

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

ULTRARUNNING™

JAN/FEB 2016

ULTRA
RUNNERS
OF THE YEAR



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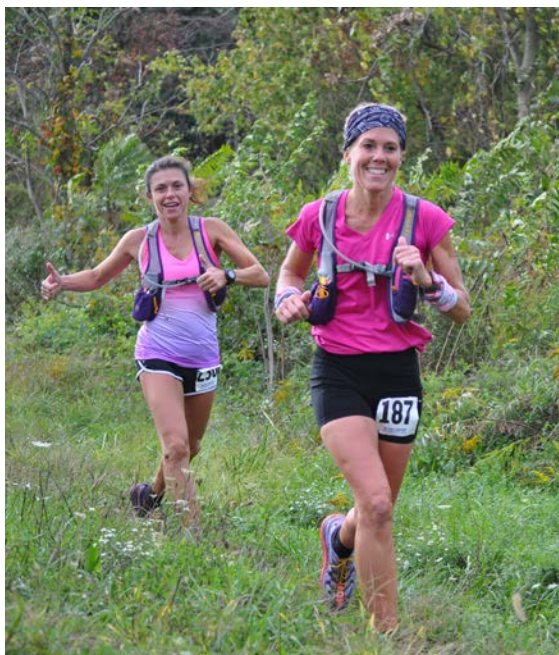


No Blues in This Cruise

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.

1	Lowell Ladd, 40, PA	3:45:08
2	Michael Dixon, 32, NJ	3:45:41
3	John Wallace, 24, PA	3:50:53
4	Jason Lantz, 34, PA	3:55:58
5	Joshua Finger, 42, PA	3:59:31
6	Jonathan Lantz, 30, PA	4:06:17
7	Matt Breidenstein, 30, PA	4:10:46
8	Tim Pfluger, 37, PA	4:11:30
9	Benjamin Hatt, 30, PA	4:12:49
10	Zach Haddad, 25, PA	4:13:00
11	Blaise Brochard, 49, NY	4:18:31
12	Dan McConnell, 36, DE	4:21:23
13	Matt Liptak, 30, PA	4:21:52
14	Michael Heimes, 37, PA	4:23:06
15	Philip Whitten, 41, NJ	4:24:41
16	Scott Strandberg, 34, PA	4:24:48
17	Scott Karwacki, 41, PA	4:25:49
18	Mason Manis, 29, PA	4:28:48
19	Steven Neugebauer, 36, DE	4:29:10
20	Andrew Kronschabel, 37, PA	4:30:48
21	Ian Schouten, 50, PA	4:34:59
22	Brock Butler, 38, PA	4:35:34
23	Ben Zook, 32, PA	4:36:09
24	Andrew McDowell, 48, PA	4:36:56
25	Joanna Sinclair, 36, PA	4:38:39
26	Chris Trainor, 43, NJ	4:39:19

27	Craig Ronco, 33, PA	4:40:25
28	Anthony Wallic, 24, PA	4:41:54
29	Andrew Heckman, 40, PA	4:42:30
30	Erica Pearson, 0, PA	4:43:21
31	Patrick Durante, 34, PA	4:46:43
32	Paul Smith, 52, NJ	4:49:15
33	Bryan McFarland, 33, PA	4:49:41
34	Matt Brubaker, 42, PA	4:50:04
35	Jesse Wolfgang, 34, NJ	4:51:00
36	Carter Dunaway, 44, PA	4:54:15
37	Scott Snell, 35, NJ	4:54:29
38	Joseph Hess, 38, PA	4:54:51
39	Tim Herb, 43, PA	5:00:07
40	Andrew Hale, 35, NJ	5:00:07
41	Beth Levenoood, 46, PA	5:02:24
42	Victor Rivera, 36, PA	5:03:08
43	James Hassert, 54, PA	5:03:10
44	Joe Del Conte, 41, NY	5:03:25
45	Jeff Merritt, 31, DE	5:04:15
46	Phil Lechner, 41, PA	5:04:15
47	Julie Lambi-Martelli, 32, PA	5:04:15
48	Gary Hackenberg, 42, PA	5:04:50
49	Steve Skroczi, 49, PA	5:05:12
50	Michael Holbrook, 48, MD	5:05:57
51	Paul Randolph, 49, PA	5:08:31
52	Susan Friedrich, 36, DE	5:09:02
53	Ryan Watts, 39, PA	5:09:14
54	Sean Porse, 30, DC	5:11:29
55	Amy Sipe, 39, PA	5:12:55
56	Ken Campbell, 50, PA	5:13:13
57	Sean Hawkins, 30, RI	5:14:53
58	Bethany Lefort, 24, RI	5:14:53
59	Kristi Goodwin, 32, PA	5:15:04
60	Mike Webster, 35, PA	5:16:29
61	Matthew Miller, 26, PA	5:16:29
62	Rick Martin, 59, PA	5:18:20
63	Zachary Levy, 37, PA	5:19:34
64	Lavan Hoffman, 50, PA	5:19:39
65	Rick Stahl, 40, PA	5:20:49
66	Keith Straw, 60, PA	5:20:18
67	Tina Jeon, 29, TX	5:21:38
68	Beth Auman, 33, TX	5:22:22
69	Patrick Adams, 48, PA	5:24:02
70	Sonya Weber-Peters, 44, PA	5:24:50
71	Jill Houser, 40, PA	5:25:06
72	Jim Conley, 46, PA	5:28:08
73	Barbara Gorka, 52, PA	5:29:49
74	Jeremy Hand, 38, PA	5:30:22
75	Daniel Roberto, 40, NY	5:31:03
76	Michael Neel, 24, PA	5:31:03
77	Tim Nash, 46, PA	5:31:29
78	Steve Budong, 48, PA	5:31:29
79	Jack Bingeman, 29, PA	5:31:29
80	Kevin Dempsey, 39, DE	5:32:35
81	Elaine Cook, 49, PA	5:32:51
82	Paul Sottosanti, 30, PA	5:33:16
83	Keith Frederick, 33, PA	5:34:05
84	Eric Daughtry, 35, PA	5:34:16
85	Dan Simmons, 55, PA	5:34:31
86	Mike Leighton, 28, CO	5:35:02
87	Cody Harris, 28, PA	5:35:19
88	Justin Dew, 41, NY	5:35:34
89	Andrew Hahn, 49, NY	5:35:35
90	Gary Long, 51, PA	5:36:05
91	Scott Schweigert, 37, PA	5:36:23
92	Josh Balascak, 32, PA	5:36:30
93	Andrzej Trella, 35, PA	5:36:31
94	Laura Mooney, 47, PA	5:36:53
95	Kurt Dannert, 44, PA	5:36:53
96	Mathew Galek, 35, NY	5:36:54
97	Mark Resciniti, 56, PA	5:37:22
98	Corinne Camp Schall, 32, PA	5:37:40
99	Amy Ortner, 46, PA	5:37:41
100	Marisa Jones, 32, PA	5:37:59
101	Art Miller, 52, PA	5:38:05
102	Melissa Oswald, 38, PA	5:38:28
103	Christine Sandvik, 40, PA	5:38:40
104	Petersungnam Hong, 43, PA	5:40:33
105	Geoffrey Hoehn, 30, VA	5:40:47
106	Jamie Atkinson, 39, PA	5:41:11
107	Angie Eifert, 41, PA	5:41:11
108	Michael Ubaldini, 41, PA	5:41:48
109	Derek Smith, 29, NJ	5:41:49
110	Tom Gertin, 30, DC	5:41:57
111	Matthew Houseknecht, 42, PA	5:42:29
112	Jay Bowser, 40, PA	5:42:38
113	Jason Derstine, 39, PA	5:43:46
114	Joseph Linnehan, 43, PA	5:43:53
115	Scott Garman, 39, PA	5:44:37
116	Timothy Rarick, 38, PA	5:44:52
117	Hathaway Jones, 39, PA	5:45:13
118	Michael Reinhart, 37, PA	5:45:13

119	Heather Morin, 45, PA	5:45:49
120	Daniel Ainge, 32, PA	5:46:13
121	David Liggett, 38, PA	5:46:19
122	Robert McArthur, 29, MA	5:47:28
123	Jason Ladd, 40, PA	5:47:47
124	Andrea Miller, 46, MD	5:47:58
125	Maggie Mcdevitt, 49, MD	5:47:58
126	Tim Voloshen, 42, PA	5:48:34
127	Rob Golder, 48, PA	5:49:13
128	Kenny Dusseau, 41, PA	5:49:17
129	Jamie Clark, 40, PA	5:50:10
130	Mike Sullivan, 35, PA	5:51:02
131	Dan Sullivan, 38, PA	5:51:03
132	Danielle Viands, 41, PA	5:52:01
133	Jack Hauler, 28, VA	5:52:05
134	Neil Crowell, 35, PA	5:52:58
135	Brooke Schell, 45, PA	5:53:30
136	Mike Reddy, 54, PA	5:53:30
137	Thomas Pekarek, 50, PA	5:53:58
138	Kelly Murdock, 31, PA	5:53:58
139	Beth Aron, 31, PA	5:54:20
140	Mike Rotkisze, 29, PA	5:54:29
141	John Miller, 49, MD	5:54:30
142	Katie Streib, 32, MD	5:54:30
143	John Long, 28, VA	5:54:55
144	Andrea Rodi, 47, DE	5:55:28
145	Christian Janani, 57, PA	5:55:28
146	Shannon McDaniel, 44, MD	5:55:35
147	Norman Rodriguez, 38, PA	5:57:32
148	Emily Linn, 40, PA	5:57:34
149	Keith Liebert, 61, PA	5:58:02
150	Sean Felty, 26, PA	5:58:16
151	George Barido, 48, VA	6:01:11
152	Brandon Mentzer, 35, PA	6:01:13
153	Jose Rodriguez, 32, PA	6:02:15
154	Terry Meade, 51, DE	6:02:44
155	Keith Hearn, 39, PA	6:04:07
156	Andy Westphal, 33, PA	6:05:28
157	Daniel Crowl, 33, PA	6:05:28
158	Jenna Angerstein, 30, PA	6:06:18
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160	Jim Kennedy, 44, NJ	6:06:59
161	Kevin Hill, 52, NJ	6:07:00
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163	Rob Gallagher, 49, PA	6:08:56
164	Royce Brenner, 34, PA	6:08:56
165	Christian Taylor, 41, PA	6:09:26
166	Jason Cosma, 29, NJ	6:09:56
167	Jonathan Buggiey, 30, NJ	6:09:56
168	Roger Sauder, 44, PA	6:10:56
169	Matthew Saut, 29, MD	6:10:56
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171	Walter Queen, 30, PA	6:11:29
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173	Cody Parrish, 30, VA	6:11:30
174	Peter Manfra, 31, NJ	6:13:05
175	Tim Bryan, 32, PA	6:13:19
176	Janelle Bugg, 39, PA	6:13:23
177	Ray Saut, 31, PA	6:16:34
178	Kristen Rosser, 24, PA	6:16:49
179	Lisa Gesualdo, 46, MD	6:17:51
180	Danielle Neathery, 32, PA	6:18:42
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182	Greg Rivera Sr., 43, PA	6:20:15
183	Loic Duros, 31, PA	6:22:20
184	Angela Griffin, 54, PA	6:22:55
185	Mike Acer, 53, PA	6:22:55
186	Joseph Bates, 22, PA	6:23:34
187	Melissa Lin, 45, PA	6:25:05
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192	Justin Brouse, 28, PA	6:27:47
193	David Lengel, 39, PA	6:28:17
194	Brian Schwind, 46, PA	6:29:27
195	Wilton Marburger, 35, PA	6:29:29
196	Tony McDermott, 34, NJ	6:30:50
197	Sean Oneil, 38, NY	6:30:50
198	Brenda Ebersole, 34, PA	6:32:04
199	Jason Jacques, 36, PA	6:33:21
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203	Brian Elliott, 42, PA	6:35:51
204	Richard Mogavero, 32, PA	6:36:16
205	Nate Seitz, 35, PA	6:38:02
206	Kelly Martin, 25, NJ	6:38:13
207	Matt Braskey, 31, PA	6:38:13
208	Michele Rentschler, 40, PA	6:42:05
209	Caroline Hill, 55, PA	6:42:05
210	Rita Hall, 53, PA	6:42:26

211	Jamie Zhang, 27, MD	6:43:03
212	Monica McArthur, 37, MD	6:44:03
213	Angie Piskorski, 35, PA	6:44:14
214	Tiffany Dunkelbeck, 30, MD	6:44:14
215	Dominic Boeta, 36, NJ	6:44:39
216	Robin Smith, 54, PA	6:44:46
217	Brian Stoner, 43, PA	6:44:46
218	David Becker, 46, PA	6:44:57
219	Keith Flannery, 50, PA	6:45:35
220	Jay Ziegler, 56, PA	6:46:10
221	Mark Weiss, 45, PA	6:49:44
222	Russell Bozenhard, 39, PA	6:51:24
223	Josh Hall, 26, PA	6:52:55
224	Deborah Golbreski, 44, PA	6:54:10
225	James Spanan, 42, PA	6:54:53
226	Patricia Murphy, 27, NJ	6:56:02
227	Janna Chernetz-Taylor, 39, NJ	6:56:02
228	Becky Stavelly, 26, VA	6:56:40
229	Rebecca Bishop, 39, PA	6:57:12
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231	Meranda Pierce, 41, PA	6:59:07
232	Dave Beem, 57, CT	6:59:07
233	Emily Banning, 31, DE	6:59:25
234	Linley Bingham, 27, NY	7:00:36
235	Sandie Reynolds, 38, PA	7:01:23
236	Blythe Philips, 32, PA	7:01:25
237	Trish D'Imperio, 54, PA	7:01:30
238	Terry Leatherman, 64, PA	7:01:55
239	Dean Johnson, 55, PA	7:02:38
240	Mary Lou Harris, 68, PA	7:03:11
241	Wendy Lee, 45, PA	7:03:22
242	Brian Healy, 52, PA	7:03:57
243	Teresa Dumpe, 52, MD	7:04:00
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245	Ellie Alderfer, 53, PA	7:07:10
246	James Ballentine, 34, PA	7:07:34
247	Kevin Slifer, 32, PA	7:07:35
248	Jason Tolley, 37, PA	7:13:59
249	Sarah Chobot, 30, PA	7:14:10
250	Ethan Rau, 30, PA	7:17:15
251	Robyn Frank, 31, PA	7:17:41
252	Carole Williamson, 54, MD	7:18:31
253	Mel Carlton, 60, PA	7:28:22
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255	Lulu Martinequillen, 31, PA	7:33:36
256	Raelynn Zappulla, 32, PA	7:34:27
257	Wesley Celestino, 35, PA	7:34:28
258	Michael Holsonback, 40, PA	7:36:53
259	Megan Delena, 53, PA	7:38:41
260	Lisa Pavlik, 51, PA	7:38:42
261	Kristen Barone, 33, PA	7:38:43
262	Pete Dixon, 42, PA	7:42:12
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265	William McArthur, 75, DE	7:43:08
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281	Anthony Russo, 38, NJ	8:05:34
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286	Helen Chaundy, 39, PA	8:20:43
287	David Wilson, 37, PA	8:21:01
288	Richard Casto, 50, NJ	8:30:37
289	Douglas Myhrne, 34, NJ	8:30:37
290	Alex Johnson, 37, PA	8:31:14
291	Wendy Provencher, 38, PA	8:43:25

* See page 50 for key