

A Dog Day Afternoon at Afton 50 Km

by Wynn Davis

A full field of eager and hearty entrants toed the line for the 13th Afton Trail run, amidst stifling heat and humidity. The race began and runners disappeared into the wooded bluffs along the beautiful St. Croix River Valley. It wasn't long before runners made their first of many climbs, which meandered through rocks, roots, and lush overhang to the top of the park, only to be greeted at the next corner by a steep, quad-pounding descent that took them back down to the river basin.

Keeping the leader Duke Rembleski, whom I met at the Trail Mix 50 Km in April, in sight, I ran a moderate but steady pace. As we began pushing up more hills around the 12-mile mark, crashing thunder and cool rain served as a nice reprieve from the heat. Duke knew the course well, and helped me navigate through hairpin turns. He began to catch the lead runner toward the end of the first loop. Not being able to run for a month due to injury made for a rude awakening, as I began to slow considerably on the climbs and flats, watching the leaders pull out of sight.

As the rain began to ebb, so did the runners. The stagnant moisture was a recipe for more humidity, while the temperature escalated to 92 degrees F.

I began the second loop with Duke's wife Eve, who was looking very strong, on pace to set a new women's course record. Midway through the second loop, the heat really began to take a toll on me, especially in the open prairie sections. Course record holder Ann Heaslett caught up with me as we worked up a climb. Due to the lack of air we talked in brief sentences and wiped away more sweat.

The second loop got to the lead runner and he eventually dropped out. Duke was attacking the homestretch, persevering through phases of heat and exhaustion. Nearing the finish line, Duke noticed a familiar face over his shoulder; it was none other than his wife Eve in close pursuit. Duke broke the tape in a time of 4:20, followed by his wife, who set a women's course record of 4:21. Funnily, this was the second husband-wife combination I had witnessed this year. The other was Andy and Kim Holak at the Ice Age 50 Mile in May.

Scott Wagner did a tremendous job directing such a challenging and diverse race. He is very passionate about running

and provides a great experience for trail-seekers looking for a memorable run. Race volunteers also did a superb job reviving runners and keeping spirits high. Post-race activities included awards, good food, and cool drinks to cap off another dog day afternoon in the Midwest. Being new to running and ultra events, I never knew I lived so close to one of the best trail systems in America. I have found a new home for training at the Afton Trail!

Afton 50 Km

Afton, Minnesota

July 1

Trails

1. Duke Rembleski, 30	4:20:05
2. <u>Eve Rembleski</u> , 38	4:21:48!
3. John Storkamp, 26	4:32:40
4. Erik Kaitala, 34	4:38:18
5. Terry Kieck, 38, WI	4:46:54
6. Todd Gangelhoff, 34, CO	4:49:09
7. Dirk Reif, 44	4:54:39
8. Brian Moen, 36	4:56:08
9. Todd Overbo, 42, WI	4:56:59
10. Joe Winch, 50, IA	4:57:59
11. Randy Peterson, 40	4:59:02
12. Dan Kasper, 48	4:59:30
13. <u>Ann Heaslett</u> , 42, WI	5:00:16
14. <u>Lisa Ann Trainor</u> , 46	5:01:32
15. Mike Mondrall, 49	5:07:28
16. Barry Fischer, 34	5:11:57
17. Wynn Davis, 25, WI	5:29:56
18. <u>Holly Kopplin</u> , 40, SD	5:33:58
19. Mike Ward, 48, IL	5:40:51
20. Stuart Johnson, 46, KS	5:46:25
21. Herb Byun, 61	5:48:08
22. <u>Deanna Stoppler</u> , 27, MO	5:49:27
23. Michael Scandrett, 52	5:49:39
24. Keith Rudolph, 54	5:50:24
25. Jeff Allen, 40	5:51:38
26. Bryan Jacobson, 31	5:53:33
27. Doug Thomas, 52	5:54:21
28. Greg Taylor, 59	5:56:24
29. John Beshara, 52	5:58:20
30. Jim Pintar, 58, OH	6:02:46
31. Jacob Valento, 27	6:03:35
32. Bill Gengler, 52	6:05:06
33. Dave Just, 46	6:05:50
34. <u>Julie Berg</u> , 41	6:06:48
35. Jonathan Drew, 53	6:06:55
36. Trent Phillips, 32, IL	6:07:23
37. Dan Bradford, 50, WI	6:09:26
38. Bill Wonder, 30, WI	6:11:20
39. Kyle Raverty, 30	6:17:50
40. Jim Parry, 35	6:18:20
41. Joe Thompson, 39	6:21:58
42. Greg Hughes, 30	6:23:15
43. Kevin Martin, 31	6:28:02
44. <u>Deb Robinson</u> , 49	6:30:44
45. Steve Mays, 37	6:31:34
46. <u>Beth Simpson</u> , 47, WI	6:32:49
47. <u>Amie Wegmeyer</u> , 31	6:33:14
48. Miguel Sanchez, 31, IL	6:34:46
49. <u>Deb Johnson</u> , 46, KS	6:35:02
50. <u>Lynn Saari</u> , 40	6:35:03
51. John Montwill, 45	6:36:05
52. Joe Wright, 45, WI	6:38:53

53. Tim Potter, 52	6:40:35
54. Jim Stocco, 53	6:40:35
55. <u>Pam Pettengill</u> , 40	6:43:03
56. Joe Lovett, 39	6:43:04
57. <u>Robin Kokjohn</u> , 50, IA	6:44:35
58. Mike Rowe, 25	6:44:36
59. Jonas Penna, 26	6:47:34
60. Dorn Peddy, 48, IL	6:56:47
61. Bohdan Stepchuk, 36, WI	7:06:07
62. Steven Hughes, 57, IL	7:08:14
63. <u>Brook Bolesta</u> , 35	7:10:46
64. Gary McGowan, 51, IL	7:11:28
Brad Drake, 52, WI	7:11:28
66. <u>Karen Gall</u> , 46	7:12:35
67. Craig Swanson, 52	7:12:38
68. <u>Audrey Drake</u> , 46, WI	7:20:27
69. <u>Alicia Gordon</u> , 40	7:20:53
70. Jesus Sanchez, 31, IL	7:23:57
71. Spencer Nelson, 36, IL	7:33:36
72. Patrick Gorman, 47, IL	7:34:23
73. Stephen Sando, 64	7:37:36
74. <u>Sara Lovett</u> , 37	7:38:00
75. <u>Tabithah Overbo</u> , 17, WI	7:41:57
76. Warren Taylor, 59	7:42:01
77. Gary Sheets, 53	7:43:50
78. Henry Rueden, 56, WI	7:59:01
79. Luta McLaughlin, 48	7:59:06
80. Frank Powers, 46, IL	8:05:12
81. Timothy Bowers, 42	8:05:14
82. Lee Whitlock, 35, TX	8:35:11
83. Dick Hogan, 60, IA	8:57:25
84. <u>Bonnie Riley</u> , 53	8:57:45

Big Butt 50 Km

Lancaster, South Carolina

July 22

Trails

1. Brian Kistner	3:41:16
2. Fred Zinser, NC	4:12:19
3. Chris Cowart, NC	4:18:09
4. John Cole, NC	4:55:48
5. <u>Andrea Stewart</u>	4:59:07
6. Rainer Wachsmann, GER	5:11:23
7. Bobby Ralston, GA	5:13:18
Richard Sexton, NC	5:13:18
Bill Keane, NC	5:13:18
10. Mark Long, NC	5:16:23
11. Tony Rouse, NC	5:17:31
12. Brenton Floyd, TN	5:20:06
13. Randy Saxon, MS	5:25:21
14. Tyler Peek, NC	5:34:02
15. Bedford Boyce, NC	5:34:30
16. Mark Nowling	5:34:51
17. Phil Webster, GA	5:43:45
18. Stephen Morris	5:49:35
19. Jim Sullivan, FL	5:49:37
20. Jerry Sullivan, LA	6:07:15
21. <u>Angela Ivory</u> , TN	6:14:06
22. Alex Morton	6:19:49
23. Andy Wright, NC	6:28:38
24. John Zerger, NC	6:28:40
25. Charlie Possee, NC	6:31:00
26. <u>Marcia Godwin</u> , NC	6:44:17
27. David Howe, FL	6:49:52
28. Doug Dawkins, NC	6:53:06
29. <u>Lynn Difiore</u> , NC	6:58:36
30. Andrew Edwards, AL	7:54:41
31. <u>Cheryl Murdock</u> , FL	8:54:41