

## STARS AND STRIPES SATURDAY

by Wynn Davis

A slightly overcast yet sultry morning saluted the 16th annual Afton Trail Races, located along the beautiful bluffs of the St. Croix River Valley (a designated National Scenic Riverway). In this area, the Afton Trail Run has become as traditional as the 4th of July holiday itself, as both the 25-km and 50-km races reached the combined field limit of 450 runners a few weeks prior to race-day.

Early prognostications in the men's 50-km field were Matt Howard, Joe Ziegenfuss and Duke Rembleski. Having decided not to run this year, the women's race would see some reprieve from perennial champion (and course record holder) Eve Rembleski, and her annual assault on the women's field. Helen Lavin looked to be the one to push the pace. That said, anything can happen at Afton, as runners must cope with roughly 6,400 feet of climbing, heat, hu-

midity, and typically an honest pace the first loop. Many over-ambitious runners have fallen victim to the wrath of the second go-around by spoiling their pace early on.

By the penultimate aid station on the first loop (mile 12.5), Howard had a two-minute lead over the entire field. He was followed closely by a pack of runners led by Rembleski and Ziegenfuss. After exiting the last three-mile section of single-track, Matt had extended his lead by five minutes, cruising through the first of two 25-km loops in about 1:55. The question would remain as to whether or not he could sustain this pace. Speaking with Matt before the race, it was evident that he was hungry for a good run and a win.

Meanwhile, by the halfway point, the women's race was shaping up to be quite close. Lavin held a two-minute lead coming into the turn followed closely by Sonya Decker. Helen would

eventually hold strong form all the way to the finish and win, uncontested, with a respectable time of 4:42. Howard remained resilient despite a tightening leg and feeling some residual fatigue from the aggressive first loop, and was able to hold his lead for the victory in 4:04 – a finishing time within the all-time top-ten performances at Afton.

Other notable finishes included Jeff Allen of Minnesota finishing his tenth Afton 50K. With a significant improvement over last year's time, Jason Boone ran a stellar negative split for the second loop to finish fourth in the 50-km.

Finally, I can't speak highly enough about the quality and diversity of races within the Upper Midwest Trail Runners series. Afton Trail Run race directors John Storkamp and Alicia Gordon, along with all of their excellent volunteers, once again put on a superb race. ■

## AFTON TRAIL RUN

### 50 KM | AFTON, MINNESOTA

### JULY 4 | TRAILS

1. Matt Howard, 40, WI	4:04:18
2. Joe Ziegenfuss, 34	4:10:24
3. Duke Rembleski, 33	4:10:43
4. Jason Boon, 35	4:13:47
5. Ross Bryant, 33, CO	4:17:48
6. Todd Nott, 45, NE	4:18:48
7. Kyle Klingman, 33, IA	4:19:32
8. Erik Elmstrand, 20	4:22:50
9. Tony Kocanda, 36	4:23:45
10. David Meberg, 30	4:29:19
11. John Maas, 48	4:29:33
12. Jordan Hanlon, 25	4:31:23
13. Steven Bailey, 30	4:37:45
14. Guy Willey, 35, IA	4:39:53
15. <b>Helen Lavin</b> , 32	4:41:12
16. Robert Economy, 45	4:47:15
17. Anthony Johannes, 22	4:49:48
18. Jeffrey Eggers, 51	4:52:00
19. Doug Sturm-Smith, 35, IA	4:52:28
20. Sean Faulk, 37	4:52:39
21. Dane Liebel, 43	4:56:55
22. Dan Kasper, 51	4:57:33
23. Ross Jilk, 44, WI	4:57:53
24. Darren Fortney, 41, WI	5:02:16
25. Joe Winch, 53, IA	5:02:31
26. Steven Daffinrud, 40	5:06:23
27. <b>Karen Schoenrock</b> , 46, WI	5:08:02
28. Paul Holovnia, 47	5:13:21
29. Christopher Coughlin, 39	5:14:39
30. <b>Kara Arzamendia</b> , 32	5:16:50
31. Mark Drapac, 47	5:17:22
32. Kurt Decker, 38	5:18:44
33. Kyle Snyder, 31	5:20:08
34. Greg Taylor, 62	5:20:23
35. Mark Pixler, 46	5:21:48
36. <b>Karen Douglas</b> , 38, NE	5:22:07
37. Steve Quick, 46	5:28:29
38. Paul Hasse, 48	5:28:41
39. John Gustafson, 57	5:29:34
40. Dave Schmitz, 44, WI	5:31:15
41. <b>Sara Udvig</b> , 32	5:32:16
42. Brad Johnson, 49	5:35:40
43. Zach Pierce, 36	5:36:39

44. Dan Rassier, 53	5:37:10
45. John Beshara, 55	5:37:40
46. <b>Sara Rudesill</b> , 26, WI	5:39:45
47. Brad Birkholz, 41, WI	5:40:46
48. Michael Koppy, 58	5:43:51
49. Bruce Smith, 60, WI	5:44:37
50. Jeffrey Storch, 41, WI	5:46:59
51. <b>Diane Pietila</b> , 37	5:47:18
52. <b>Jenny Marietta</b> , 32, WI	5:47:58
53. Jim Pintar, 61, OH	5:48:33
54. <b>Shelly Groenke</b> , 51	5:48:49
55. Kevin Martin, 34	5:50:22
56. Les Harder, 51, MB	5:51:14
57. Joshua Peterson, 26, FL	5:52:08
58. Erik Dalgaard, 45	5:56:28
59. Mike Samuelson, 43, TN	5:58:23
60. Dave Bon, 38	6:00:49
61. <b>Laura Elder</b> , 41, ME	6:01:07
62. Hendrie Grant, 46	6:02:22
63. Eric Skytte, 41	6:02:30
64. Jeff Allen, 43	6:03:33
65. John Kromminga, 44, IA	6:04:58
66. <b>Jo-Anne Hass</b> , 42, MB	6:07:22
67. Stephen Lamson, 51	6:08:50
68. Kevin Guest, 40, MI	6:10:08
69. <b>Jenny Moore</b> , 47	6:10:22
70. <b>Lynn Saari</b> , 43	6:11:28
71. Jim Wilson, 49	6:12:01
72. Herb Byun, 65	6:12:23
73. Rick Wagar, 46, ND	6:12:57
74. Igor Epshteyn, 41	6:12:58
75. Karl Benson, 44	6:15:55
76. <b>Angela Barbera</b> , 48, WI	6:15:59
77. Stephen Corner, 47	6:19:32
78. Thomas Slocum, 27, NJ	6:19:50
79. Jon Frank, 43	6:22:59
80. Joel Pederson, 33	6:23:25
81. <b>Wendy Neupauer</b> , 37	6:23:28
82. Daryl Saari, 46	6:25:46
83. Steve Hagedorn, 50	6:26:52
84. <b>Amy Carolan</b> , 27	6:27:02
Jason Husveth, 37	6:27:02
86. Joel Button, 41	6:27:15
87. Jim Stocco, 56	6:27:48
88. Timothy Potter, 55	6:27:49
89. <b>Beth Seufferer</b> , 38, IA	6:30:48
90. Carl Gammon, 54	6:37:13
91. <b>Jean Hougom</b> , 45, WI	6:37:36

<b>Kami Holtz</b> , 37	6:37:36
93. Scott Keltner, 29, WI	6:37:42
Tom Weigt, 57	6:37:42
95. Stanislav Ponkin, 25	6:39:19
96. <b>Katherine Nelson</b> , 48, NE	6:40:31
Kevin Nelson, 50, NE	6:40:31
98. Michael Segorski, 62, MI	6:40:36
99. Dan Mattimiro, 47	6:40:40
100. Casey Smith, 24	6:48:50
101. Jeff Hanson, 34	6:52:04
102. Steve Felton, 51	6:52:19
103. Guy Pettis, 45	6:52:31
104. Ryan Carter, 32	6:55:04
105. Mark Seaburg, 49	6:58:32
106. Jacob Valento, 30	7:02:44
107. Jeff Kittelsen, 63	7:04:39
108. Marius Hansen, 26	7:04:56
109. <b>Deb Robinson</b> , 52	7:06:06
110. John Urbach, 61	7:06:28
111. Craig Swanson, 55	7:07:58
112. Julie Hanson, 27	7:11:21
113. <b>Nikki Seger</b> , 47, MI	7:12:13
114. Kevin Bass, 38	7:13:22
115. Greg Allen, 44	7:13:42
116. Mark Stodghill, 60	7:14:54
117. Randy Zellmer, 54	7:16:14
118. John Montwill, 48	7:16:32
119. Travis Haley, 29, MD	7:19:09
120. Bryan Erickson, 35	7:20:43
121. Steve Woods, 18, IA	7:25:51
Jonathan Jensen, 39	7:25:51
123. Kurt Neuburger, 28	7:31:46
124. Brad Drake, 55, WI	7:35:20
125. Patrick Gorman, 50, IL	7:35:21
126. Jim Simpson, 67, CA	7:43:07
127. Les Martisko, 65	7:43:11
128. <b>Angela Tortorice</b> , 41, TX	7:46:45
Jim Simonet, 60, WI	7:46:45
Noel Gulla, 52	7:46:45
131. <b>Anna Verhoye</b> , 43	7:47:22
132. Joseph Galloway, 52, IA	7:52:04
133. Bradley Schwartz, 59, IL	8:17:45
134. Timothy Bowers, 45	8:18:24
135. <b>Misty Schuster</b> , 32	8:18:25
136. <b>Varsha Kulkarni</b> , 45, IL	8:26:37
137. Frank Bartocci, 61	8:37:22
138. Shin Enomoto, 49	8:43:12