

Winter Legwear & Shoe Reviews / 2015 Ultra Stats / Early Season Training / Setting Goals

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JAN/FEB 2016

ULTRA
RUNNERS
OF THE YEAR



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No Blues in This Cruise

BY MICHAEL HEIMES

ABOVE: Monica McArthur guides a conga line early in the race. (📷 Jim Blandford)

BELOW: Beth Levensgood leading Laura Mooney through the grassy single-track. Beth went on to finish third for the women. (📷 Jim Blandford)



Blues Cruise is one of the most well-organized events I've ever run. The course is one giant loop; you don't repeat any section of the trail, and there is a lot of variety both in terrain and scenery. Sometimes you're deep in the woods; sometimes you're in the wide open, surrounded by acres and acres of fields. The course tends to stay close to the lake at all times, so there are many views of the water, whether feet from the shore or from up on a lookout.

The course is nearly all single-track with some double-track, fire roads and old deteriorated roads from the farm community that once stood where the park is now. A couple times during the race, the course turns onto a road for a quarter mile before going back onto the trail. The short road sections add to the speed of this race. There are a few, little (often slippery) bridges that cause wipeouts (I wrecked the first time I raced there).

The course is marked very well. The aid stations are so close together that most of the faster runners skip some of them. It's a great race for all levels. Beginners will find it challenging and

rewarding to finish. Runners that love long, steep, technical trails won't find much of that here, but there are enough hills for those who like some variety. But more than anything, this course is great for very fast road runners who don't mind short steep hills. It's a fast course (five guys broke four hours this year!) and the pace up front is blistering.

This year was my second shot at the race, and I toed the line with about 350 runners on a cool-but-not-cold morning. The terrible weather (hurricane!) that was forecast just six days before changed, and there was pretty much no chance of rain. Parts of the course drain poorly, and it had rained in the days prior to the race, so we all expected mud. We were luckily wrong and there were no shoe-grabbing bogs. As this is an RRCA PA 50k Trail Championship, it seems to have become more and more competitive in the top 10 every year. My goal was sub-4:30... top 10 would be nice, but not likely.

This year's counter-clockwise direction (direction alternates) meant a lot of flatter, faster running in the first 10



miles and most of the hills came during the second half. Runners tend to go out very fast early on those flatter miles and charge up the few hills that are sparsely mixed in. For most that means a very slow and painful second half. Historically, running it the other direction yields faster times. I have been that guy that blows up and gets passed late in a race *many* times. We all know it feels terrible.

Quite a few runners made that mistake again this year and I was able to gain 13 places in the second half of the race (two of which were during the last mile). I pushed it the entire race, but pulled back on those early hills in order to make sure I could finish strong. As I hit the driveway and approached the finish, I just completely emptied the tank. My heart rate equaled my max for the day (178) and I bolted across the field and into the finish. Final time of 4:23 and 14th place overall. I'm fortunate to train on the Blues Cruise trails, but even if the race weren't 10 minutes from my home, I'd want to run it. I'll be back for sure. I can't help but be curious what my time will be going the other direction...

Blues Cruise

Reading, PA // October 4

3.2* // 50K

Elevation gain: 3,000 feet | This course is a giant 31-mile loop featuring 95% trail. It is not overly technical but features some rocks and roots. A great course for first-time ultrarunners.

27	Craig Ronco, 33, PA	4:40:25	119	Heather Morin, 45, PA	5:45:49	211	Jamie Zhang, 27, MD	6:43:03
28	Anthony Wallic, 24, PA	4:41:54	120	Daniel Ainge, 32, PA	5:46:13	212	Monica McArthur, 37, MD	6:44:03
29	Andrew Heckman, 40, PA	4:42:30	121	David Liggett, 38, PA	5:46:19	213	Angie Piskorski, 35, PA	6:44:14
30	Erica Pearson, 0, PA	4:43:21	122	Robert McArthur, 29, MA	5:47:28	214	Tiffany Dunkelbeck, 30, MD	6:44:14
31	Patrick Durante, 34, PA	4:46:43	123	Jason Ladd, 40, PA	5:47:47	215	Dominic Boeta, 36, NJ	6:44:39
32	Paul Smith, 52, NJ	4:49:15	124	Andrea Miller, 46, MD	5:47:58	216	Robin Smith, 54, PA	6:44:46
33	Bryan McFarland, 33, PA	4:49:41	125	Maggie Mcdevitt, 49, MD	5:47:58	217	Brian Stoner, 43, PA	6:44:46
34	Matt Brubaker, 42, PA	4:50:04	126	Tim Voloshen, 42, PA	5:48:34	218	David Becker, 46, PA	6:44:57
35	Jesse Wolfgang, 34, NJ	4:51:00	127	Rob Golder, 48, PA	5:49:13	219	Keith Flannery, 50, PA	6:45:35
36	Carter Dunaway, 44, PA	4:54:15	128	Kenny Dusseau, 41, PA	5:49:17	220	Jay Ziegler, 56, PA	6:46:10
37	Scott Snell, 35, NJ	4:54:29	129	Jamie Clark, 40, PA	5:50:10	221	Mark Weiss, 45, PA	6:49:44
38	Joseph Hess, 38, PA	4:54:51	130	Mike Sullivan, 35, PA	5:51:02	222	Russell Bozenhard, 39, PA	6:51:24
39	Tim Herb, 43, PA	5:00:07	131	Dan Sullivan, 38, PA	5:51:03	223	Josh Hall, 26, PA	6:52:55
40	Andrew Hale, 35, NJ	5:00:07	132	Danielle Viands, 41, PA	5:52:01	224	Deborah Golbreski, 44, PA	6:54:10
41	Beth Levenoood, 46, PA	5:02:24	133	Jack Hauler, 28, VA	5:52:05	225	James Spanan, 42, PA	6:54:53
42	Victor Rivera, 36, PA	5:03:08	134	Neil Crowell, 35, PA	5:52:58	226	Patricia Murphy, 27, NJ	6:56:02
43	James Hassert, 54, PA	5:03:10	135	Brooke Schell, 45, PA	5:53:30	227	Janna Chernetz-Taylor, 39, NJ	6:56:02
44	Joe Del Conte, 41, NY	5:03:25	136	Mike Reddy, 54, PA	5:53:30	228	Becky Stavelly, 26, VA	6:56:40
45	Jeff Merritt, 31, DE	5:04:15	137	Thomas Pekarek, 50, PA	5:53:58	229	Rebecca Bishop, 39, PA	6:57:12
46	Phil Lechner, 41, PA	5:04:15	138	Kelly Murdock, 31, PA	5:53:58	230	Eric Delahaye, 49, OH	6:57:24
47	Julie Lambi-Martelli, 32, PA	5:04:15	139	Beth Aron, 31, PA	5:54:20	231	Meranda Pierce, 41, PA	6:59:07
48	Gary Hackenberg, 42, PA	5:04:50	140	Mike Rotkisze, 29, PA	5:54:29	232	Dave Beem, 57, CT	6:59:07
49	Steve Skroczi, 49, PA	5:05:12	141	John Miller, 49, MD	5:54:30	233	Emily Banning, 31, DE	6:59:25
50	Michael Holbrook, 48, MD	5:05:57	142	Katie Streib, 32, MD	5:54:30	234	Linley Bingham, 27, NY	7:00:36
51	Paul Randolph, 49, PA	5:08:31	143	John Long, 28, VA	5:54:55	235	Sandie Reynolds, 38, PA	7:01:23
52	Susan Friedrich, 36, DE	5:09:02	144	Andrea Rodi, 47, DE	5:55:28	236	Blythe Philips, 32, PA	7:01:25
53	Ryan Watts, 39, PA	5:09:14	145	Christian Janani, 57, PA	5:55:28	237	Trish D'Imperio, 54, PA	7:01:30
54	Sean Porse, 30, DC	5:11:29	146	Shannon McDaniel, 44, MD	5:55:35	238	Terry Leatherman, 64, PA	7:01:55
55	Amy Sipe, 39, PA	5:12:55	147	Norman Rodriguez, 38, PA	5:57:32	239	Dean Johnson, 55, PA	7:02:38
56	Ken Campbell, 50, PA	5:13:13	148	Emily Linn, 40, PA	5:57:34	240	Mary Lou Harris, 68, PA	7:03:11
57	Sean Hawkins, 30, RI	5:14:53	149	Keith Liebert, 61, PA	5:58:02	241	Wendy Lee, 45, PA	7:03:22
58	Bethany Lefort, 24, RI	5:14:53	150	Sean Felty, 26, PA	5:58:16	242	Brian Healy, 52, PA	7:03:57
59	Kristi Goodwin, 32, PA	5:15:04	151	George Barido, 48, VA	6:01:11	243	Teresa Dumpe, 52, MD	7:04:00
60	Mike Webster, 35, PA	5:16:29	152	Brandon Mentzer, 35, PA	6:01:13	244	Mathew Fredericks, 38, NY	7:07:01
61	Matthew Miller, 26, PA	5:16:29	153	Jose Rodriguez, 32, PA	6:02:15	245	Ellie Alderfer, 53, PA	7:07:10
62	Rick Martin, 59, PA	5:18:20	154	Terry Meade, 51, DE	6:02:44	246	James Ballentine, 34, PA	7:07:34
63	Zachary Levy, 37, PA	5:19:34	155	Keith Hearn, 39, PA	6:04:07	247	Kevin Slifer, 32, PA	7:07:35
64	Lavan Hoffman, 50, PA	5:19:39	156	Andy Westphal, 33, PA	6:05:28	248	Jason Tolley, 37, PA	7:13:59
65	Rick Stahl, 40, PA	5:20:49	157	Daniel Crowl, 33, PA	6:05:28	249	Sarah Chobot, 30, PA	7:14:10
66	Keith Straw, 60, PA	5:20:18	158	Jenna Angerstein, 30, PA	6:06:18	250	Ethan Rau, 30, PA	7:17:15
67	Tina Jeon, 29, TX	5:21:38	159	Bryan Fluke, 39, PA	6:06:39	251	Robyn Frank, 31, PA	7:17:41
68	Beth Auman, 33, TX	5:22:22	160	Jim Kennedy, 44, NJ	6:06:59	252	Carole Williamson, 54, MD	7:18:31
69	Patrick Adams, 48, PA	5:24:02	161	Kevin Hill, 52, NJ	6:07:00	253	Mel Carlton, 60, PA	7:28:22
70	Sonya Weber-Peters, 44, PA	5:24:50	162	Casey Ferrier, 31, PA	6:07:20	254	Melanie Wenger, 44, PA	7:33:24
71	Jill Houser, 40, PA	5:25:06	163	Rob Gallagher, 49, PA	6:08:56	255	Lulu Martinezuquillen, 31, PA	7:33:36
72	Jim Conley, 46, PA	5:28:08	164	Royce Brenner, 34, PA	6:08:56	256	Raelynn Zappulla, 32, PA	7:34:27
73	Barbara Gorka, 52, PA	5:29:49	165	Christian Taylor, 41, PA	6:09:26	257	Wesley Celestino, 35, PA	7:34:28
74	Jeremy Hand, 38, PA	5:30:22	166	Jason Cosma, 29, NJ	6:09:56	258	Michael Holsonback, 40, PA	7:36:53
75	Daniel Roberto, 40, NY	5:31:03	167	Jonathan Buggey, 30, NJ	6:09:56	259	Megan Delena, 53, PA	7:38:41
76	Michael Neel, 24, PA	5:31:03	168	Roger Sauder, 44, PA	6:10:56	260	Lisa Pavlik, 51, PA	7:38:42
77	Tim Nash, 46, PA	5:31:29	169	Matthew Saut, 29, MD	6:10:56	261	Kristen Barone, 33, PA	7:38:43
78	Steve Budong, 48, PA	5:31:29	170	Shannon Locker, 39, PA	6:10:56	262	Pete Dixon, 42, PA	7:42:12
79	Jack Bingeman, 29, PA	5:31:29	171	Walter Queen, 30, PA	6:11:29	263	Robin Runner, 43, PA	7:42:12
80	Kevin Dempsey, 39, DE	5:32:35	172	Marsha Latimer, 53, PA	6:11:29	264	Dawid Wojtas, 38, PA	7:42:28
81	Elaine Cook, 49, PA	5:32:51	173	Cody Parrish, 30, VA	6:11:30	265	William McArthur, 75, DE	7:43:08
82	Paul Sottosanti, 30, PA	5:33:16	174	Peter Manfra, 31, NJ	6:13:05	266	Joy Stackhouse, 52, NJ	7:44:50
83	Keith Frederick, 33, PA	5:34:05	175	Tim Bryan, 32, PA	6:13:19	267	Brenda Elliott, 43, PA	7:44:50
84	Eric Daughtry, 35, PA	5:34:16	176	Janelle Bugg, 39, PA	6:13:23	268	Ellen Rice, 46, MD	7:46:25
85	Dan Simmons, 55, PA	5:34:31	177	Ray Saut, 31, PA	6:16:34	269	Zach Meredith, 38, PA	7:48:35
86	Mike Leighton, 28, CO	5:35:02	178	Kristen Rosser, 24, PA	6:16:49	270	Michael Redlich, 53, PA	7:53:24
87	Cody Harris, 28, PA	5:35:19	179	Lisa Gesualdo, 46, MD	6:17:51	271	William Herman, 39, PA	7:53:36
88	Justin Dew, 41, NY	5:35:34	180	Danielle Neathery, 32, PA	6:18:42	272	Jim Demsko, 43, PA	7:53:50
89	Andrew Hahn, 49, NY	5:35:35	181	James Stavelly, 57, PA	6:20:15	273	Melissa Smith, 37, PA	7:57:12
90	Gary Long, 51, PA	5:36:05	182	Greg Rivera Sr., 43, PA	6:20:15	274	Butch Dimitris, 57, PA	7:57:56
91	Scott Schweigert, 37, PA	5:36:23	183	Loic Duros, 31, PA	6:22:20	275	Cena Reising, 39, PA	7:59:43
92	Josh Balascak, 32, PA	5:36:30	184	Angela Griffin, 54, PA	6:22:55	276	Darla Hampton, 46, PA	7:59:44
93	Andrzej Trella, 35, PA	5:36:31	185	Mike Acer, 53, PA	6:22:55	277	Tammy Pittman, 44, PA	7:59:44
94	Laura Mooney, 47, PA	5:36:53	186	Joseph Bates, 22, PA	6:23:34	278	Billy Sapp, 41, MD	8:00:16
95	Kurt Dannert, 44, PA	5:36:53	187	Melissa Lin, 45, PA	6:25:05	279	Gary Gehret, 59, PA	8:03:06
96	Mathew Galek, 35, NY	5:36:54	188	Kristen Buck, 42, PA	6:25:05	280	Devyn Reese, 36, NJ	8:05:34
97	Mark Resciniti, 56, PA	5:37:22	189	Mark Curcio, 54, PA	6:25:05	281	Anthony Russo, 38, NJ	8:05:34
98	Corinne Camp Schall, 32, PA	5:37:40	190	Gary Bowman, 49, PA	6:26:25	282	Jennifer Groves, 36, PA	8:05:35
99	Amy Ortner, 46, PA	5:37:41	191	Michael Pitt, 54, NJ	6:27:24	283	Vee Kingsley, 48, PA	8:09:28
100	Marisa Jones, 32, PA	5:37:59	192	Justin Brouse, 28, PA	6:27:47	284	Ed Peters, 64, CT	8:14:39
101	Art Miller, 52, PA	5:38:05	193	David Lengel, 39, PA	6:28:17	285	Ron Knecht, 46, PA	8:16:12
102	Melissa Oswald, 38, PA	5:38:28	194	Brian Schwind, 46, PA	6:29:27	286	Helen Chaundy, 39, PA	8:20:43
103	Christine Sandvik, 40, PA	5:38:40	195	Wilton Marburger, 35, PA	6:29:29	287	David Wilson, 37, PA	8:21:01
104	Petersungnam Hong, 43, PA	5:40:33	196	Tony Mcdermott, 34, NJ	6:30:50	288	Richard Casto, 50, NJ	8:30:37
105	Geoffrey Hoehn, 30, VA	5:40:47	197	Sean Oneil, 38, NY	6:30:50	289	Douglas Myhrne, 34, NJ	8:30:37
106	Jamie Atkinson, 39, PA	5:41:11	198	Brenda Ebersole, 34, PA	6:32:04	290	Alex Johnson, 37, PA	8:31:14
107	Angie Eifert, 41, PA	5:41:11	199	Jason Jacques, 36, PA	6:33:21	291	Wendy Provencher, 38, PA	8:43:25
108	Michael Ubaldini, 41, PA	5:41:48	200	Kelly Quain, 47, PA	6:33:45			
109	Derek Smith, 29, NJ	5:41:49	201	Glen Wronowski, 37, NJ	6:34:48			
110	Tom Gertin, 30, DC	5:41:57	202	David Gephardt, 50, PA	6:35:51			
111	Matthew Houseknecht, 42, PA	5:42:29	203	Brian Elliott, 42, PA	6:35:51			
112	Jay Bowser, 40, PA	5:42:38	204	Richard Mogavero, 32, PA	6:36:16			
113	Jason Derstine, 39, PA	5:43:46	205	Nate Seitz, 35, PA	6:38:02			
114	Joseph Linnehan, 43, PA	5:43:53	206	Kelly Martin, 25, NJ	6:38:13			
115	Scott Garman, 39, PA	5:44:37	207	Matt Braskey, 31, PA	6:38:13			
116	Timothy Rarick, 38, PA	5:44:52	208	Michele Rentschler, 40, PA	6:42:05			
117	Hathaway Jones, 39, PA	5:45:13	209	Caroline Hill, 55, PA	6:42:05			
118	Michael Reinhart, 37, PA	5:45:13	210	Rita Hall, 53, PA	6:42:26			

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