



AFTON TRAIL

A HOT DAY IN MINNESOTA by phillip gary smith

On this auspicious date, 7/7/7, Eve Rembleski could have been at a casino and pulled three sevens on the slots, as this was certainly her lucky day. With the performer Prince making a big splash today in the Twin Cities, Eve would be the Princess of Trails, burning a new record.

Everybody was hot on the Afton Trail as temperatures soared to 100 degrees, with most of the 50 km competitors getting to 'enjoy' several hours of this particular challenge. We could have used some Purple Rain.

Nothing seemed to bother Rembleski while breaking her existing record on this urban mountainous trail at the beautiful Afton State Park, Minnesota, finishing fifth overall, and just missing a negative split on the second of the two 25 km loops (first loop was approximately a 2:07.) She took to heart the challenge placed by ultra runner Allan Holtz, that it would be unlikely to see a quicker second lap on this scorcher of a day. The time, 4:18:22, beat her 2006 'normal weather' record run by nearly four minutes. Ann Heaslett took second again, winning her age group, and for the second year in a row finished 13th overall.

Patrick Russell broke four hours to take first place in 3:59:43 even with a five-minute wrong turn, and Joe Winch clinched the Senior Masters course record with a 4:47:32. He improved his 2006 time by ten minutes, to finish ninth this year. Just ahead was last year's winner, Duke Rembleski, who slowed this year with a hip challenge but like a true gamer, gutted out a great eighth place finish.

Andy Holak took second overall with a 4:13, picking up 25 minutes over his last race here in 2005. Matt Howard was 90 seconds later for third.

The only way the bulk of the field made it to the finish line was to make an ally of the heat. Runners would squeeze to the edge of the trail providing a hint of cover, and find themselves weaving from side to side to stay in the shade as meadows meander in this part of the course, known as the 'Africa Loop' (so named as the overall layout of that section resembles the shape of the continent.)

The aid stations provided a summery version of cold by having plenty of ice all the way to the bitter end. The humidity at times became stifling, particularly if you were privileged to be making a full day of it. It helped to repeat a mantra that, short of an injury, quitting, in the long term, would hurt more than continuing at the moment. Even with the challenges, the race had its largest finish ever with a surprising low drop/injury rate.

The spirit of cooperation is paramount in these upper Midwest trail ultras as race directors and ultrarunners from all over the region descend on Afton to volunteer and make it operate so smoothly and safely, given the conditions. These are high octane athletes who know ultra racers and how it feels to do one of these. Larry Pederson (of the Superior Fall 50) stated a truism worth remembering: "It's funny how when finishing, whether it's a ten mile, 50 mile or 100 mile race, you're worn out at the end. You train and prepare mentally, physically, emotionally and spiritually for the time and distance of that particular event and when you're done, you're all used up no matter what its length."

The annual Afton 50 km Trail Run (and its 25 km mate) has popularized this mountainous loop, resulting in record turnouts for both events this year. This is good not only for the athlete but also for Afton State Park. Besides increasing the park's usage factor, trail runners tend to be quiet, chugging gel packs versus six packs, making a minimum impact, enjoying the experience of the woods.



PHOTO BY nancy griffith

Winner Eve Rembleski in the Minnesota heat.

afton trail run | 50 KM

AFTON, MINNESOTA

JULY 7 • TRAILS

1. Patrick Russell, 31	3:59:43
2. Andy Holak, 39	4:13:09
3. Matt Howard, 38, WI	4:14:46
4. John Storkamp, 27	4:16:02
5. <u>Eve Rembleski</u> , 39	4:18:22
6. Todd Nott, 43, NE	4:21:04
7. Joe Ziegenfuss, 32	4:21:39
8. Duke Rembleski, 31	4:39:22
9. Joe Winch, 51, IA	4:47:32
10. Justin Youngblom, 22, WI	4:47:51
11. Jason Krezinski, 34, WI	4:49:56
12. Brian Moen, 37	4:55:56
13. Ann Heaslett, 43, WI	5:02:38
14. Dan Kasper, 49	5:04:56
15. Eric Youngblom, 19	5:09:29
16. John MacBean, 38	5:10:06
17. <u>Kathy Higgins</u> , 41, CA	5:11:12
18. Damien Londino-Gree, 39	5:11:13
19. John Oker-Blom, 34	5:21:32
20. Steve Quick, 44	5:29:11
21. David Peters, 52, NE	5:33:17
22. Tyler Behrends, 27	5:33:24
23. James Ehasz, 54	5:38:31
24. <u>Karen Douglas</u> , 36, NE	5:39:00
25. Todd Rowe, 50	5:39:32
26. David Ehasz, 45	5:40:46
27. J Murilo Da Fonseca, 20	5:41:17



AFTON TRAIL

28. <u>Shana Scheiber</u> , 28, WI	5:42:13
29. Kevin Radel, 48, WI	5:42:14
30. Kevin Martin, 32	5:43:22
31. Todd Rowe, 50	5:43:43
32. Doug Thomas, 53	5:53:18
33. Bruce Smith, 58, WI	5:53:28
34. <u>Jean Perez</u> , 43, TX	5:54:28
35. <u>Pam Nielsen</u> , 30	5:58:37
36. <u>Kami Holtz</u> , 35	5:58:38
<u>Helen Lavin</u> , 30	5:58:38
38. Jon Drew, 54	5:58:40
39. Kevin Nelson, 48, NE	6:03:11
<u>Katherine Nelson</u> , 46, NE	6:03:11
41. Herb Byun, 63	6:03:12
42. Keith Rudolph, 55	6:03:30
43. Rick Wagar, 44, ND	6:03:58
44. Michael Cloutier, 49	6:04:34
45. Brian Ferguson, 38, WI	6:07:21
46. Shawn Kelly, 47	6:07:22
47. Greg Taylor, 60	6:10:01
48. Trent Phillips, 33, IL	6:11:43
49. Jean Hougon, 43, WI	6:11:44
50. <u>Kristen Johnson</u> , 38, WI	6:12:34
51. Michael Scandrett, 53	6:13:47
52. Jeff Allen, 41	6:14:32
53. Les Harder, 49, MB	6:14:42
54. Michael Rowe, 26	6:16:22
55. Jason Husveth, 35	6:17:27
56. <u>Jo-Anne Hass</u> , 40, MB	6:18:02
57. Dave Bon, 36	6:18:48
58. Jim Stocco, 54	6:22:15
Tim Potter, 53	6:22:15
60. <u>Brenda Bland</u> , 47, WI	6:25:29
<u>Yukiko Nishide</u> , 45, NY	6:25:29
62. Hiroyuki Nishide, 46, NY	6:27:16
63. Mark Seaburg, 47	6:28:32
64. <u>Carrie Knapp</u> , 27	6:29:06
65. John Beshara, 53	6:32:25
66. Scott Keltner, 27, WI	6:32:27
67. Jeff Oland, 49	6:32:52
68. David Lindgren, 49	6:35:01
69. Kyle Raverty, 31	6:35:36
70. Brian Hass, 45, MB	6:37:05
71. John Taylor, 45	6:37:23
72. Carl Gammon, 52	6:38:28
73. Steve Hagedorn, 48	6:40:38
74. Jake Valento, 29	6:42:55
75. Matt Sizer, 30	6:46:53
Pete Grimes, 40, WI	6:46:53
77. Taylor Maryon, 28, MI	6:47:26
78. Mark Stodghill, 58	6:47:59
79. <u>Nancy Kirstein</u> , 32, SD	6:49:24
80. Tom Weigt, 55	6:55:16
81. <u>Karen Gall</u> , 47	7:00:40
82. <u>Teri Takehiro</u> , 45	7:01:20
83. Robert Tipan, 30, MB	7:06:14
84. <u>Lynn Saari</u> , 41	7:06:15
85. Daryl Saari, 44	7:07:07
86. Craig Swanson, 53	7:15:27
87. <u>Brook Wheeler</u> , 36	7:15:44
88. Jeff Goldstein, 50	7:17:22
89. <u>Valerie Raverty</u> , 30	7:25:03
90. Warren Taylor, 60	7:33:03
91. Marius Hansen, 24	7:33:30
92. Randy Snyder, 58	7:33:40
93. <u>Mary Croft</u> , 61	7:46:35
94. Aaron Hansen, 26	7:50:21
95. Londell Pease, 44	7:52:38

96. Les Martisko, 63	7:55:37
97. Duane Grigg, 56, MO	7:59:07
98. Laurence Macon, 62, TX	7:59:42
James Simpson, 65, CA	7:59:42
100. Wally Goettl, 61	8:02:37
101. Doug Allen, 43	8:05:11
102. Joseph Galloway, 50, IA	8:27:12

103. Craig Dolan, 31, IA	8:37:17
<u>Samantha Deshler</u> , 30, IA	8:37:17
105. Phillip Smith, 59	9:03:33
106. <u>Varsha Kulkarni</u> , 43, IL	9:33:26

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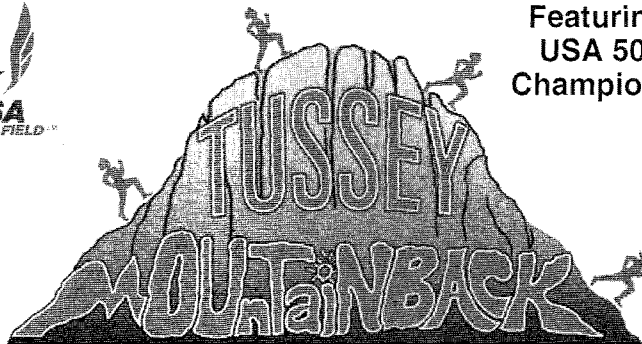
- Nikki Kimball, 2005 National Champion

8th Annual

mOUntaiNBACK 50

Sept. 22, 2007

Featuring the
USA 50 Mile
Championships



50 MILER

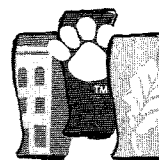
- Certified 50-mile single-loop course
- Central PA's scenic Rothrock State Forest
- \$3200 purse to 1-2-3 M & W open & masters
- Easy access by air and interstate
- Discount lodging available
- Low traffic, 74% gravel course
- Rural setting, babbling brooks, cool temps
- 5,035 ft elevation gain
- Two state parks, lakes & natural areas
- 11 great aid stations
- Drop bag & vehicle support options
- Pre-race expo & dinner
- Post-race food and massage
- Post-race celebration & awards presentation
- Finisher medals, LS technical shirts
- Online registration closes Sept. 8
- Course records: Chad Ricklefs 5:53:37; Nikki Kimball 6:44:20
- Complete details and online registration at:



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