

AFTON TRAIL RUN 50K

AFTON RETURNS HOME

by Alex Kurt

After last year's state government shutdown forced the Afton Trail Run 50K to move to a nearby ski hill, runners were able to return in 2012 to the original course at Minnesota's Afton State Park.

The biggest battle at the Afton 50K may have been for seventh place. That's where Eve Rukavina-Rembleski finished overall after outpacing the red-hot-in-2012 Becky George to claim the women's title – her sixth at the Afton 50K.

Rukavina-Rembleski, who won in 4:21:29, has dominated the event since her first win in 2006, winning every year except 2009 and notching the top five times ever on the course (she set the course record, 4:13:21, in 2008 and also holds the course record for the half-distance 25K at 1:54). But this year, she had to contend with George, whose 2012 season includes an overall win at the Zumbro 50-mile in March and a win (fourth

overall) at the Kettle Morraine 100 in June. In this battle, Rukavina-Rembleski proved she is the king of Afton, outpacing George, who finished second woman (16th overall) in 4:33:32.

In the men's race, Forrest Tracy made a splash in his second-ever ultra, winning the 50K in 3:54:57. Despite fading badly late in the race, Tracy held on to win by one minute over Dimitri Drekonja, who finished in 3:55:57. Mike Bialick



Men's champion Forrest Tracy, in his second ultra



Scott Ross enroute to breaking the Grand Masters division course record

42 AFTON TRAIL | AFTON, MINNESOTA | JULY 7 | ▲ 4,3

50 KM	
1. Forrest Tracy, 32	3:54:57
2. Dimitri Drekonja, 38	3:55:57
3. Mike Bialick, 30	4:00:25
4. Rasmus Hoeg, 37, WI	4:06:36
5. Jordan Hanlon, 28	4:12:49
6. Craig Hertz, 26	4:16:54
7. Eve Rukavina-Rembleski, 44	4:21:29
8. Brett Busacker, 26	4:21:57
9. Mark Brose, 44	4:23:05
10. Mike Bateman, 41	4:24:40
11. Scott Ross, 53	4:27:27
12. Steven Clinton, 24	4:28:39
13. Erik Kaitala, 40	4:29:14
14. Christopher Lofgren, 28	4:31:43
15. Ryan Braun, 28	4:32:53
16. Rebecca George, 29	4:33:42
17. Garrett Brady, 26	4:36:19
18. Chris Robbins, 27	4:37:03
19. Robert Mitchell, 33	4:38:57
20. John Maas, 51	4:39:09
21. Peter Lawry, 32, NH	4:40:08
22. Jordan Herrick, 39, WI	4:40:43
23. Kane Baker, 31, WI	4:40:56
24. Joseph Boler, 32	4:45:10
25. Doug Wiesner, 54	4:47:10
26. Cory Mahlke, 36	4:47:12
27. Michael Immer, 37	4:51:45
28. Tracy Hoeg, 33, WI	4:51:58
29. Doug Sturm-Smith, 38, IA	4:52:20
30. Aaron Drevlow, 38	4:53:33
31. Peter Maves, 29	4:53:37
32. Matt James, 35, CA	4:56:12
33. Dave Schmitz, 47, WI	4:57:56
34. Kevin Moore, 26	4:58:34
35. Aaron Hansen, 31	5:01:48
36. Brian Bradley, 31	5:03:24
37. April Cole, 27, WI	5:03:55
38. Chris Sjolander, 41, WI	5:03:56
39. Anthony Schuster, 31	5:04:22
40. Emi Yasaka, 35	5:04:38
41. Dustin Harford, 26	5:06:20
42. Julian Kuz, 47, MI	5:07:28
43. Matt Lutz, 26	5:07:37
44. Valeria La Rosa, 36	5:09:05
45. Jim Ramacier, 48	5:11:29
46. Michale Bester, 31	5:12:02
47. Paul Hanusa, 54, SD	5:12:44
48. Travis Welch, 34, WI	5:12:59
49. Chris Restad, 39	5:13:40
50. Nicholas Flom, 32, ND	5:15:00
51. Nicholas Oswald, 28	5:18:09
Jason Woods, 37	5:18:09
53. Ross Jilk, 47, WI	5:21:26
54. Hannah Stedje, 26, OH	5:21:33
55. Mariah Nelson, 33	5:26:19
56. Daniel Tian, 31	5:26:20
57. Leah Lawry, 28, NH	5:27:27
58. Derek Johnson, 40	5:27:57
59. Michael Bunda, 41	5:29:10
60. Mark Drapac, 50	5:29:39
61. Barry Nordstrand, 50	5:30:27
62. Kent Farrington, 45	5:30:56
63. Jason Tintes, 43	5:31:29
64. Steven Burrell, 43, IA	5:31:31
65. Simon Schaefer, 39	5:31:32
66. Ben Sorensen, 27	5:33:15
67. Jason Doyle, 28	5:34:57
68. Mark Olthoff, 33	5:35:02
69. Keith Ferdon, 40	5:35:10
70. David Freeburg, 31	5:35:13
71. Brock Webb, 36, MD	5:35:44
72. Chad McKenney, 47	5:36:00
73. Erlend Floer Johnsen, 32	5:36:33
74. Amy Husveth, 30	5:36:49
75. Russell Stebner, 33	5:38:06
76. David Forsberg, 30	5:41:22
77. Jim Robb, 48	5:41:24
78. Jeff Roach, 40	5:41:25
79. Heidi Robb, 44	5:41:27
80. Adam Sasarita, 25, NC	5:42:15
81. Dan Kasper, 54	5:42:49
82. Shane Rustin, 37	5:43:55
83. John Seaverson, 39	5:46:56
84. Travis Brenden, 39	5:47:03
85. Troy Nelson, 49	5:47:22
86. Maranda Fogle, 27	5:48:26
87. Val Bailey, 32, IA	5:50:04
88. Steven Bailey, 33	5:50:05
89. Dave Bon, 41	5:50:37
90. Scott Huston, 48	5:51:14
91. Michael Nicholls, 35	5:51:27
92. Eric Ealy, 44	5:52:19
93. Maria Barton, 46	5:53:54
94. Greg Taylor, 65	5:54:59
95. Mark Pixler, 49	5:56:24
96. Ryan Howk, 36	5:56:38
97. Christopher Koch, 30	5:57:18
98. Sarah Simpson, 23	5:57:49
99. Brad Webb, 40	5:58:14
100. Julie Hagen, 44, CO	5:58:34
101. Trevor Muchow, 26, IA	6:00:30
102. Paul Posl, 60, GA	6:00:36
103. John Stewart, 49	6:01:24
104. Jill-Renee Dessler, 43	6:01:55
105. Kyle Snyder, 34	6:02:27
Matt Howe, 36	6:02:27
107. Brad Benson, 38	6:02:28
108. Allison Carolan, 28	6:03:15
109. Joan Nyhus, 48, WI	6:03:40
110. Les Harder, 54, MB	6:05:41
111. Patrick Persons, 24	6:05:58
112. Brandon Dugan, 37, TX	6:06:32
113. Ryan Herzing, 28, MD	6:06:46
114. Aaron Reeves, 38	6:09:11
115. Kamie Slegers-Nicholls, 34	6:11:58
116. Jamie Saeland, 37	6:12:10
117. Kurt Rossow, 51	6:12:48
118. Duane Feist, 50	6:12:54
119. Peter Hulbert, 33	6:13:12
120. Martin Short, 42, ND	6:13:20
121. Jack Ver Steegh, 63	6:13:21
122. Dominique Lasalle, 25	6:14:29
123. Tom Metzger, 44	6:14:51
124. Sarah Hill-Nelson, 42, KS	6:15:14
125. Stephen Corner, 50	6:15:17
126. Michael Scandrett, 58	6:16:09
127. Robby Davies, 28	6:18:35
128. Annmarie Merritt, 43	6:19:05
129. Neil Runions, 30	6:19:09
130. Nate Fritsch, 31	6:19:53
Katie Looft, 31	6:19:53



Race Director John Storkamp congratulates Anjanette Arnold on her DFL



Eve Rukavina-Rembleski wins the women's division

finished third in 4:00:25. Tracy's only previous ultramarathon finish was at the 2010 Superior 50-mile on Minnesota's North Shore, where he placed third. He will be returning to that race this September to improve on his last finish there.

Also notable on the day was Scott Ross's breaking of the previous "Grand Masters" course record, putting up a time of 4:27 at the age of 53.

Luckily for runners, this year's race catered to fast times. In addition to taking place merely

hours after a thunderstorm broke Minnesota's historic early-July heat wave, runners took advantage of its slightly flatter digs back at Afton State Park, east of the Twin Cities. ■

132. Stephanie Hoff, 32, WI	6:22:19	166. Bobbie Ruhs, 50, NE	7:20:13
Joe Kelzer, 42, WI	6:22:19	167. Greg O'Meara, 39	7:20:53
134. Jon Howard, 32	6:24:01	168. Christian Peterson, 31	7:21:10
135. Lara Pischke, 31	6:24:07	169. Anthony Leong, 37	7:26:20
136. Miles Burd, 48	6:24:47	170. Tyler Schmidt, 40	7:26:21
137. Peter Schnorbach, 49	6:25:44	171. Mary Croft, 66	7:26:43
138. Theresa Kalahar, 44	6:26:48	172. Steve Hagedorn, 53	7:26:49
139. Esteban Martinez, 50	6:27:01	173. Linda Frank, 58, WI	7:28:45
140. Tracy Harrison, 46	6:27:38	174. Jim Baillargeon, 67, WI	7:31:41
141. Isaac Jensen, 24	6:28:29	175. Bob Jacobowski, 46	7:31:42
142. Justin Holdgrafer, 33, IA	6:28:55	176. Ron Ruhs, 44, NE	7:32:24
143. John Taylor, 50	6:33:15	177. Chad Burt, 36, WI	7:38:22
Marius Hansen, 29	6:33:15	178. Brittany Kieffer, 22, WI	7:38:27
145. Kate Leis, 35	6:35:59	179. Michael Barton, 38	7:41:36
146. Janice Poehlman, 41, WI	6:41:12	Sara Kniffen, 37, MO	7:41:36
147. Valerie Boller, 31	6:41:54	181. Randy Zellmer, 57	7:46:11
148. Chris Swenke, 41, WI	6:43:54	182. Rick Bothwell, 51	7:48:21
149. Tom Weigt, 60	6:45:26	183. Hal Gensler, 65, AZ	7:56:06
150. Adam Iverson, 33	6:48:54	184. Jeanine Johnson, 36	8:04:31
151. Bob Hoard, 36	6:55:28	185. Angela Long, 33, MI	8:05:44
152. Bruce Cameron, 43	6:55:53	Megan Skauge, 28	8:05:44
153. Scott McGinnis, 51	6:57:49	187. Janette Maas, 53, GA	8:07:27
154. Jojo Lemmerman, 31	6:58:16	188. Wally Goettl, 66	8:08:26
155. Chad Benesh, 37	6:58:32	189. Wally Hines, 43, WI	8:08:44
156. Eliana Lamson, 20	6:59:42	Larissa Fildes, 28, WI	8:08:44
Stephen Lamson, 54	6:59:42	191. Patrice Allen, 45	8:09:06
158. Dean Theobald, 61	7:00:25	192. Sergio Valverde, 38	8:10:03
159. Jason Husveth, 40	7:01:23	193. Kurt Neuburger, 31	8:27:32
160. Joel Button, 44	7:01:29	194. Joseph Galloway, 55, IA	8:37:18
161. Herb Byun, 68	7:02:51	195. Jennifer Ralston, 30, NC	8:38:58
162. Daryl Saari, 49	7:03:07	196. Matthew Powell, 39, FL	8:48:29
163. Jared Simpson, 24	7:08:51	John Stedje, 33, OH	8:48:29
164. Allan Holtz, 62	7:12:04	198. Steve Frankum, 72, CA	9:03:09
165. Bryan Erickson, 38, OR	7:15:39	199. Anjanette Arnold, 36	9:21:43

IRON HORSE 100 MILE, 100KM AND 50 MILE ENDURANCE RUNS

SATURDAY, FEBRUARY 9, 2013 ~ 7:00 AM

THE COURSE: 8th ANNUAL

Scenic paved Rail Trail and Forest Service dirt roads. Flat and very fast course. The course starts and finishes in Florahome, FL. Well stocked aid stations. Free cookout for runners and families.

Course is a 25 mile loop. 50 milers do 2 round trips, 100km 2.5 and 100 milers 4 loops.

Time Limit: 26 Hours

Buckles to all 100 mile and 100km finishers.

Medals to 50 mile finishers.



Entry Fees:

100 mile - \$135

100km - \$85

50 mile - \$75

Sponsored by:



INFO/REGISTRATION

WWW.IRONHORSE100KMCLUB.COM

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