

Hot Times at Afton 50 Km

Afton State Park lies on the Minnesota side of the St. Croix River, graced with an abundance of trails that wind up and down the bluffs, through rolling woods and prairies, along the river, and across grassy ridge tops. For the 11th consecutive year, 25-km and 50-km trail races were held in the park on the first Saturday of July. The same extremely challenging, well-marked route is run by all; the 50-km runners simply get to do the route twice. The course is tough, diverse, and scenic. The aid stations are well-stocked and well-staffed and situated at appropriate intervals. Many of the same volunteers and runners come back year after year, so it has a delightfully familiar feel to it.

This year, the temperature was a little cooler than has lately been typical, rising from about 68 degrees F at the start to about 82 as the last of the runners were trickling in to the finish. But the dew point was way, way up there, so it was extremely humid. A remarkable five of the eight course records for the two distances were broken. Steve Schuder and Lisa Trainor enjoyed both the relatively mild weather and the excellent, dry footing, as they set new male and female masters records while cruising to overall victories in the 50-km. Kudos to race director Scott Wagner and his crew for a flawless event, right down to Scott's very logical explanation of the inaugural "Afton Trial (sic) Run" finishers' medals. Please mark your calendars for next year's Afton Trail Run on July 2, 2005.

— Bob Metzger

Afton 50 Km

Afton, Minnesota

July 3

Trails

1. Steve Schuder, 40	4:18:06
2. Rick Cleary, 41, WI	4:21:18
3. Andy Holak, 36	4:25:52
4. Kevin Rogers, 42, WI	4:26:20
5. Fred Johnson, 41, WI	4:26:21
6. Dirk Reif, 42	4:43:25
7. Jeff Allen, 25	4:56:14
8. Bill Gengler, 50	4:57:54
9. Lisa Ann Trainor, 44	5:01:03
10. Michael Scandrett, 50	5:20:56
11. Erik Bunce, 29	5:22:08
12. Mike Ward, 46, IL	5:27:14
13. Michael Dennis, 51, IN	5:31:06
14. Terry Hakkola, 54	5:33:26
15. Lauren Fithian, 46	5:34:06
16. Michael Coutier, 45	5:36:41
17. Dave Just, 44	5:36:49
18. Keith Rudolph, 52	5:36:55
19. Dorn Peddy, 46, IL	5:37:14
20. Herb Byun, 60	5:37:47
21. Steve Krampe, 49	5:46:12

22. Bohdan Stepchuk, 34, WI	5:46:55
23. Laura Elder, 36	5:49:05
24. Paul Norris Olson, 54, MI	5:50:19
25. Jo-Anne Hass, 37, MB	5:52:25
26. Edward Rousseau, 64	5:56:33
27. Scott Knight, 41	6:00:21
28. John Montwill, 43	6:00:22
29. Lisa Conover, 46, WI	6:00:45
30. Jim Stocco, 51	6:02:45
31. Kevin Smith, 40, SD	6:08:09
32. Cari Pahr, 20	6:10:46
33. John Taylor, 42	6:10:56
34. Alfred Sauld, 57, WI	6:14:00
35. Anthony Villano, 38	6:15:14
36. Bill Bigelow, 61	6:16:22
37. Dan Jackson, 55	6:17:52
38. Mike Millonig, 49	6:20:23
39. Larry Ochsendorf, 59	6:20:24
40. Georgia Nothdurft, 54	6:22:40
41. Deborah McKinzie, 33, MI	6:29:23
42. Ed Dallmann, 59	6:40:11
43. Brian Hass, 42, MB	6:40:30
44. Bonnie Gibson, 55	6:43:03
45. John Rikkoca, 46	6:44:26
46. Dan Cullen, 40	6:46:57
47. Gary McGowan, 49, IL	6:49:43
48. Larry Butcher, 57, WI	6:53:17
49. Howard Ogden, 40, WI	6:56:20
50. Christine Markham, 51	6:58:53
51. Mary Knutson, 48	6:58:54
52. James Newton, 21	7:07:34
Dawn Westin, 39	7:07:34
54. Tony Boyer, 34	7:07:35
55. Steve McLaughlin, 40	7:10:45
56. Heather Kick, 27	7:11:22
57. Julie Berg, 39	7:13:04
58. Nancy Griffith, 52	7:14:26
Thomas Burr, 58	7:14:26
60. Dick Hogan, 58, IA	7:23:55
61. Les Martisko, 60	7:26:40
62. Bob Metzger, 53	7:34:24
63. Wally Goettl, 58	7:42:20
64. Joseph Galloway, 47, IA	7:52:23
65. Bonnie Riley, 51	8:31:36

Running Alaska's Resurrection Pass

Six competitors lined up for the second running of the Resurrection 100 Mile at 3:00 p.m. on August 6. Cloudless skies produced unseasonably hot conditions for south central Alaska. Runners covered 12 miles of hilly gravel road with the comfort of support before disappearing into the popular Resurrection Pass Trail. The 38-mile Resurrection Pass Trail offered beautiful views, plentiful clear running water, excellent footing, and gradual ascents and descents to the halfway mark at Cooper Landing.

Headlamps were needed for only five hours of the brief Alaskan night. Northern Lights added to the magic. Beavers slapped their tails, breaking the silence and routine of the run. Lynx and bear were also sighted by several participants.

Early morning on August 7, seven 50-mile runners started from the Cooper Landing trailhead in pursuit of the 100-