

AFTON TRAIL RUN 50K

GOVERNMENT SHUTDOWN NO MATCH FOR ULTRARUNNERS

by Helen Lavin

It's ironic that last year's edition of the Afton Trail Run 50K kicked off with a presentation marking the donation of more than \$25,000 to Afton State Park over the race's 17 year history. Unfortunately, no donation could be made in 2011. After lawmakers failed to reach agreement on the state budget, a Minnesota state government shutdown came into effect at midnight on June 30, exactly eighteen and a half hours before 50-km runners were due to start their two-loop journey around the park that sits atop the St. Croix River bluffs. All state parks closed the day before the race. The question was, would the runners also lose out?

Not if race director John Storkamp and his wife, Cheri, could do anything about it.

They worked tirelessly in the lead-up to the race to fulfill their task of providing local ultrarunners with the best Fourth of July party in town, effectively planning two events.

More than one rumor was started about possible race locations. Knowing the race directors' penchant for tough courses, runners prepared for the worst. And they were not disappointed when the alternate location at the nearby Afton Alps Recreation Area was announced. Downhill skiing in Minnesota may not be for everyone but there was no question that running up a 30-percent grade would challenge even the elites among the 164 registered runners. The course was four loops of a mountain bike trail that traverses the ski hills, and included several sections of technical terrain.

Despite all of the changes, one thing remained constant: race day was hot. Hot and humid. Runners would need to make use of the aid stations located a little over halfway through the loop and at the end of the loop. In fact, a water-only station at around mile two was added on race morning to help runners keep hydrated.

This effort was typical of the race organizing team and reflected the willingness of volunteers to make sure the political wrangling didn't get in the way of a great event.

Predictions of slower times by 30 minutes preceded the race start but no one really knew for sure until the first runners filtered through the aid stations. Even then, it was difficult to know how quickly the tough climbs and steep descents would take their toll. Not to mention



DEAN NEUBURGER

46 And they're off

AFTON TRAIL 50K | AFTON, MINNESOTA | JULY 2 | ▲ 4,3

1. Patrick Russell, 35	4:30:18	26. Joe Boler, 31	6:07:19	51. Roberto Marron, 36	7:10:23	76. Greg Quale, 39	8:14:37
2. Joe Ziegenfuss, 36, CO	4:52:03	27. Brad Birkholz, 43, WI	6:15:53	52. Wesley Rolnick, 23	7:10:33	77. Beth Seufferer, 40, IA	8:25:31
3. Jason Tischer, 36	5:05:09	28. Robert Elsen, 33	6:16:03	53. Russell Stebner, 32	7:13:24	78. Julie Berg, 46	8:30:09
4. Kyle Donovan, 25, WI	5:09:10	29. Travis Anderson, 39	6:16:06	54. Brett Bierbrauer, 23	7:13:26	79. Steve Hagedorn, 52	8:32:35
5. Andy Holak, 43	5:09:12	30. Nauman David, 55, IA	6:16:13	55. Pete Seiler, 36	7:17:50	80. Bruce Cameron, 42	8:35:21
6. Mike Bateman, 40	5:13:28	31. Laurie Kocanda, 41	6:17:51	56. Karen Douglas, 40, NE	7:17:51	Scott McGinnis, 50	8:35:21
7. Eve Rembleski, 43	5:13:47	32. Tarzan Sutton, 41, WI	6:23:37	57. Christopher Cough, 41	7:20:33	82. Elysa Barron, 31, CO	8:36:59
8. Becky George, 28	5:19:43	33. Stan Bratt, 48	6:30:28	58. Michael Bunda, 30	7:22:56	Joel Button, 43	8:36:59
9. Nathan Leckband, 28	5:22:41	34. Brad Webb, 39	6:32:27	59. Gary Sheets, 58	7:24:35	84. Deb Robinson, 54	8:39:36
10. Craig Cardinal, 28	5:24:40	35. Paul Hasse, 50	6:42:18	60. Kurt Rossow, 50	7:26:50	85. Robert Jacobs, 40	8:40:48
11. Jason Lachowsky, 30	5:25:38	36. Mark Drapac, 49	6:43:00	61. John Taylor, 49	7:36:55	86. Brad Brewster, 54	8:45:12
12. Doug Sturm-Smith, 37, IA	5:32:25	37. Jason LaPlant, 32	6:43:33	62. Mitch Abbett, 53	7:42:36	87. Eliana Lamson, 19	8:45:46
13. Jason Doyle, 27, TX	5:33:56	38. Matthew Maxwell, 33, IA	6:45:46	63. Allison Carolan, 27	7:43:53	88. Stephen Lamson, 53	8:45:47
14. Evan Roberst, 36	5:35:12	39. Chris Scotch, 34	6:46:16	64. Stephen Corner, 49	7:45:01	89. Adam Warden, 30	8:46:29
15. Jon Graff, 27	5:36:06	40. Karen Schoenrock, 48, WI	6:48:36	65. Wayne Gilman, 47	7:49:40	90. Valerie Merges, 46, UT	9:16:42
16. Scott Ross, 52	5:39:14	41. Bruce Smith, 60, WI	6:57:01	66. Kevin Martin, 36	7:51:15	91. Rick Bothwell, 50	9:24:20
17. Ryan Braun, 27, WI	5:39:49	42. John Gustafson, 59	6:58:27	67. Kathy Weix, 62, WI	7:55:29	92. Joseph Galloway, 54, IA	9:37:16
18. Bayard Gennert, 30	5:39:57	43. Jo-Anne Hass, 44, MA	6:58:46	68. Mac Andrews, 57	7:56:52	93. Randy Zellmer, 56	9:50:26
19. Duke Rembleski, 36	5:40:17	44. Sonya Decker, 44	7:00:01	69. Annmarie Merritt, 42	7:58:40	94. Timothy Bowers, 47	9:52:39
20. Stanislav Ponkin, 27	5:42:50	45. Tom Books, 51	7:01:35	70. Tracy Harrison, 45	7:59:43	Victoria Aney, 34	9:52:39
21. Bob Gerenz, 43	5:45:48	46. Greg Taylor, 64	7:03:48	71. Herb Byun, 67	8:00:38	96. Alan Erkkila, 47	10:07:04
22. Alicia Hudelson, 26	5:48:29	47. Chad Benesh, 36	7:04:04	72. Carrie Schulte, 43, WI	8:02:34	97. Les Martisko, 67	10:11:03
23. Valeria La Rosa, 35	5:59:04	48. Alisha Mayer, 24	7:07:11	73. Chris Swenke, 40, WI	8:09:35		
24. Matt Lutz, 25	6:02:17	49. Amy Carolan, 29	7:07:13	74. Allan Duffy, 41	8:10:03		
25. Jeff Lanners, 27	6:05:52	50. Mark Pixler, 48	7:09:07	75. Keith Rudolph, 59	8:11:09		



Joe Ziegenfuss, in the zone

the effect of the heat and in particular the furnace created by the long grass on either side of the trail traversing the ski hills.

Patrick Russell, always a favorite at this race, led through the first loop and continued to build his lead on each loop after that. He looked calm and composed passing through the aid stations,

and crossed the finish line in 4:30:18. Behind him, positions changed several times over the course of the race, with Joe Ziegenfuss moving into second place on the third loop and coming home in 4:52:03. Jason Tischer took third in 5:05:09. That the top two runners have previously posted times right around four hours shows the difficulty of the alternate course.

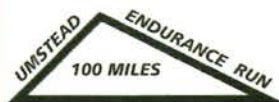
On the women's side, the heat and hills were no match for perennial favorite Eve Rembleski. Her winning time of 5:13:47 may have been an hour slower than her "park" course record from 2008 but her smile throughout the day told us that she was more than happy to be out there for longer than usual. Another happy finisher was second place Becky George, the only runner to actually post a faster time than last year. Whatever her training regimen has been over the past 12 months, it has clearly worked, as Becky stayed close to Eve throughout the day, finishing in 5:19:43. Third place went to Alicia Hudelson, who maintained a consistent pace throughout the day to finish in 5:48:29.

The Afton Trail Run 50K is strong on tradition and a clear favorite on the Upper Midwest running calendar. Despite the challenges faced



Eve Rembleski edges out Becky George for first

by this year's event, which included marking the alternate course a day after marking the original course, the race director and team of volunteers lived up to their reputation by hosting a top class event. In the process, they gave runners the chance to experience new trails with a familiar twist. ■



THE NORTH CAROLINA ULTRA RUNNING ASSOCIATION
PRESENTS THE EIGHTEENTH ANNUAL



UMSTEAD 100 MILE ENDURANCE RUN

DATE / LOCATION:	March 31, 2012 - 6 AM - 30 Hour Time Limit - At Wm. B. Umstead State Park, Raleigh, North Carolina
RACE PHILOSOPHY:	To provide a race which bridges the gap between 50 mile races and the more demanding mountainous 100 mile races. To allow runners to break 24 hours or finish a 100 miler where severe topography, heat and getting lost are removed as major obstacles.
COURSE:	A 12.5 mile loop course including a 1.8 mile out and back spur. Beautifully wooded, rolling topography with 8,000 feet of total climb. The trail is a converted gravel road, 10 to 12 feet wide, with a finely crushed granite screenings surface.
AID STATIONS:	There are two fully stocked, manned aid stations per loop. There will be a wide variety of food and drinks available. There are 5 additional water stops per loop.
50 MILE OPTION:	This race is held primarily as a 100 mile event, however, all runners who complete at least 50 miles will have their certified 50 mile times reported to UltraRunning Magazine.
REGISTRATION:	Online registration via the Umstead100.org website for the 2012 Race will open at NOON EDT, September 7th, 2011. There are 200 online slots and 50 hardcopy (mail-in) slots available. The hardcopy entry form will be posted on the website the evening of September 6th, 2011. The Race's Registration Policy is posted on the Race Website. Waiting List slots will be taken from hardcopy entries. NO individual notice will be sent concerning the opening of registration. Entry Fee is \$150.
CONTACT:	BLAKE NORWOOD, RACE DIRECTOR 10908 RAVEN ROCK DR., RALEIGH, N.C. 27614 PHONE: (919) 847-7613 (H) WEBSITE: WWW.UMSTEAD100.ORG