



Zorro, Tank Girl and Farmer John Rule the Afton 50K

BY JOHN STORKAMP, RD



TOP: The early leaders. [© Todd Rowe]

BOTTOM: Farmer John preparing to mow down the competition. [© Kevin Langton]

Folk hero Zorro is an agile athlete and acrobat. Although he is a master swordsman and marksman, he has more than once demonstrated his prowess in unarmed combat against multiple opponents. His calculating nature and dexterity enable him to use his two main weapons, his sword and his bullwhip, as extensions of his deft hand. He never uses brute strength, instead relying on his fox-like sly mind and well-practiced technique to outmatch an opponent.

The Afton Trail Run race director has a habit of giving people nicknames. As Chris Lundstrom (three-time Olympic Marathon Trials Qualifier) took his third Afton Trail Run title in 3:47:41, the RD announced, “Unreal, you know who he is... he is Zorro!” Like Zorro, Lundstrom relied on cunning, skills and training to win. Like many ultrarunners, Bekah Metzdorf has a striking appearance. Super fit, confident and sporting a fierce new hairstyle, she earned the second new nickname of the day: “Tank Girl.” The mild-mannered owner of hyper-successful local run shop Mill City Running, Metzdorf brought an aura of badassery and extreme focus to this year’s race. She

met her sub-five-hour goal, beating her 2014 time by over 30 minutes. The former collegiate track and cross-country runner scored a top-15 overall performance in 4:49:26 and was the first woman to cross the line. This year’s top 10 comprised runners ranging in age from 20 to 41, but firmly planted in 11th place was 54-year-old John Maas in an excellent time of 4:39:24. A perennial top performer at Midwest ultras, “Farmer John” gets better with age (and yes, he’s a real farmer). His super-powers are mowing down younger competition and harvesting Masters titles.

In its 22nd year, the 4th of July weekend mainstay Afton Trail Run predictably dished up more of what it is known for: hot sunny weather, harrowing ascents, quad-pounding descents, the spectacular beauty of the St. Croix River Valley and a super-fun and low-key post-race party. Runners from 27 states representing tortoises and hares alike all had the same opportunity as Zorro, Tank Girl and Farmer John: to find their own alter-egos while challenging themselves on one of the best ultra courses in the country on one of the most festive days of the year. 🏃

Afton Trail

Hastings, MN // July 4

3.3 // 50K

Elevation gain: 4,670 feet | This is a hilly, 25k-loop course on 100% trail 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.

1	Chris Lundstrom, 39, MN	3:47:41	36	Kevin Coleman, 31, MN	5:20:59	82	Joel Larson, 39, MN	6:04:32	127	Joe Kelzer, 45, WI	6:49:08
2	Steven Babcock, 29, MN	4:07:23	37	Whitney Meredith, 31, MN	5:21:27	83	Robby Davies, 31, MN	6:04:39	128	Katie Knoblauch, 37, MN	6:52:04
3	Jeremy Reichenberger, 24, MN	4:09:47	38	Jerry Rogers, 48, WI	5:22:19	84	Joe Winch, 59, MN	6:04:47	129	Steve Krampe, 65, MN	6:52:45
4	Bryan Schneider, 29, MN	4:12:02	39	Aaron Kennedy, 36, MN	5:22:57	85	Michael Rowe, 34, MN	6:06:20	130	Benjamin Murken, 38, MN	6:53:06
5	Forrest Tracy, 35, MN	4:18:54	40	Joseph Altendahl, 33, MN	5:25:03	86	Dana Novinskie, 33, MN	6:08:15	131	Danielle Laatsch, 39, NC	6:53:36
6	Steven Bailey, 36, MN	4:23:50	41	Sarah Kemp, 32, MN	5:25:04	87	Paul Jensen, 71, TX	6:09:04	132	Jason Husveth, 43, MN	6:54:24
7	Eric Norton, 41, OH	4:25:12	42	Monty Steffens, 56, MN	5:25:39	88	Michael Lo Presti, 44, CT	6:09:18	133	Justin Chapman, 36, MN	6:57:26
8	Alec Blenis, 20, GA	4:28:28	43	Paul Hanusa, 57, SD	5:30:49	89	Wayne Gilman, 51, MN	6:09:30	134	Katie Chapman, 31, MN	6:57:26
9	Kris Tyson, 33, MN	4:31:52	44	Brad Whitson, 51, MB	5:33:37	90	Ross Jilk, 50, WI	6:09:49	135	Jack Ver Steegh, 66, MN	6:59:44
10	Ryan Blais, 20, MN	4:33:54	45	Rebecca Witikko, 37, MN	5:33:50	91	Daiith Wolfe, 52, WI	6:10:30	136	Bonnie Busch, 57, IA	7:06:27
11	John Maas, 54, MN	4:39:24	46	Brian Guzik, 44, MN	5:34:43	92	Laura Hermer, 45, MN	6:10:55	137	Wendy Nelson, 39, MN	7:07:18
12	Alan Murphy, 29, MI	4:41:14	47	Fred Leach, 34, CA	5:36:03	93	Derek Steward, 31, MN	6:13:25	138	Mary Weidner, 47, MN	7:08:04
13	Jeff Metzдорff, 32, MN	4:42:20	48	Sophia House, 23, WI	5:37:18	94	Paul Hasse, 54, MN	6:15:00	139	John Weidner, 47, MN	7:08:07
14	TJ Jeannette, 40, MN	4:49:20	49	Kellen Muldoon, 24, WI	5:37:26	95	Matt Schrader, 38, MN	6:15:32	140	Harriet Greenlee-Herndon, 44, MN	7:09:07
15	Rebekah Metzдорff, 30, MN	4:49:26	50	Carson Galloway, 24, IA	5:37:44	96	Cres Hlusak, 38, MN	6:16:03	141	Ananda Henly, 41, MN	7:09:16
16	Scott Ross, 56, MN	4:50:09	51	Ling Dao, 37, VA	5:38:45	97	Yanika Caldwell, 36, MN	6:16:04	142	Shannon Lindgren, 43, MN	7:09:16
17	Robert Henderson, 31, MN	4:51:04	52	Milan Tomaska, 37, MN	5:39:08	98	Jason Fehr, 32, MN	6:17:57	143	Mike Prendergast, 31, MN	7:10:41
18	Jeff Miller, 50, MN	4:51:17	53	Bri Ahern, 33, MN	5:39:32	99	Andy Hagen, 40, MN	6:18:10	144	Steve Lafrentz, 55, IA	7:11:44
19	Mark Watczak, 44, WI	4:52:42	54	Jeremy Eckert, 29, MN	5:39:32	100	Jodi Johnson, 36, MN	6:22:38	145	Christopher Vitek, 53, MN	7:15:11
20	Madeline Harms, 29, MN	4:53:50	55	Tony Nicholls, 30, MN	5:39:41	101	Jessica Warffuel, 24, WI	6:24:17	146	Mark Zarembo, 53, AL	7:16:43
21	Nate Leckband, 32, MN	4:56:58	56	Kevin Alldredge, 51, MN	5:39:48	102	Daniel Zielinski, 31, MN	6:25:34	147	Ruben Cervantes, 45, MB	7:18:01
22	Stephen Tapajna, 40, MN	4:57:26	57	Steven Sjolund, 64, MN	5:43:49	103	Joseph Eichorn, 28, MN	6:26:35	148	Mark Stodghill, 66, MN	7:20:45
23	Steph Whitmore, 36, IA	4:58:36	58	Erik Raivo, 31, MN	5:45:36	104	Sara Rogers, 34, WI	6:28:45	149	Tom Thao, 41, MN	7:21:25
24	Corey McClay, 32, MN	5:00:13	59	Stephanie Hoff, 35, WI	5:47:57	105	Shana Erickson, 36, MN	6:32:10	150	Linda Frank, 61, WI	7:23:30
25	Kristine Becker, 40, MN	5:00:19	60	Michael Dullum, 25, MN	5:48:26	106	Herb Byun, 71, MN	6:32:17	151	Scott Deyo, 42, MN	7:26:14
26	Jared Vanderhook, 31, MN	5:00:30	61	Benjamin Dullum, 23, MN	5:48:27	107	Joel Button, 47, MN	6:33:37	152	Emin Aklık, 39, ME	7:28:55
27	Karl Mische, 46, MN	5:00:54	62	David Just, 55, MN	5:48:47	108	Jay Merrigan, 34, MN	6:33:46	153	Steve Hagedorn, 56, MN	7:29:10
28	Steven Burrell, 46, IA	5:04:55	63	Andy Torzewski, 38, MN	5:49:00	109	David Wilkinson, 48, MN	6:34:27	154	Andrew Sandor, 29, MN	7:34:29
29	Jeff Leuwerke, 34, MN	5:08:27	64	Fausto Mosquera, 49, MN	5:49:28	110	Maggie Olson, 25, OH	6:35:34	155	Ed Sandor, 62, MN	7:34:30
30	Mark Martinsen, 51, MN	5:11:38	65	Duane Feist, 53, MN	5:50:20	111	Patrick Hile, 43, MN	6:36:04	156	Suzanne Zimmerman, 52, MN	7:34:41
31	Nico Brooks, 49, CO	5:12:08	66	Jack Prentice, 43, MN	5:52:33	112	Kendra Waggoner, 24, IL	6:36:17	157	Wally Goettl, 69, MN	7:35:15
32	Dan Polta, 23, MN	5:15:04	67	Mark Gregware, 35, MN	5:53:13	113	Jessica Wilson, 44, MN	6:36:52	158	Jamie Klemenhagen, 33, MN	7:40:58
33	Aaron Boike, 26, MN	5:15:30	68	Greg Loeding, 38, MN	5:53:58	114	Kari Gibbons, 35, MN	6:38:32	159	Jason Johnson, 40, MN	7:42:40
34	Katie Moeller, 32, MN	5:16:53	69	Kathy Errthum, 39, WI	5:54:43	115	Christina Ellenberger, 36, MN	6:38:32	160	Anna Dingus, 27, OR	7:50:08
35	Michael Bunda, 34, MN	5:17:06	70	Jay Johnson, 55, MN	5:55:40	116	Steve Smillie, 41, MN	6:39:29	161	Kelly Buser, 37, MN	7:52:10
			71	Christina Stavij Just, 35, MN	5:56:24	117	Pa Der Vang, 39, MN	6:40:33	162	Katie Zopf, 36, MI	7:57:17
			72	Angela Mather, 29, MN	5:59:46	118	Joseph Wright, 54, WI	6:42:13	163	Deana Cantley, 40, WI	7:57:18
			73	Chad Benesh, 40, MN	5:59:48	119	Doug Colglazier, 39, MN	6:42:20	164	Leann Lehmann, 52, MN	8:06:42
			74	Brian Wolfe, 34, MN	6:00:46	120	Shannon Golden, 32, MN	6:43:18	165	Sally Hulbert, 58, MN	8:10:25
			75	Wendy Tseng, 37, MN	6:01:39	121	Kamie Nicholls, 37, MN	6:43:18	166	Randy Zellmer, 60, MN	8:14:29
			76	Cameron Kelly, 38, MN	6:02:01	122	Stephen Corner, 53, MN	6:43:31	167	Mei Mancao, 37, MN	8:22:27
			77	Tim Beutel, 35, MN	6:02:43	123	Debbie Bemboom, 44, MN	6:44:11	168	Melissa Swanson, 35, MN	8:37:32
			78	Eileen Moran, 50, MN	6:03:07	124	David Hogenson, 55, ND	6:44:26	169	Joseph Galloway, 58, IA	8:41:57
			79	Jeff Firkus, 47, MN	6:03:36	125	Timothy Owata, 37, MN	6:44:35			
			80	Kate Leis, 38, MN	6:03:54	126	Jodee Thomas Hollenbeck, 43, MN	6:47:26			
			81	Dillon Young, 33, MN	6:04:23						

*See page 34 for key

STAY COOL. STAY WARM. RUN.

Odor-resistant Merino for the Naturally driven.™



PULSE

MADE IN USA



pulseactivewear.com