Scott Marsh	4:30
3. Russell Neiman, IA	4:40
4. Ann Heaslett, WI	4:44
5. Timothy Larson	4:56
6. Bill Gengler	4:56
7. Michael Scandrett	5:08
8. Jeff Allen	5:17
9. Ross Longhini	5:21
10. Patrick Susnik, WI	5:22
11. Mark Crisman, KS	5:26
12. Greg Taylor	5:30

13	Tom Rassmussen	5:30
14	Tom Quinn	5:31
15	Herb Byun	5:33
16	Dan Lipman	5:33
17	Kevin Bruns	5:33
18	<u>Christine Crawford, WI</u>	5:34
19	Doug Thomas	5:35
20	Brian Moen	5:37
21	Rich Lindquist	5:46
22	Tim Potter	5:48
23	Tim Yanacheck, WI	5:50
24	Ryan Vest	5:55
25	Andy Martens	6:01
26	<u>Maura Schwartz</u>	6:03
27	Mike Christopherson	6:03
28	<u>Lauren Newcomb, WI</u>	6:09
29	<u>Claire Wilson</u>	6:09
30	Thomas Burr	6:09
31	Claude Forshier	6:12
32	<u>Katherine Himes Lescher</u>	6:16
33	Dan Cullen	6:19
34	Tom Weight	6:22
35	<u>Lynette Thompson</u>	6:23
36	Mike McCulley, FL	6:30
37	<u>Shelly Wilson, WI</u>	6:30
38	<u>Carol Zazubek</u>	6:32
39	<u>Donna Sutherland</u>	6:36
40	Ken Christensen	6:36
41	Douglas Norman, WI	6:41
42	Bob Lange, SD	6:46
43	John Sites, IN	6:48
44	Jay Kieft	6:48
45	Patrick Boros	6:49
46	Dan Diehn	6:49
47	<u>Michelle Shelp</u>	6:50
48	<u>Sarah Cherne</u>	6:57
49	Willie Lambert, WI	7:02
50	<u>Deborah McKinzie, MI</u>	7:18
51	Alfred Sauld, WI	7:18
52	Jesse Price	7:18
53	Tom Martens	7:28
54	Joshua Krebs	7:37
55	Scott Wagner	7:39
56	Matthew Rusek, IL	7:39
57	<u>Mary Knutson</u>	7:45
58	<u>Suzanne McCann, IL</u>	7:47
59	Patrick Gorman, IL	7:49
60	Keith Theisen, IL	7:49
61	<u>Kerry Cunningham</u>	7:50
62	John Rikkola	7:50
63	Ken Logan, TX	7:51
64	Samuel Morris, TN	7:56
65	Ken Turek, IL	7:57
66	Dick Kaminski, WI	7:58
67	Richard Hogan, IA	8:02
68	Jack Thomas, IL	8:04
69	<u>Sophia Munro, MB</u>	8:15
70	Peter Butler	8:26
71	<u>Margaret Day, MB</u>	8:27
72	Joseph Galloway, IA	8:27
73	<u>Bonnie Riley</u>	8:30
74	Donald Clark	8:30

Mile High 24 Hour

Littleton, Colorado

June 8

Roads

1	Herb Brinkman, 39	113:70
2	<u>Karen Scott, 34</u>	106:70
3	<u>Kathy Piccock, 46</u>	102:60
4	<u>Joy Turner, 43</u>	101:30
5	<u>Lisa Wirth, 27</u>	101:20
6	Rockford Cogar, 46	101:10
7	Bradley Bosard, 50	97:20
8	Doug Stradley, 27	93:20
9	John Hobbs, 56	83:70
10	Jack Menard, 51	80:00
	<u>Terri Cogar, 35</u>	80:00
	Kevin O'Neall, 44, WY	80:00
13	Glen Turner, 41	71:30
14	Harold Thurman, 44	68:70
15	<u>Carol Saucedo, 46</u>	60:00
16	Cordell Leif, 43	55:00
17	Marshall Ulrich, 49	50:00
18	Kevin Gerrasch, 33	40:00
19	<u>Jaime Menard, 42</u>	35:00

El Moro 50 Km

Newport Beach, CA

June 29

Trails

1	Oscar Fricke	4:42
2	Bill Braun	5:14
3	Doug Cline	5:32
4	<u>Kathy Harshburger</u>	6:58
	Dan Harshburger	6:58

Bethel Boogie 50 Mile

Ellerbe, North Carolina

June 15

Hilly, paved loop

1	Byron Backer	7:23:35
2	Chan Roush	7:39:46
3	Tom Gabell	7:46:20
4	Konrad Gannon	8:29:48
5	Richard Lilly	8:32:02
6	Donnelly Miller	8:43:21
7	Pat Judd	8:53:12
8	Jay Yanovich	8:53:12
	Michael Cartwright	9:31:24
	James Cote	9:31:24
11	David Solomon	9:35:26
12	<u>Anita Walker</u>	9:48:43
13	Jim Snyder	10:14:40
14	Jeff McGonnell	10:18:04
15	Richard Lassiter	10:39:47
16	Doug Dawkins	10:40:42
17	<u>Carolyn Blalock</u>	10:49:21
	Roy Abell	10:49:21
19	Eric Carpenter	11:08:31
20	Rick French	11:12:04
21	Ray Krolewicz	11:12:12
22	Nelson Long	11:13:57
23	<u>Eileen Steil</u>	11:31:45
24	John Price	11:54:32
	William Preddy	11:54:32
26	Randy Whisnant	12:30:46

Pennar 40 Mile

by Andy Williams, R.D.

Twenty six runners from eight states started the 2002 PENNAR 40 Mile run at 4:02 a.m. on June 1. The weather was cooperative, with a light breeze in the early morning hours on the way to Navarre. The early breeze and sporadic cloud cover was most helpful to the runners. Coming off the Navarre Bridge on the way back was another story, featuring a section with no apparent breeze that seemed to suck the energy from a lot of the runners. "Kind of like running in a sauna," was a popular comment heard after the race.

The course consisted of a mostly paved bike/pedestrian path from Pensacola Beach to Navarre Beach. There is only a short, one-mile section on the University of West Florida's property that still needs to be built. It is a big help not having to run on the shoulder of the road through the Gulf Islands National Seashore Park. Runners only have to dodge the birds and not the traffic. Speaking of the birds, this year seemed pretty tame, although there were a few reports of successful tern "strafing runs" leaving deposits on runners. Again this year a big "well done" goes out to the Capt'n Fun Runners for putting on a great run. There were more aid stations and finish line personnel involved than there were runners!

Pennar 40 Mile

Pensacola, Florida

June 1

Beach path

1	Jeff Bryan, 34	5:58:08
2	Gary Griffin, 52	6:16:48
3	<u>Joy Watson, 47</u>	6:33:55
4	Mark Colbert, 36, LA	6:42:18
5	Joel Guyer, 57, MS	6:49:25
6	<u>Nancy Stuparich, 41</u>	7:11:17
7	George DeFoy, 39	7:33:05
8	Jean-Jacques d'Aquin, 63, AL	7:50:58
9	Andrew Colee, 55	7:58:42
10	Nicholas Benvenuti, 20, MS	8:05:02
	Ben Payne, 39, AL	8:05:02
12	Ronald McBee, 57, MS	8:15:02
13	<u>Susan Hull, 57, TN</u>	8:38:25
	Chip Marz, 55, MS	8:38:25
15	Richard Cozart, 72	8:39:17
16	Edward Hannah, 33, AL	8:40:57
17	Mark Hiers, 44	8:49:53
18	Walter Naman, 54, AL	8:56:59
19	Andy Williams, 55	9:17:21
20	Duane Grigg, 51, MO	9:31:20
21	<u>Sarah Tynes, 35, GA</u>	9:40:51
22	Jim Barnes, 63, AL	9:47:45
23	<u>Beth Terry, 36, GA</u>	10:26:10

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