

THE OTHER FAMILY

by John Storkamp, RD

There are few certainties in ultrarunning. But hot and humid conditions at the Afton Trail Run are generally a given. The race takes place annually on the Fourth of July weekend in Afton State Park, Minnesota, located along the bluffs of the St. Croix River, a short drive from the Twin Cities. The race course follows a 25-km loop through open prairie, up and down several miles of technical single-track hidden in the woods, and a long shaded stretch by the river where runners can either recover or up the tempo, depending on how much the heat has taken out of them. Runners pass through five aid stations staffed by local trail runners, as well as the start/finish area where they head out for lap two. A typically low-key event, this year's race had the added attraction of being the first to host the Minnesota USATF Trail Cham-

pionships. The other talking point of the day was course changes due to trail reconstruction projects, but the overall results reflect an equally tough course where the weather remained the key factor. After a deceptively cool breeze at the start, runners dropped into the woods and immediately felt the humidity. There was little opportunity for respite as the mercury rose above 90 degrees over the next few hours.

Among the top contenders in the men's race were Afton newbies Chris Lundstrom and Brian Peterson. Relatively new to trail racing, but with an impressive road racing resume, Chris has been making his mark in the 50-km and 50-mile distances. Brian, one of the younger local ultrarunners, was hoping to continue an impressive season. Another favorite and former champion, Patrick Russell was back in town for the occasion. All three came through the first loop in well under two hours with Patrick less than a minute ahead and Chris and Brian together at close to 1:54. Chris pulled away from Brian early in the second loop and within a few miles had passed Patrick, who was struggling with the heat and decided to pull the plug soon after. Continuing at the same pace and surviving a thrilling spill on the steepest downhill of the course, Chris finished in 3:48:10, taking over a minute off the previous course record that had stood since 2005. He can now legitimately accept the praise from those who mistook the record to already be his, as it had belonged to the nearly eponymous Chris Lundberg. Brian was next over the line in 4:04:49, taking to heart my pre-race advice to -run as fast as you can for as long as you can.x If ever there was a race to go out relatively hard it is Afton on a day like this; the heat is almost always going to take its toll on the final loop anyway.

The women's race, on the other hand, was dominated by Afton veteran Eve Rukavina. Eve came through the first loop alongside Dani Ashford, in around 2:04. But her strength on the hills and affinity for hot weather enabled Eve to pull away along the second loop. She went on to take the win in 4:24:11. A bit off her 2008 course record of 4:13:21 but third place overall shows what a brilliant time it was for the conditions. Dani was second in 4:35:49, a solid performance in her first 50-km race.

Tired bodies relaxed in the shade while a few descended the steps to the St. Croix in an effort to cool off even more.

The Fourth of July holiday can be a tricky weekend for races. But for those who take part in the Afton Trail Run, it is the perfect opportunity to spend a day on the trails with the "other" family. ■



HELEN LAVIN

Eve Rukavina finishes strong to win the women's race



TRISH LONDEL

Sisters Amy and Allison Carolan run together for Allison's first 50-km

AFTON TRAIL 50K AFTON, MINNESOTA JULY 3 | ▲ 3,3

1. Chris Lundstrom, 34	3:48:10
2. Brian Peterson, 25	4:04:49
3. Eve Rukavina, 42	4:24:11
4. Ryan Braun, 26	4:33:45
5. Dani Ashford, 23	4:35:49
6. John Horns, 47	4:35:55
7. John Maas, 49	4:37:55
8. Doug Sturm-Smith, 36	4:49:58
9. Kurt Decker, 39	4:50:58
10. William Sikorski, 40	4:54:18
11. Robert Mitchell, 31	5:00:17

12. John Rohde, 26	5:04:04
13. Mark Drapac, 48	5:11:48
14. Valeria La Rosa, 34	5:12:11
15. Steve Bailey, 31	5:17:50
16. Dan Kasper, 52	5:19:15
17. Dave Just, 50	5:22:38
18. Sara Udvig, 33	5:23:32
19. Rebecca O'Hearn, 27	5:23:46
20. Karen Schoenrock, 47	5:24:54
21. Jonathon Graff, 26	5:24:58
22. Dean Gruber, 36	5:28:32
23. Brad Birkholz, 42	5:31:52
24. Katie Thompson, 26	5:33:06
25. John Focke, 29	5:33:12
26. Hebe Rosario, 38	5:34:09
27. Dan Laplante, 26	5:38:44

28. Sonya Decker, 43	5:44:13
29. Buddy Juusola, 34	5:45:53
30. Horst Willer, 55	5:49:56
31. Aaron Hansen, 29	5:50:48
32. Dave Schmitz, 45	5:51:18
33. Bruce Smith, 61	5:55:56
34. Dan Dosedel, 29	5:58:49
35. Christopher Koch, 28	6:00:37
36. Christopher Gabbert, 42	6:03:46
37. Roberto Marron, 35	6:04:57
38. John Kromminga, 45	6:06:32
39. Shelly Groenke, 52	6:07:02
40. Kurt Rossow, 49	6:09:36
41. Christopher Coughlin, 40	6:11:49
42. Les Harder, 52	6:14:07
43. Mark Pixler, 47	6:18:03

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FINGER LAKES FIFTIES

HECTOR, NEW YORK

JULY 3 | ▲ 3,3

50 MILES

1. Brian Rusiecki, 31, MA	6:46:30
2. Jack Pilla, 52, VT	6:54:21
3. Joshua Finger, 37, PA	7:12:49
4. Stephan Weiss, 40, PA	8:38:20
5. Matthew Chaffin, 42	8:47:39
6. Thomas Williams, 26, CT	8:49:47
7. Matt Tillotson, 17	9:16:05
8. Frances Davis, 31, CT	9:16:22
9. Ryan O'dell, 25	9:20:35
10. Natalie Kremer, 28	9:21:49
11. Gary Krugger, 25, PA	9:35:03
12. John Goble, 39, MO	9:44:40
13. Scott Deslongchamps, 40, CT	9:46:39
14. Zsuzsanna Carlson, 37, NJ	9:49:57
15. Jay Magiera, 42	9:51:22
16. Jay Avitable, 49, CT	9:52:51
17. Sara Pragluski, 31, MA	10:19:18
18. Mat Gerowitz, 34	10:21:01
19. Patty Duffy, 41, MA	10:24:00
20. Brett Lynch, 33, PA	10:26:04
21. Sara Wells, 30, CT	10:32:17
22. Charles Oatman, 58, ON	10:37:51
23. David Porter, 40, WV	10:42:26
24. Gary Friedle, 42	11:04:07
25. Hiroshi Kitada, 44	11:13:02
26. Will Danecki, 60, CT	11:24:08
27. Ray Sales, 40	11:45:31
28. James Viggiano, 32	11:46:10
29. Donna Ornosky, 48, PA	11:46:30
30. Bob Gates, 49	11:52:47
31. Polly Bobseine, 25, FL	11:58:18
32. Ed Edington, 39	12:13:11
33. Karen Fennie, 50	12:16:05
34. Desiree Cowie, 50, OH	12:19:18
35. Ashley Dezen, 24, MA	12:31:46
36. Carolyn Gernand, 62, VA	12:47:33

50 KM

1. Christopher Bynum, 30	4:56:28
2. Matthew Reynolds, 39, MA	4:56:42
3. Matt Wilson, 48, PA	5:00:37
4. Amy Lane, 30, MA	5:01:50
5. Nancy Kleinrock, 50	5:02:23
6. Andrei Volik, 36	5:07:43
7. David Boudreau, 38, NH	5:11:04
8. Timothy Johnson, 38	5:16:52
9. Lauren Zuidema, 30, PA	5:22:58
10. Takeshi Yamada, 36	5:24:50

11. Daryl Hultquist, 40, MD	5:26:48	65. James Lampman, 27	7:01:22
12. Kelly Dworak, 48, PA	5:26:52	66. Kazuhiro Fujita, 31	7:03:24
13. Jim Chely, 54	5:33:20	67. Kimberly Rapp, 45	7:04:46
14. Seigo Ogasawara, 34	5:35:03	68. Trevor Hall, 42	7:07:18
15. Giampietro Mo, 44	5:35:48	69. Roger Niethe, 52	7:08:37
16. Scott Jacobs, 34	5:37:12	70. Jessica Kerns, 35	7:09:02
17. Damien Morvidelli, 31, MA	5:42:19	71. Debbie Tirrito, 55, VT	7:09:09
18. Todd Dishong, 41, PA	5:42:47	72. John Buzansky, 48, PA	7:09:26
19. Tomoo Matsumura, 32	5:43:22	73. James Spignardo, 37	7:09:35
20. Yayoi Shimada, 39	5:43:45	74. Jacob Birkholz, 24	7:12:40
21. Matt Morrill, 31, CO	5:43:47	75. Scott Ferrapato, 54, VT	7:15:07
22. Sheryl Wheeler, 47	5:44:18	76. Dan Lopata, 41	7:18:29
23. Julie Straub, 30	5:47:32	77. Desiree Nicotra, 31	7:19:11
24. Kenneth Dawley, 44	5:50:03	78. Ronnie Bierman, 43, MD	7:19:11
25. Kelly Wilson, 42, VT	5:53:20	79. Shelley Viggiano, 30	7:20:37
26. Jeff Reynolds, 42, MA	5:55:40	80. Gerrit Van Loon, 48	7:20:58
27. Nick Tooker, 31, MA	5:58:55	81. George Alexion, 51, ME	7:21:11
28. Karl O'Leary, 31	5:58:55	82. Tom Nichols, 44, PA	7:22:37
29. Daniel Soucie, 27	6:03:10	83. Ben Clardy, 39	7:25:50
30. Henry Schneider, 36	6:04:14	84. Jeff Bagley, 39	7:30:58
31. Andy Desmann, 45	6:05:26	85. Barbara Sorrell, 53	7:33:32
32. Joel Cisne, 28	6:08:23	86. Robert Scott, 56, CT	7:33:33
33. Karl Leitz, 43, NJ	6:09:09	87. Suzette Richardson, 39, PA	7:34:26
34. James Miner, 61	6:10:55	88. Tyler Moore, 25	7:40:04
35. Kellie Gregoire, 42	6:11:09	89. John Tarduno, 49	7:40:12
36. Michael Fessick, 39, PA	6:11:29	90. Rosanna Heil, 49	7:43:42
37. Mary Richardson, 50, MA	6:15:40	91. Seth Ambruso, 30, CT	7:45:15
38. Jeremy Murphy, 34	6:16:23	92. Kevin Claire, 42, MA	7:45:48
39. Mikhail Shubaly, 33	6:18:48	93. Mark Hill, 47	7:46:57
40. Joel Whalen, 16, PA	6:18:48	94. Victor Tirrito, 56, VT	7:47:51
41. Laurianne Schlosser, 34, NH	6:20:39	95. Mary Vish, 60, NJ	7:57:48
42. Thomas Colf, 49	6:20:39	96. Marv Bradley, 71, CO	8:00:12
43. Angela Fifer, 29	6:21:45	97. Susan DeRoberts, 45, NJ	8:00:12
44. Tom Nesterick, 45	6:22:16	98. Laura Clark, 63	8:13:06
45. Michael Bray, 28	6:27:44	99. Ian Grosfelt, 19	8:17:02
46. Donny Andreas, 43	6:28:05	Jay Bartishevich, 20	8:17:02
47. Michael Towle, 40	6:30:50	101. Sarah Danner, 16	8:17:34
48. Heidi Fiore-Campbell, 39, NH	6:30:59	102. Elaine Stypula, 45, MI	8:17:58
49. Sara Shinn, 40, NH	6:32:36	103. Sarah McGrath, 32	8:18:36
50. Elizabeth Glass, 43, PA	6:33:49	Jim Porter, 50	8:18:36
51. Mark Insetta, 55, NJ	6:34:31	105. Regina Grebla, 29, CT	8:39:26
52. Christine Daly, 48, NJ	6:34:31	106. Adam Faulkner, 18	8:42:24
53. Carrie Lombardo, 39, CT	6:36:54	107. Jeff Faulkner, 40	8:42:25
54. Brandon Villarreal, 37, MA	6:37:55	108. Jeffrey Lynn, 60	8:58:26
55. Paul Sulva, 40, VT	6:38:57	109. Andy Clark, 29	9:06:30
56. Joseph Kula, 31	6:38:58	110. Patricia Wilson, 49, PA	9:08:29
57. Charlie Barkowski, 28	6:42:52	111. Greg Taylor, 53	9:08:40
58. Brenda May, 44	6:45:23	112. Peter Beratta, 44	9:13:16
59. Lorrie Tily, 49	6:46:55	113. Debra Mimaroglu, 46	9:14:11
60. Robert Perry, 47, MD	6:55:25	Beth Bidstrup, 47	9:14:11
61. Leah Perry, 47, MD	6:55:30	115. Karen McWhirt, 49, CT	9:43:28
62. Pamela Steigerwald, 50, FL	6:59:33	116. Terri Hayes, 67, SC	10:18:58
63. Laurie Kelleher, 34	7:00:01	117. Eugene Bruckert, 75, IL	10:32:43
64. Jeff Laughlin, 27	7:00:46	118. William Sezna, 63	10:43:57

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44. Kathy Jambor, 44	6:19:32	69. Kyle Snyder, 32	6:51:07	94. Clement George, 41	7:18:05
45. Herb Byun, 66	6:22:54	70. Jeffery Storch, 42	6:51:35	95. Gerry Smedinghoff, 47	7:18:25
46. Zach Pierce, 37	6:24:09	71. Mark Stodghill, 61	6:53:44	96. Mary Croft, 64	7:19:36
47. Bob Hoad, 34	6:28:26	72. Daryl Saari, 47	6:54:01	97. Kathy Schmidt, 65	7:21:09
48. Lynn Saari, 44	6:29:13	Jason Husveth, 38	6:54:01	98. Jim Stocco, 57	7:21:20
49. Timothy Bauer, 55	6:30:21	74. Stephen Corner, 48	6:54:51	99. Matthew Maxwell, 32	7:24:05
50. Angela Hill, 33	6:31:55	75. Tom Weigt, 58	6:54:58	100. Kurt Neuburger, 29	7:29:45
51. Annmarie Merritt, 41	6:32:00	76. Rick Wagar, 47	6:57:04	101. Misty Schuster, 33	7:33:04
52. Beth Seufferer, 39	6:34:11	77. Jason LaPlant, 31	6:59:41	Tim Roe, 30	7:33:04
53. Sydney Kokjohn, 29	6:34:39	78. Wesley Rolnick, 22	7:00:16	103. Colleen Montgomery, 35	7:41:29
Michael Rowe, 29	6:34:39	79. Jim Wilson, 50	7:00:46	104. Deb Robinson, 53	7:41:33
55. Jacob Valento, 31	6:35:12	80. Brook Wheeler, 39	7:01:09	105. Erica Hanley, 31	7:47:39
56. Jordan Below, 27	6:35:18	81. Chris Swenke, 39	7:01:32	Laura Sartain, 39	7:47:39
57. Marcus Taintor, 28	6:35:59	82. Thomas Burr, 64	7:01:55	107. Steve Hagedorn, 51	7:56:41
58. Lisa Messerer, 44	6:36:09	Tim Potter, 56	7:01:55	108. Carl Gammon, 55	7:57:13
59. Wayne Gilman, 46	6:36:14	84. Gary Sheets, 57	7:02:53	109. Karen Gall, 50	8:03:29
60. Stanislav Ponkin, 26	6:36:51	85. Lara Pischke, 29	7:02:57	110. Jolene Lemmerman, 29	8:03:31
61. Kevin Martin, 35	6:38:07	86. Joel Button, 42	7:04:02	111. Mitch Abbott, 52	8:10:08
62. Barb Braun, 42	6:38:08	87. Keith Rudolph, 58	7:04:24	112. Nancy Dillon, 51	8:13:21
63. Alisha Mayer, 23	6:38:49	88. Amy Carolan, 28	7:05:49	113. Jarod Dcamp, 28	8:15:58
64. John Beshara, 56	6:39:00	89. Allison Carolan, 26	7:05:50	114. Randy Zellmer, 55	8:22:43
65. Chris Scotch, 33	6:44:53	90. Suzanne Pokorny, 43	7:07:13	115. Joseph Galloway, 53	8:33:21
66. Carrie Knapp, 30	6:46:21	91. Shelly Thompson, 45	7:13:41		
67. Michael Anderson, 50	6:49:26	92. Courtney Klaus, 34	7:17:41		
68. Brad Benson, 36	6:51:06	Janice Poehlman, 39	7:17:41		