

A New Standard



Runners blast off the start line

by John Storkamp, RD

MIKE WHEELER

The Afton Trail Run, now in its 21st year, has long been “the” mid-summer ultrarunning tradition of the Midwest. We had another strong showing of registered runners from 20 states and Canada, once again proving that Afton’s reputation is strong beyond Minnesota state lines. Not only worthy of 4th of July holiday travel, a finish on this challenging course comes with bragging rights whether you are a local runner, live in Ohio or come from the high mountains of the West - the hills are steep and many.

Challenged, set and reset many times now, the Afton Trail Run course record is solid. Setting out with the same fervor and tenacity that earned him second place in 2013 and going under the previous course record with last year’s winner, Midwest standout Michael Borst was out early on a mission again. After hitting 25k in a blazing 1:46, he fell just short of the goal by a few minutes due to the necessity of a brief “natural break” late in the race. Without this diversion, Borst likely would have done it. In the end, 3:43 secured the win and left second place trailing around 20 minutes behind. Maybe even more impressive was that no one was there to push him and he still ran the third fastest time ever. Women’s winner, Lesli Semler, took the win in 4:43 and chalked up yet another impressive first-place finish on tough ultra course.

Like any ultra, many other great stories from the front of the pack all the way to the back came to life throughout the day and proved that new standards can be set by veteran runners. Long-time standout ultra competitor Ann Heaslett set a Grand Masters (50-plus) course record of 5:36:15.

A longstanding hallmark of the Afton Trail Run has been a strong volunteer core and this year was no different. It was very encouraging to see that as the sport and runner participa-

tion continues to grow by leaps and bounds, so do volunteer numbers. There were 140 volunteers on race day to help the runners reach their goals.

Blazing fast times from young and veteran competitors alike, large fields and lots of young energetic volunteers have become the new standard at the Afton Trail Run and a trend within our sport as a whole. A trend that is encouraging to say the least. [▶](#)



The always important sweeps make it to the finish after cleaning up the trail

KEVIN LANGSTON



Michael Borst blazing toward the victory



Anne Heaslett takes a sixth-place finish for the women



The young but determined Jordan Schmidt

AFTON TRAIL | AFTON MINNESOTA | JULY 5 | ▲ 4,2

50k | Elevation gain: 4,670 | This is a hilly 25K-loop course winding through Afton State Park's trail system. For the most part the trail is on well-established footing through the woodlands and prairie. There are long climbs rising from the river bottom up rocky ravines and down again.

/50 KM

1. Michael Borst, 21, WI	3:43:38	52. Jason Tintes, 45	5:40:49	83. Maria Barton, 48	6:10:52	114. Steve Smillie, 40	6:43:52
2. Justin Youngblom, 29	4:04:36	53. Jay Johnson, 54	5:41:14	84. Jen Schrandt, 38	6:12:21	115. Jodi Johnson, 35	6:43:56
3. Chris Robbins, 29	4:22:51	54. David Just, 54	5:42:22	85. Andy Hagen, 39	6:14:45	116. Michael Zarlino, 23	6:45:38
4. Ryan Braun, 30	4:22:53	55. Ryan Peterson, 24	5:43:15	86. Stephen Corner, 52	6:17:25	117. Jack Prentice, 42	6:46:21
5. David Hackworthy, 24, WI	4:25:43	56. Kim Pease, 44	5:43:55	87. Kamie Nicholls, 36	6:17:49	118. Elizabeth Palmer, 30	6:47:08
6. Joseph Boler, 34	4:27:29	57. Brad Whitson, 50, Can	5:46:49	88. Adriana Vars, 35, UT	6:18:44	119. Brianna Millett, 32	6:48:13
7. Thomas Tisell, 46	4:29:21	58. Adam Strehlow, 30	5:48:40	89. Faye Lopez, 32	6:19:18	120. Maranda Lorraine, 29	6:51:02
8. David Hansen, 29	4:32:06	59. Jo-Anne Hass, 47, CAN	5:50:43	90. Joel Larson, 38	6:21:45	Rebecca Ballmann, 28	6:51:02
9. Steven Bailey, 35	4:32:49	60. James Kerr, 33	5:51:38	91. Ryan Tully, 30	6:22:32	122. Chad Benesh, 39	6:51:07
10. Mike Bateman, 43	4:34:26	61. Paul Hanusa, 56, SD	5:52:04	92. Julie Berg, 49	6:23:00	123. Yaniha Caldwell, 35	6:56:51
11. Jesse Berwald, 37	4:35:23	62. Jody Sukow, 44, WI	5:52:21	93. Andy Gunsallus, 39	6:24:18	124. Megan Steil, 32	6:57:06
12. Ryan Blais, 19	4:35:59	63. Cole Peyton, 28	5:53:45	94. Christopher Koch, 32	6:25:11	125. Greg Herrold, 36, IA	6:58:04
13. Kevin Alldredge, 50	4:36:00	64. Jacob Pittman, 22, WI	5:53:50	95. Heather Cameron, 44, CO	6:25:28	126. Bonnie Busch, 56, IA	6:58:28
14. Aaron Ehlers, 26	4:41:02	65. Stephen Yurek, 52, VA	5:53:55	96. John Weidner, 46	6:25:56	127. Mark Stodghill, 65	7:00:15
15. Eric Slagle, 38	4:42:42	Tony Nicholls, 29	5:53:55	97. Scott Deyo, 41	6:26:16	128. Kevin Martin, 39	7:02:56
16. Ryan Wold, 34	4:43:24	67. Joseph Hegman, 35	5:54:16	98. Carson Lindbeck, 36, CO	6:27:12	129. Paul Hasse, 53	7:02:57
17. Leslie Semler, 32	4:43:57	68. Joan Nyhus, 50, WI	5:55:02	99. Jordan Schmidt, 19	6:28:13	130. Anthony Villano, 48	7:04:15
18. Cory Mahlke, 38	4:45:31	69. Daniel Collins, 51	5:55:39	100. Jessi Johnson, 32	6:30:29	131. Lynn Saari, 48	7:04:54
19. Doug Sturm-Smith, 40, IA	4:46:40	70. Natalia Sander, 41	5:55:59	101. Clinton Dehne, 44, WI	6:31:36	132. Timothy Owata, 36	7:07:12
20. Conrad Bostron, 54	4:47:10	71. Mike Farris, 58	5:57:31	102. Lauren Anderson, 22	6:35:22	133. Tracy Harrison, 48	7:07:56
21. Gerad Mead, 34	4:49:31	72. Greg Taylor, 67	6:00:20	103. Greg Loeding, 37	6:35:23	134. Lisa Van Pelt, 54	7:12:01
22. Timothy Lupfer, 33	4:51:48	73. Mike Deblasis, 56, OH	6:04:06	104. David Cossack, 47	6:35:47	135. Mary Ryan, 58	7:12:02
23. Brett Balfe, 36	4:52:28	74. Lulu Taragos, 52	6:04:17	Paul Langer, 47	6:35:47	136. Daryl Saari, 51	7:14:43
24. Tj Jeannette, 39	4:53:49	75. Michael Scandrett, 60	6:05:28	106. Jon Steinhilbel, 33	6:37:17	137. Brienne Hamann, 33	7:16:53
25. Aaron Hansen, 33	4:54:09	76. Zach Pierce, 41	6:06:05	107. Jennifer Walter-Mobley, 47	6:38:48	138. Janette Maas, 55, GA	7:17:35
26. Graham Merfield, 51	4:55:26	77. Aaron Boike, 26	6:06:43	108. Robyn Reed, 39	6:38:49	139. Amy Tadewald, 31	7:18:16
27. Stephen Tapajna, 39	5:04:07	78. Timm Vedder, 39	6:08:19	109. Jerry Heaps, 59	6:39:19	140. Kristin Schwartz, 39	7:18:17
28. Jonathon Graff, 30	5:04:20	79. Andrew Ashton, 34	6:08:49	110. Jamie Saeland, 39	6:39:31	141. Jeff Larkin, 42	7:19:50
29. Emily Renner, 24	5:06:48	80. Robby Davies, 30	6:08:53	111. Harriet Greenlee-Herndon, 43	6:40:23	142. Mike Prendergast, 30	7:22:43
30. T.W. Bacon, 34	5:06:53	81. Alex Eichman, 28, WI	6:09:04	112. Allan Duffy, 44	6:41:22	143. Erich Russell, 61	7:27:14
31. Dave Schmitz, 49, WI	5:08:06	82. Dave Bon, 43	6:10:18	113. Kristin Manion, 46	6:41:52	144. Rob Weixeldorfer, 47	7:27:21
32. Steven Burrell, 45, IA	5:08:55					145. Jeremy Gabb, 38	7:30:22
33. Mark Watzcak, 43, WI	5:09:13					146. Steve Hagedorn, 55	7:30:42
34. Kelly Johnson, 29	5:10:08					147. Josh Jordan, 27, WI	7:34:20
35. Michael Bunda, 33	5:11:00					148. Cindy Kosmicki, 37, NE	7:34:57
36. Erik Sorensen, 31	5:16:41					149. Melissa Swanson, 34	7:40:56
37. Stephanie Boss, 40	5:18:09					Fay Sukow, 44, WI	7:40:56
38. Dane Liebel, 48	5:21:48					151. Jamie Klemenhausen, 32	7:43:02
39. Tim Rogge, 38	5:23:06					Dan Laplante, 30	7:43:02
40. Mike Joseph, 30	5:24:27					153. Doug Baden, 47	7:51:25
41. Rebekah Metzendorff, 29	5:24:39					154. Kevin Chem, 15	7:52:01
42. Fausto Mosquera, 48	5:25:43					155. Charles Scheibe, 59, CO	7:56:23
43. Peter Taylor, 37	5:26:06					156. Tiffany Rittler-Foley, 44	8:00:34
44. Matt Lutz, 28	5:27:10					157. Meredith Oneill, 28	8:00:35
45. Richard Templin, 34	5:29:27					158. Jennifer Flogue, 38, NE	8:01:14
46. Jon Matthiae, 63	5:32:08					159. Scott Hartley, 55	8:15:27
47. Tom Books, 54	5:32:19					160. Scott McGinnis, 53	8:21:24
48. Jeremy Peterson, 36	5:35:47					161. Suzanne Zimmerman, 51	8:21:25
49. Marcus Taintor, 32	5:36:11					162. Randy Zellmer, 59	8:24:54
50. Ann Heaslett, 50, WI	5:36:15					163. Joseph Galloway, 57, IA	8:25:15
51. Nicholas Graham, 41	5:40:19					164. Sally Hulbert, 57	8:40:00



Finisher's wood