



# Ageless Afton

BY JOHN STORKAMP, RD

In 1994, 53 runners finished the inaugural Afton Trail Run 50K while 82 finished the 25k race for a total of 135 finishers. Fast forward 24 years, a field limit of 900 runners and yet another Minnesota trail/ultra race that filled to capacity. To put this growth into perspective, with around 160 volunteers this year, we had more volunteers help with this year's race than we had finishers of both distances that very first year of the event. While field size is probably one of the lesser metrics useful in gauging the health, success or quality of an event (and as we all know, large numbers can sometimes be a detractor), it is a metric nonetheless and is telling about the state of trail and ultrarunning in Minnesota – it is strong, vibrant and continues to grow.

If the Afton Trail Run qualifies as and is representative of one of Minnesota's mega trail/ultra races, then I guess we can feel pretty good about it and the continued direction of the sport in our region. As we evaluate Afton against other more meaningful metrics and gauge the pulse of our runners, larger fields have had little effect on what has always made our annual Fourth of July tradition great – a tight-knit low-key race built around a supportive community, with an abundance of thoughtful and experienced volunteers. In fact, based on these factors, the Afton Trail Run is likely better, stronger and

healthier than ever and we feel more than ever, that we are among “our people” albeit a lot more of them.

This year's race, like so many other Minnesota trail and ultra races had wide-reaching representation with runners hailing from 26 states and three countries. Our extended family continues to grow not only locally but with the many out-of-state runners who view Minnesota as home-base for their trail and ultra racing. Our field this year also consisted of runners ranging in age from 10 years old to 73 years young.

Any ultra race with history and numbers will by default have its own historical figures putting up big numbers and this year's race had no shortage of veteran runners achieving significant milestones with several runners in the 50k finishing their 10<sup>th</sup>, 12<sup>th</sup> or 15<sup>th</sup> Afton 50Ks, with an impressive four runners age 70 and older finishing the 50k. This included Les Martisko (73) who in his 14<sup>th</sup> Afton 50K finish closes in on his 400<sup>th</sup> marathon/ultra finish. Also laying similar claim

and in striking distance of this same milestone of 400 is 12-time 50k finisher Mark Stodghill (68).

ABOVE: Stefanie Anderson all smiles at ATR. [Fresh Tracks Media]

RIGHT: Kate Leis shares a finish line embrace with a fellow runner. [Fresh Tracks Media]





As for the younger contingent of the field, pushing the pace more than age, this year's race for the win came down to two runners, the wily veteran and masters racer, Kurt Keiser (he holds the fourth-fastest time ever run on the course which he ran in 2016), who on this particular day was no match for the younger and up-and-coming Adam Doe, who ran a patient and tactical race which was emblematic of a more experienced runner. Doe took the lead late and eventually the win

in 3:54:35, now the 11<sup>th</sup> fastest time run on the modern-day Afton course.

On the women's side, it was an example of long-term consistency paying off. Jayna Tomalty had run Afton before and had run it well. She had also run well at many other local trail and ultra races, frequently finishing in the top five. With those past performances and continuing to build on a solid bout of spring training, she fulfilled early predictions of being this year's winner. This is not to say that it came easy as the lead did change

hands a time or two with Jayna finishing in 4:56:11, while second-place Rebekah Foelker finished in a close second in 4:57:03. In final reflection on this year's race, some may remember the larger field and others may remember the many notable performances, but one thing that every single runner and volunteer will remember is how they felt being with "their people" at Minnesota's annual summer trail and ultra picnic – sharing it with friends, new and old, young and old, from near and far. 🌿

## Afton Trail

Hastings, MN // July 1

🏃 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	Adam Doe, 29, MN	3:54:35
2	Kurt Keiser, 43, MN	4:01:22
3	Marc Malinoski, 31, MN	4:19:19
4	Peter Meinz, 33, MN	4:21:01
5	Isaac Trostle, 25, IL	4:23:01
6	Nathaniel Scott, 36, MN	4:24:36
7	Alexander Menacher, 24, MN	4:25:38
8	Steven Bailey, 38, MN	4:26:16
9	Chris Harvey, 31, MN	4:27:47
10	Guthrie Byard, 33, MN	4:28:16
11	Andrew Smith, 37, CAN	4:29:03
12	Mark Emmons, 25, MN	4:29:55
13	David Hansen, 32, MN	4:33:35
14	Jeff Miller, 52, MN	4:36:56
15	Dan Pinkerton, 41, IA	4:37:38
16	Matthew Axelrod, 25, MN	4:38:22
17	Matthew Bower, 43, MN	4:38:24
18	Gerad Mead, 37, MN	4:41:21
19	Erik Minge, 49, MN	4:41:48
20	Justin Youngblom, 32, MN	4:43:15
21	Luke Helminiak, 24, WI	4:44:22
22	Jonathan Petykowski, 26, IL	4:46:03
23	Andy Lohn, 44, MN	4:46:50
24	Joseph Altendahl, 35, MN	4:47:45
25	Kelcey Knott, 43, MN	4:48:05
26	Eric Otto, 30, MN	4:49:51
27	Scott Penticoff, 47, MN	4:50:07
28	Jacob Johnson, 20, MN	4:50:29
29	Clint Counsellor, 54, MN	4:52:59
30	Doug Sturmsmith, 43, IA	4:53:23
31	William Sikorski, 47, MN	4:53:52
32	Patei Iyehga, 37, MN	4:54:42
33	Stephen Clark, 60, WI	4:54:48
34	Brent Krocak, 37, MN	4:55:07
35	Jayna Tomalty, 28, MN	4:56:11
36	Rebekah Foelker, 28, MN	4:57:03
37	Michael Bunda, 36, MN	4:57:19
38	Chris Brown, 43, MN	4:57:34
39	Patrick Haberman, 47, MN	4:57:44
40	Chris Bernard, 27, MN	4:57:51
41	Jim Kelley, 56, WI	4:59:20
42	Travis Harvieux, 26, MN	5:01:29
43	Michael Asmus, 36, MN	5:01:55
44	Laura Albares, 29, MN	5:02:01
45	Ryan Nord, 35, MN	5:02:59
46	Jonathan Graff, 33, MN	5:04:16
47	Gary Lamott, 44, MN	5:05:11
48	Sarah Kemp, 34, MN	5:05:21
49	Lisa Dunnigan, 35, MN	5:05:36
50	Matthew Vandonsel, 31, MN	5:05:44
51	Russell Lidberg, 35, MN	5:05:55
52	Gene Dykes, 69, PA	5:06:01
53	Emily Wanless, 34, SD	5:07:25
54	Matt Timmins, 39, IA	5:07:45
55	Matthew Wiegand, 26, MN	5:07:54
56	Angie Hodge, 37, NE	5:08:15
57	Jeremy Eckert, 31, WI	5:08:37
58	Anthony Rajkowski, 39, MN	5:11:22
59	Timothy Wittman, 44, MN	5:12:16
60	Dmitry Zadovnykh, 35, MN	5:13:26
61	Curt Brey, 38, WI	5:14:58
62	David Novak, 48, MN	5:15:43

63	Eric Christ, 44, MN	5:15:44
64	Julia Stodola, 36, MN	5:15:46
65	Tom Lyscio, 27, MN	5:17:06
66	Heather Norton-Bower, 44, MN	5:18:53
67	Tim Reese, 49, MN	5:19:14
68	Brian Beckman, 30, WI	5:20:46
69	Amanda Theisen, 21, MN	5:20:50
70	Emily Carlson, 35, MN	5:21:14
71	Mitchell Hanson, 32, MN	5:21:32
72	Brenna Bray, 33, SD	5:22:09
73	Jason Sonterre, 35, MN	5:22:21
74	Rory Jackson, 26, MN	5:25:14
75	Joe Delano, 38, MN	5:26:35
76	Lisa Kresky-Griffin, 45, MN	5:27:08
77	Timothy Owata, 39, MN	5:28:44
78	Eric Byun, 39, IL	5:29:43
79	Seth Price, 45, MN	5:31:45
80	Charles Drayton, 41, MN	5:32:47
81	Bill Hansel, 46, WI	5:33:28
82	Emily Larson, 35, WI	5:33:28
83	David Norton, 42, MN	5:34:26
84	Robert Stuart, 49, MN	5:34:28
85	Ben Sexton, 32, MN	5:34:32
86	Wendy Tseng, 39, MN	5:34:40
87	Calvin Norman, 21, WI	5:35:34
88	Tim Miller, 32, MN	5:36:41
89	Isaac Hagen, 35, MN	5:37:05
90	Nathan Jackson, 39, WI	5:37:25
91	Adam Hendel, 32, MN	5:38:10
92	Juan Carlos Motta, 44, MN	5:39:02
93	Bob Frawley, 60, MN	5:39:44
94	Ann Heaslett, 53, WI	5:39:49
95	Matthew Haberman, 41, MN	5:40:10
96	Rebecca Stillman, 27, MN	5:40:25
97	Jordan Wesely, 35, MN	5:41:37
98	Christopher Doll, 37, IA	5:42:00
99	Zach Pierce, 44, MN	5:46:11
100	Alexander Weber, 18, MN	5:46:30
101	Rick Berg, 50, MN	5:47:00
102	Sarah Bundy, 37, ND	5:47:04
103	Matthew Kaler, 37, MN	5:47:14
104	Amanda Ferrier-Auerbach, 38, MN	5:47:14
105	Patrick McLaughlin, 44, MN	5:47:15
106	Derek Steward, 33, MN	5:49:14
107	Steven Burrell, 48, IA	5:49:21
108	Jacob Pittman, 25, WI	5:49:32
109	Steehanie Boss, 42, MN	5:49:33
110	Samantha Carlson, 34, MN	5:49:35
111	Chris Zysk, 26, MN	5:50:17
112	Trevor Muchow, 31, IA	5:52:43
113	Shannon Lindgren, 45, MN	5:52:43
114	Elmer Pagel, 40, MN	5:53:02
115	Steve Quick, 54, MN	5:53:29
116	Russell Stebner, 38, MN	5:54:07
117	David Bitner, 40, MN	5:54:29
118	Douglas Simonetto, 34, MN	5:54:36
119	Thiago Milech De Assuncao, 32, MN	5:54:53
120	Carrie Miller, 33, MN	5:55:22
121	Jack Prentice, 45, MN	5:55:50
122	Anthony McMahon, 30, MN	5:56:26
123	Michael Scandrett, 63, MN	5:56:58
124	Andrew Sander, 31, MN	5:58:57
125	Jared Hummel, 31, MN	5:59:48
126	Neil Klein, 47, MN	5:59:53
127	Joel Larson, 41, MN	6:00:33
128	Brenner Sandberg, 34, MN	6:02:13
129	Gerry Hollis, 49, KS	6:02:44
130	Katie Thompson, 33, MN	6:03:28
131	Brian Tork, 50, IL	6:03:28
132	John Hoel, 36, MN	6:03:57
133	Emma Hoel, 30, MN	6:03:57

134	Kevin Langton, 47, MN	6:03:59
135	Ryan Cooper, 41, MN	6:04:22
136	Andy Blenkush, 42, MN	6:04:57
137	Stefanie Anderson, 33, MN	6:05:24
138	Marc Linhardt, 45, IL	6:05:50
139	Edward Conley, 45, MN	6:05:54
140	Ann Seidl, 47, WI	6:06:40
141	Chris Mahrer, 29, MN	6:07:07
142	Brian Funk, 39, MN	6:07:15
143	Jenny Whitmer, 42, WI	6:07:45
144	Eric Heidal, 18, MN	6:08:33
145	Ryan Chukuske, 36, MN	6:08:39
146	Jodee Hollenbeck, 45, MN	6:09:10
147	Kate Leis, 40, MN	6:09:12
148	Jeffrey Marker, 48, MT	6:09:25
149	Herb Nichols, 63, MN	6:09:50
150	Chad Heer, 44, MN	6:09:53
151	Julie Moulton, 28, MN	6:09:56
152	Jill Maine, 27, MN	6:09:56
153	Ken Ambrose, 52, MN	6:11:55
154	Nicolas Gramstad, 33, MN	6:11:55
155	Christie St.Clair, 43, MN	6:12:19
156	Jeremy Gabb, 41, MN	6:12:39
157	Joshua Detko, 33, MN	6:12:40
158	Nathan Fritsch, 36, WI	6:12:41
159	Ryan Hallermann, 34, MN	6:13:16
160	Andrew Becker, 47, MN	6:14:05
161	Brent Karjala, 36, MN	6:15:07
162	Paul Hasse, 56, MN	6:18:14
163	Jeff Hainlen, 34, MN	6:19:19
164	Jeff Zimmerman, 48, MN	6:19:30
165	Yaniha Giebel, 38, MN	6:20:02
166	Casey Dahling, 38, IL	6:20:26
167	John Lillemo, 59, MN	6:20:29
168	David O'Brien, 36, MN	6:20:39
169	Marcus Taintor, 35, MN	6:20:55
170	Jerry Redman, 49, MN	6:22:02
171	Starr Phothirath, 38, MN	6:22:40
172	Carrie Patz, 30, MN	6:22:58
173	Randy Scheid, 45, FL	6:23:03
174	Jennifer Kirkpatrick, 45, TX	6:23:12
175	Greg Davenport, 47, MN	6:23:55
176	Kaitlyn Cox, 28, MN	6:23:57
177	Katie Haberman, 39, MN	6:24:12
178	Charles Haupert, 33, MN	6:24:24
179	Gina Leary, 47, MN	6:26:19
180	Cathlin Upton, 39, IN	6:27:30
181	Jason Askelin, 49, MN	6:28:43
182	Tim Peterson, 44, MN	6:30:48
183	Shelly Groenke, 59, MN	6:31:30
184	Mike Porter, 52, MN	6:33:42
185	Janel Hurtado, 35, MN	6:34:25
186	Harriet Greenlee-Herndon, 46, MN	6:34:42
187	Darren Kroells, 44, MN	6:35:04
188	Keith Gora, 43, MN	6:36:49
189	Paul Peterson, 37, MN	6:36:50
190	Katie Knoblauch, 39, MN	6:37:55
191	Sean Cedotal, 47, MN	6:38:43
192	Robby Davies, 33, MN	6:39:58
193	Mary Donnelly, 40, MN	6:40:03
194	Ryan Wanless, 39, SD	6:40:30
195	Stephen Corner, 55, MN	6:41:13
196	Ken Moore, 53, MN	6:41:25
197	Joan Nyhus, 53, WI	6:41:32
198	Casper Hill, 51, MN	6:41:56
199	John Gurtz, 30, MN	6:42:33
200	Lisa Barbrick, 39, IL	6:43:10
201	Alberto Vasquez-Parada, 51, MN	6:44:43
202	Ann Benson, 49, KS	6:44:55
203	David Lenz, 58, MN	6:45:59
204	Bob Hoad, 41, MN	6:46:56
205	Christopher Ward, 37, MN	6:47:06

206	Masahiro Sugli, 61, MN	6:47:11
207	Jess Arnett, 35, MN	6:49:09
208	Betsy Grams, 41, MN	6:51:32
209	Todd Reemtsma, 50, MN	6:51:38
210	Michele Wunderlich, 46, MN	6:52:32
211	Jim Stocco, 64, MN	6:53:22
212	Tim Potter, 63, WI	6:53:23
213	Callie Knoblauch, 47, MN	6:54:10
214	Brian Ivers, 54, IA	6:54:32
215	Curt Zepeda, 49, MN	6:55:42
216	Carson Galloway, 26, IA	6:56:05
217	Jason Mullenbach, 44, MN	6:56:32
218	Jessica Johnson, 37, MN	6:57:56
219	Jenn Farlow, 42, MN	6:57:56
220	Jon Howard, 37, MN	6:59:50
221	Herb Byun, 72, MN	6:59:51
222	Edward Flinn, 58, IA	7:03:49
223	Alem Tesfaledet, 44, MN	7:04:06
224	Karen Wray, 52, IL	7:04:06
225	Michael Levang, 32, MN	7:06:22
226	Matt Toburen, 34, MN	7:09:26
227	Robyn Reed, 42, MN	7:11:12
228	Jay Elkerton, 59, MN	7:14:36
229	Mike Prendergast, 33, MN	7:15:33
230	Brook Wheeler, 46, MN	7:16:53
231	Greg Brandt, 46, MN	7:16:55
232	Tim Whisler, 62, MN	7:19:20
233	Mike Whisler, 42, MN	7:19:22
234	Robert Peck, 30, IA	7:20:50
235	Greg Taylor, 70, MN	7:26:06
236	Tom Andrews, 63, MN	7:27:54
237	Brad Drake, 63, WI	7:27:56
238	Vincent Coffeen, 33, MN	7:29:59
239	Robbie Skantz, 46, MN	7:31:08
240	Scott Kummer, 45, IL	7:31:24
241	Stephanie Dar, 29, MN	7:31:51
242	Kerri Ambrose, 48, MN	7:32:30
243	Niki Ronnan, 37, MN	7:32:31
244	Sarah Pfeffer, 40, MN	7:32:56
245	Joe Franek, 54, MN	7:33:00
246	Jessica Romagnoli, 40, MN	7:34:05
247	Jessica Miller, 28, CA	7:34:06
248	Melissa Rotenberg, 38, MN	7:36:48
249	Kelli Damlo, 37, MN	7:39:30
250	Jack Ver Steegh, 68, MN	7:41:05
251	Kari Ramstrom, 31, MN	7:41:29
252	Kelly Buser, 39, MN	7:42:52
253	Andrea Odrzywolski, 44, WI	7:44:14
254	Dennis Bird, 51, MN	7:44:24
255	Susan Canaveello, 49, IL	7:46:19
256	Bonnie Busch, 59, IA	7:46:19
257	Camille Erickson, 32, MN	7:46:28
258	Josh Bergstrom, 39, WI	7:49:56
259	Ryan Tresnak, 46, IA	7:50:01
260	Ann Noser, 46, MN	7:54:56
261	Lisa Klotzbach, 48, MN	7:54:56
262	Katsuyuki Yamamoto, 60, MN	7:56:10
263	Wally Goettl, 71, MN	7:59:01
264	Sharyn Moss, 41, WI	7:59:09
265	Patrick Gorman, 58, IL	7:59:32
266	Sandra Lazer, 51, MN	8:00:54
267	Benjamin Bestland, 44, MN	8:02:34
268	Karl Goodson, 47, MN	8:03:50
269	Michael Johnson, 52, IL	8:06:47
270	Mark Stodghill, 68, MN	8:14:09
271	Meredith Oneill, 31, MN	8:22:07
272	Christopher Vittek, 55, MN	8:31:10
273	Sally Hulbert, 60, MN	8:35:41
274	Les Martisko, 73, MN	8:35:47
275	Joseph Galloway, 60, IA	8:42:49
276	Haley Siggers, 35, CO	8:46:54
277	Terance Lee, 66, IL	8:54:56

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