



READY TO RUN AN ULTRAMARATHON?

Let Relentless Forward Progress, a book from Bryon Powell, publisher of iRunFar.com, be your guide, whether you're looking to finish your first ultramarathon or gain insight for your next. Find everything you need to know about training for and racing an ultra.

The book includes insights from well-known runners Geoff Roes, Krissy Moehl, Michael Wardian, Dave Mackey, David Horton, and others.

Currently available in bookstores nationwide. Receive free personalization and support the author directly by purchasing the book at www.iRunFar.com/rfp.

WHAT ARE FOLKS SAYING?

"I think it's the perfect thing to give an aspiring ultrarunner, a friend who is curious about what you do, or anybody new to crewing."

- Scott Dunlap of *A Trail Runner's Blog*

"I can think of nothing that would give me more confidence going into my first ultramarathon than having read this book. Nothing is left out."

- Matt Fitzgerald of *Competitor Running*



iRunFar.com
Mud, mountains, miles, and more

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BLUES CRUISE



JIM BLANDFORD

A chilly interlude!

ONCE AROUND THE LAKE

by Stephan Weiss, RD

This year's Blues Cruise featured a new course – one 31-mile loop around the lake; definitely more challenging than before due to increased elevation, estimated to be somewhere between 4,000 and 5,000 feet. Our course was 10 feet under water just three weeks prior to the race, due to flooding, and it took quite some trail maintenance by the rangers and the Pagoda Pacers to get the trail ready for race day. It rained the night before, which created many slippery and muddy spots but, well, that's trail running.

As a trail ultrarunner myself, I definitely would love to run this race. I have run many 50-kms on the East Coast, but none of them (out-and-backs, multiple loops) are as interesting as ours. Our race has grown 250 percent in the past three years. This year we had 279 registered runners; 14 DNFs and 42 DNSs (unusually high; rain must have chased some away) for a 94-percent finish rate.

Thirty-six-year-old Mike Carriglitto took the win in 4:02:03, with Morgan Windram placing third overall and winning the women's division just 16 minutes later.

KENDALL ROSEN ADDS

"I wanted to be that girl!"

This year marked my first foray into the world of the ultramarathon. On a whim, I de-

cidated to enter a 12-hour endurance race with my boyfriend and my best friend, who are decidedly not distance runners; we were able to complete seven laps for 35 miles.

What I learned from that race is that I wanted an even bigger challenge: a real, straight-through 50-km. I had overheard some other runners mention the Blues Cruise and the timing seemed right on point to continue training without losing the fire that had been lit under me. I took a look at the website, which showed a bright sunny sky, a far less technical trail than the one I train on, and a very happy-looking girl. I wanted to be that girl. So I signed up and eagerly anticipated race day.

On race morning, the air was cold and the sky was grey, but the vibe among the runners was anything but. The course was far tougher than anticipated, with the rains creating a muddy mess on the course. I imagine that people who cross train on the Wave, in-line skate, or ice skate probably fared well in those conditions, but I am not one of those people. Somewhere between the second and 10th miles, I started to get really frustrated with the conditions of the course, alternating between the feelings of running in thick brownie batter in the saturated parts and running on a tight-rope in the single lane parts next to the corn fields.

Outside of the moral support I got from my boyfriend for the first 20 miles or so, the saving grace of this race definitely had to be the Pagoda Pacers. The aid stations were set up perfectly and the volunteers made a world of difference. I could hear shouts of encouragement long before I hit the aid stations; sounds of cheering moved my feet a little faster towards what would end up being the best Twizzlers, Mountain Dew, and PBJs of my life.

The most interesting part of the race was what happened at Aid Station Five where we had somehow managed to get ourselves a minute over the cutoff time, even though we had been well ahead up until that point. One of the volunteers was really quite stern when she told us we "really need to pick up the pace" if they were going to let us stay on the course.

The last 11 miles were kind of a blur. I decided I had to try and catch up with the handful of people we had been leap-frogging all day. By the time I had caught up to and passed about 10 people, I knew there were only a few miles left in the race. Anxiety struck in the last mile. I didn't know the right way and did not have time to make any mistakes and still beat the cutoff. Then two very nice gentlemen I had run near from the seventh aid station on pointed me in the right direction. After taking a mo-

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|-------------------------------|---------|---------------------------|---------|----------------------------|---------|-----------------------------|----------|
| 209. Mark Freeman, 41 | 7:05:57 | 251. Ken Lonseth, 42 | 7:33:51 | William Smith, 35 | 7:52:29 | 335. Susan Donnelly, 48 | 8:24:39 |
| 210. Tommy Black, 39 | 7:07:42 | 252. Jason Stephenson, 36 | 7:33:55 | 294. Ying Malady, 41 | 7:54:19 | 336. Rob Apple, 50 | 8:24:51 |
| David Pharr, 27 | 7:07:42 | 253. Richard Stokes, 58 | 7:34:18 | 295. Laura McCrain, 32 | 7:54:41 | 337. Fred Trowse, 59 | 8:26:52 |
| 212. Sid Hood, 51 | 7:07:53 | 254. Andy Weaver, 32 | 7:34:22 | 296. Ashley Morris, 27 | 7:54:58 | 338. Woolery Back, 34 | 8:29:29 |
| 213. Hans Parker, 35 | 7:08:32 | 255. Sean Morey, 31 | 7:34:35 | 297. Heidi Bleckick, 26 | 7:54:58 | Amanda Remus, 40 | 8:29:29 |
| 214. Edward Brewer, 44 | 7:08:43 | 256. William Hunter, 41 | 7:34:45 | 298. Jason Nicely, 28 | 7:55:00 | 340. Rhonda McElroy, 36 | 8:31:08 |
| 215. Terry Brantley, 39 | 7:10:01 | 257. Sandy Geisel, 47 | 7:36:02 | Brandon Eppihimer, 35 | 7:55:00 | 341. Jim Corcoran, 40 | 8:31:56 |
| Mike Dalton, 30 | 7:10:01 | 258. Jerry Anderson, 60 | 7:36:13 | 300. Blake Cooper, 28 | 7:56:30 | 342. Devon Webb, 30 | 8:32:20 |
| Travis Riney, 35 | 7:10:01 | 259. Griff Kinsinger, 50 | 7:37:01 | 301. Sara Quint, 28 | 7:56:58 | 343. Scott Snider, 50 | 8:33:12 |
| 218. Claud Hicks, 40 | 7:10:16 | 260. Drew Hendry, 43 | 7:37:23 | 302. Sam Shafer, 29 | 7:58:00 | 344. Ashlee Dennis, 29 | 8:35:47 |
| 219. Stephen Wilson, 39 | 7:11:34 | 261. Jim Campbell, 43 | 7:38:09 | 303. Karl Kersey, 45 | 7:58:28 | 345. Michael McPhee, 49 | 8:36:32 |
| 220. John Parker, 34 | 7:11:48 | 262. Phillip Wirtz, 31 | 7:39:11 | 304. Thomas Skinner, 65 | 7:59:22 | 346. Benjamin Cripps, 33 | 8:38:44 |
| 221. Casey Kreilein, 28 | 7:12:02 | 263. Kelsey Cummins, 21 | 7:39:19 | 305. Amanda Banik, 24 | 7:59:56 | 347. Kevin Gammon, 29 | 8:39:03 |
| 222. Jeffrey Jordan, 48 | 7:12:33 | Lance Cummins, 21 | 7:39:19 | 306. Matt Waters, 33 | 8:00:42 | 348. Dwayne Sandidge, 56 | 8:40:51 |
| 223. Dan Montoya, 47 | 7:13:48 | 265. John Ridgley, 43 | 7:39:42 | 307. William Bilbrey, 61 | 8:01:02 | 349. John Coheleach, 49 | 8:46:52 |
| 224. Jonathan Davis, 33 | 7:14:27 | 266. Thomas Flaherty, 20 | 7:41:09 | 308. Gary Blevins, 52 | 8:01:09 | 350. Jennifer Sutton, 41 | 8:46:58 |
| 225. Anna McCullough, 30 | 7:14:33 | 267. Jeff Stansberry, 33 | 7:41:35 | 309. Ian White, 34 | 8:01:20 | 351. Dawn Wojciechowski, 44 | 8:51:04 |
| 226. David Coffey, 53 | 7:14:41 | 268. Gregory Wirtz, 55 | 7:41:51 | 310. Kenneth Locke, 51 | 8:01:29 | 352. Maria Green, 50 | 8:51:29 |
| 227. Michael Penland, 34 | 7:15:43 | 269. Tim Cleary, 53 | 7:42:09 | 311. Elizabeth Scroggs, 29 | 8:01:38 | 353. Steck Johnson, 53 | 8:52:24 |
| 228. Kelly Simmons, 49 | 7:15:50 | 270. Jason Green, 37 | 7:42:19 | 312. Paul Bolin, 47 | 8:01:44 | 354. Jay Morrison, 34 | 8:52:45 |
| 229. Callum Weeks, 39 | 7:17:58 | 271. Karen Gillies, 49 | 7:43:09 | 313. Preston Goforth, 38 | 8:01:46 | 355. Aaron Jaffe, 33 | 8:56:52 |
| 230. David Swearingen, 53 | 7:18:03 | Wendy Sugg, 49 | 7:43:09 | 314. Edie Mahan, 46 | 8:02:30 | 356. Lara Urtuzuastegui, 42 | 8:59:42 |
| 231. Rusty Sewell, 37 | 7:18:21 | 273. Natalie Payne, 34 | 7:45:57 | 315. Alexandra Huffman, 23 | 8:05:12 | 357. Bill Moore, 57 | 8:59:58 |
| 232. Jp Bewley, 36 | 7:18:59 | 274. Michael Delang, 51 | 7:46:08 | 316. Mike Reed, 34 | 8:05:19 | 358. Jennifer Ridgley, 42 | 9:01:42 |
| 233. Jeffrey Horner, 39 | 7:19:17 | 275. Alicia Milner, 43 | 7:46:11 | Drew Getty, 25 | 8:05:19 | 359. Ben Dixon, 33 | 9:08:22 |
| 234. Michael Yarbrough, 37 | 7:20:56 | 276. Jason Rogers, 49 | 7:46:14 | 318. David Monett, 48 | 8:05:28 | 360. Erin Petrella, 34 | 9:13:02 |
| 235. Laura Jonikaitis, 25 | 7:22:17 | 277. Leslie Howard, 38 | 7:47:18 | 319. Shawn Ware, 26 | 8:06:41 | 361. Scott Anderson, 50 | 9:14:19 |
| 236. Anita Nathan, 40 | 7:22:31 | 278. Janice Cornett, 48 | 7:47:44 | 320. Dwight Bond, 52 | 8:07:47 | 362. Mary Meyer, 15 | 9:20:39 |
| 237. Kim Helms, 39 | 7:22:44 | 279. Diane Hall, 33 | 7:47:45 | 321. Del Crum, 43 | 8:08:54 | 363. Jessica Cohen, 26 | 9:22:22 |
| 238. Phillip Webster, 54 | 7:23:13 | 280. Cary Long, 38 | 7:47:46 | 322. Amy Young, 31 | 8:10:08 | 364. Erin Pauling, 30 | 9:34:47 |
| 239. Phillip Foster, 33 | 7:23:18 | 281. Karen Davis, 35 | 7:48:03 | 323. Paul Arnette, 45 | 8:10:49 | 365. Jocelyn Allton, 34 | 9:39:54 |
| 240. Mari Bales, 25 | 7:24:26 | 282. Michael Kinnick, 34 | 7:48:29 | Kevin McClanahan, 45 | 8:10:49 | 366. Melissa Stewart, 39 | 9:40:23 |
| 241. Peter Volgyesi, 34 | 7:24:28 | 283. Rick Wilson, 16 | 7:48:59 | 325. Billy Malady, 47 | 8:11:44 | 367. Greg Jarrett, 34 | 9:45:54 |
| 242. Steve Michael, 61 | 7:26:07 | 284. Andrea Fisher, 31 | 7:49:07 | 326. Kathy Taylor, 51 | 8:17:28 | Ron Tolliver, 48 | 9:45:54 |
| 243. Lisa Thompson-Matlin, 45 | 7:27:20 | 285. Chris Parrish, 37 | 7:49:29 | 327. Clynton Gourlay, 34 | 8:19:05 | 369. Susan Nelson, 44 | 9:51:16 |
| 244. Coby Hausrath, 24 | 7:28:54 | 286. Andrea Moore, 46 | 7:50:27 | 328. Beth Rice, 52 | 8:19:27 | 370. Genny Markert, 30 | 9:51:55 |
| 245. Brian Preston, 27 | 7:29:19 | 287. Autumn Friday, 34 | 7:50:30 | 329. Beau Talley, 50 | 8:20:29 | 371. Johnna Davis, 43 | 9:51:56 |
| 246. Daniel Saunders, 32 | 7:30:21 | 288. Brad White, 37 | 7:50:38 | 330. Robin Shedd, 36 | 8:21:12 | 372. Renee Aly, 40 | 9:55:12 |
| 247. Brandon Ellison, 25 | 7:30:58 | 289. David Milner, 47 | 7:51:06 | 331. Mike Weirich, 57 | 8:21:12 | Julie Roberts, 32 | 9:55:12 |
| 248. Darris Ware, 35 | 7:31:48 | 290. Zachary Branigan, 34 | 7:51:56 | 332. Justin Tucker, 28 | 8:21:49 | 374. Diane Taylor, 55 | 10:06:53 |
| 249. Sarah Starling, 41 | 7:31:51 | 291. Tony Trapani, 45 | 7:52:00 | 333. Philip Sustar, 40 | 8:23:04 | | |
| 250. Bobby York, 47 | 7:33:49 | 292. Daniel Higgins, 36 | 7:52:29 | Leslie Lybarger, 26 | 8:23:04 | | |



JIM BLANDFORD

Runners liked this bridge because it was very bouncy

ment to prevent a full-on panic attack, I kept running. Over a tiny hill I saw the second best sight of the day, a volunteer in a fluorescent vest pointing us to the finish. I'm not sure what the finish-line photo will look like, but that particular moment held the biggest barrage of diverse emotions I could have ever imagined and

would never be able to explain.

Despite every complaint I may have had while on the course, this race was probably one of the best experiences of my life. I am not a fast runner. Most times I don't even feel like a very good runner. But I am the kind of runner who keeps going, even when people plant a seed of doubt, just to prove to myself that it can be done. The volunteer at aid station five may have discouraged me at the time, but if it wasn't for her clear disbelief that I could finish the race in the given timeframe, I might not have run ahead, passed other runners, and ultimately finished with some time to spare.

In total, because of the race-day conditions, this course ended up being more difficult than I anticipated. If it had been less muddy, the entire race would have been different. There were more hills than I expected, the single-track more annoying than I imagined, and the slippery wooden bridges were surprisingly tricky to pass over. On the other hand, the aid stations were fully stocked with an array of refueling options, the volunteers had amazing energy and were very supportive, and the other runners were some of the nicest people I've had two-minute conversations with.

ULTRA! ULTRA! IN THIS EDITION: MUD AND (LACK OF) A BIKINI BY CÉCILE DAURAT-THOMPSON

A good headline news writer knows how to get a reader's attention. Now that I have yours, let me tell you about my first ultra. (More on that bikini later.)



JIM BLANDFORD

Mike Carriglito at mile 3.5 before he took the win and set the record for the new course

The Blues Cruise 50-km trail race is organized by the Pagoda Pacers running club in the region around Blue Marsh Lake near Reading, Pennsylvania. The directors alerted us mid-September that the trail, especially its bridges, had been damaged during storms and would be repaired by park rangers and a group of volunteers. When



JIM BLANDFORD

Cécile Daurat-Thompson finishing the rinse cycle

I went to bed the night before the race, it was raining. Every time I woke up during the night, it was raining. When the alarm clock went on at 5:30 a.m., it was raining. My first instinct was to stay in bed, but my friend, Bill, of the Delco Road Runners Club was picking me up, so I finally dragged myself out of bed.

It was about 45 degrees and misty at the start. My choice of gear – a tank top and shorts – made me feel underdressed. I decided to wear arm sleeves, and so did Bill. Then I agonized about whether I should wear gloves, carry water and change my shorts. The worst part of a race can be the waiting before the start, when so many choices are still available – including staying in the warm car to nap while Bill was running.

Once we started, there was no other choice but to run 50 kilometers around the lake. The trail was very muddy and the bridges as slippery as if covered in soap.

Long-distance running distorts the notion of distance. The half-marathon (13.1 miles) came and went as fast as a sprint. At the 24-mile water station, I joked with the volunteers, who did an amazing job standing for hours to support us along the trail. I took both water and Gatorade, but what I really wanted was the beer of one of the volunteers.

I felt exhilaration for about two miles after that next-to-last water station. In a regular road marathon, I would be struggling mentally and physically at this stage of the race. But here I was cheerfully hopping around puddles of muddy water – making plans for the rest of the day – high in spirits and in the expectation that I would finish my first ultra soon. I should have known better. After the high comes the mental abyss. At mile 25, "soon" was still six miles away.

I tried to motivate myself by comparing what I had left with easy runs I knew – the 5.5-mile



JIM BLANDFORD

RD Stephan Weiss rushes back from a short run to greet the finishers

club run, the three-mile jog with the dog around our neighborhood and the 1.2 miles from my parents' house to my sister's and back in the French Alps. My struggle was mostly mental: There was nothing fundamentally wrong with my body (at least for someone who has just run more than a marathon), but my head had had

BLUES CRUISE 50K | READING, PENNSYLVANIA | OCTOBER 2 | ▲ 2,3

1. Mike Carriglito, 36	4:02:03	45. Justin Whittington, 51	5:18:15	89. Michael Gormley, 50	5:53:41	133. Kenneth Sanchez, 51, NJ	6:18:17
2. Ryan Jones, 32	4:11:12	46. Gregory Brozovich, 42	5:19:10	90. Howard Lee, 56	5:54:10	134. Craig Snyder, 50	6:19:33
3. Morgan Windram, 29	4:18:49	47. Alexander Covington, 26	5:19:11	91. Todd Pollock, 41	5:54:11	135. Erik Ammon, 40	6:19:42
4. Michael Francis, 35	4:21:52	48. Jason Takacs, 31	5:21:15	92. Jack Morasco, 53	5:54:14	136. Rob Gallagher, 45	6:19:51
5. Benjamin Hatt, 26	4:26:03	49. Kelly Agnew, 38, FL	5:24:10	93. Jeffrey Woody, 43, WI	5:55:44	137. Karl Russek, 44	6:20:36
6. Cecile Daurat-Thompson, 37	4:26:34	50. Keith Straw, 56	5:24:59	94. Rene Molina, 34	5:55:55	138. Tania Barrell, 31	6:21:01
7. Paul Kent, 47	4:28:16	51. Pedro Soto, 33	5:25:50	95. Darshana Patel, 34, NJ	5:56:10	139. Jason Brady, 32	6:21:53
8. Tim Ebersole, 28	4:30:09	52. Jess Gockley, 30	5:25:51	96. Susan Hu, 40	5:57:33	Justin Shipley, 30	6:21:53
9. Todd Euston, 33	4:31:31	53. Jody Shatzer, 53	5:25:55	Jason Burdette, 40	5:57:33	141. Jason Jacques, 32	6:22:27
10. Pat Huyett, 28	4:32:39	54. Matthew Anthony, 43	5:26:52	98. John Trussell, 31, NJ	5:57:46	142. Patrick Muldowney, 44	6:23:05
11. Scott Karwacki, 37	4:34:13	55. Dave Schiavone, 49	5:27:05	99. William Rush, 31	5:58:47	143. Ronald Aponte, 54, NJ	6:23:13
12. Jeffrey Fullem, 34	4:34:22	56. Alan James, 45	5:27:40	100. Karen Murray, 34	5:58:48	144. Rob Goeckermann, 32	6:24:07
13. Chris Moore, 39	4:36:10	57. Daniel Schaeffer, 38	5:28:11	101. Stephen Trimmer, 42	5:58:49	145. Brigitte Sheehan, 51, DE	6:24:37
14. David Stango, 34	4:39:20	58. Christian Jarani, 53	5:28:28	102. Tom Campbell, 41	5:59:52	146. Mike Reddy, 50	6:25:28
15. Perry Allen, 42	4:40:36	Sean Russell, 34	5:28:28	103. Christopher Buchheim, 43	6:02:23	147. Terry Good, 43	6:25:32
16. Thomas Huber, 25, VA	4:43:02	60. Todd Pechar, 36	5:28:38	104. Gabriela Stephens, 32	6:02:58	148. Chad Martin, 38	6:25:33
17. Patrick Durante, 30	4:45:02	61. Jeremiah Williams, 34	5:28:59	Steve Farrah, 65	6:02:58	149. Angela Russell, 35, MD	6:28:05
18. Riva Johnson, 48	4:45:57	62. Paul Cupec, 42	5:30:04	106. Keith Arnold, 36	6:04:09	150. Michael England, 42	6:28:34
19. Sean McPherson, 30, MD	4:47:57	63. Doug Zechman, 52	5:31:16	107. Mike Smith, 44	6:04:18	151. Anthony Choudhry, 39	6:28:49
20. Matt Nelson, 38, MD	4:47:58	64. Bill McGurk, 52	5:31:58	108. Brandin Pettersen, 26, FL	6:04:42	152. Lucia Michel, 27	6:29:07
21. Chris Walker, 34, MD	4:50:26	65. Richard Yanoski, Jr, 39	5:35:08	109. Amy Tavares, 29	6:04:43	153. Barbara Kutis, 29	6:29:13
22. Tony Carino, 26, NJ	4:51:05	66. Frank McMaster, 29	5:37:03	110. Ted Harlan, 35	6:05:25	154. Vance Dunbar, 42	6:33:10
23. John Weidner, 48, NJ	4:52:24	67. Steve Kopera, 44	5:39:07	111. Jason Karpinski, 21	6:05:52	155. Randy Bowers, 55, WV	6:33:26
24. Philip Lechner, 37	4:52:25	68. Jong Yu, 39	5:40:41	112. Keith Liebert, 57	6:06:42	156. Deborah Golbreski, 40	6:33:39
25. Mathew Carrico, 34, MD	4:52:44	69. Michelle Baldwin, 31	5:41:40	113. Julian Natisin, 44	6:06:52	157. Maggie Gesue, 28	6:34:04
26. George Pickul, 43, NJ	4:54:18	Scott Baldwin, 30	5:41:40	114. Debbie McLeod, 47	6:06:53	158. Oribel McFann-Mora, 31, DE	6:34:26
27. Ken Rice, 27	4:55:15	71. Dan Herman, 39	5:42:01	115. John McNaughton, 36	6:07:23	159. Brian Healy, 48	6:34:36
28. Robert Kaunert, 45	4:55:27	72. Jamey Hutchinson, 55	5:43:12	116. Ron Kappus, 52, NJ	6:08:55	160. Jason Fogelman, 30	6:34:48
29. Jessica Kennedy, 28, NJ	4:57:59	73. Kristoffer Farrell, 37	5:43:54	117. Andrea Rodi, 43, DE	6:09:10	161. Patti Page, 49	6:34:50
30. Jay Austin, 40	4:59:16	74. Steve Vida, 41	5:44:16	Aubrie Dellinger, 26	6:09:10	Caroline Hill, 51	6:34:50
31. Rick Grab, 37	4:59:18	75. Elizabeth Glass, 45	5:44:34	119. Scott Blain, 57, ON	6:09:12	163. Carole Smith, 56, MD	6:35:05
32. Matthew Davis, 24, DC	4:59:28	76. Amos Desjardins, 30, VA	5:46:54	120. Austin Sedicum, 43	6:11:04	164. Mark Mulvihill, 61	6:36:27
33. Andrew Dobish, 33	4:59:44	77. Thomas Valleau, 26, VA	5:47:04	121. Robin Loercher, 51	6:11:28	165. Karen Fennie, 52, NY	6:39:24
34. Jim Martin, 40	4:59:56	78. Laszlo Gere, 36, NJ	5:47:59	122. Bill Buchanan, 50	6:12:15	166. Edwin Strauss, 46	6:39:42
35. Don Mengel, 54	5:00:28	79. Steve Bunville, 51	5:49:25	123. Mark Weiss, 41	6:12:32	167. Lou Manza, 45	6:40:08
36. Shannon Cutting, 47, NY	5:01:21	80. Timothy Trine, 50, MI	5:49:46	Rick Thompson, 46, MD	6:12:32	168. Seth McElroy, 42, MD	6:41:20
37. Kimberly Drake, 39	5:04:52	81. Jamie Clark, 36	5:50:21	125. Jesse Wolfgang, 30, NJ	6:12:53	169. Martin Donaldson, 44	6:42:44
38. Brettina Willson, 49	5:05:41	82. Kevin Slifer, 28	5:50:49	126. Terri Erbacher, 37	6:13:21	170. Bryan Page, 51	6:44:30
39. Scott DeWire, 33	5:05:58	83. David Pazgan, 41, OH	5:51:11	127. Al Glenn, 45, NJ	6:14:06	171. Angelina Smolskis, 45	6:45:16
40. David Stretanski, 45, NJ	5:12:16	84. Karl Ahlswede, 50	5:51:20	128. Erin Broadhurst, 28	6:14:47	172. Dana Zwayer, 31	6:46:49
41. Julie Lambi, 28	5:12:53	85. Mark Nesfeder, 53, VA	5:51:28	129. Tom Grim, 59	6:15:13	173. Alex Allman, 35, MD	6:47:26
42. Joseph Vida, 40, VA	5:15:04	86. Su Bacon, 53	5:52:05	130. Steven Lutz, 37	6:15:28	174. Kristina Schurr, 37	6:48:18
43. Paul Peters, 34	5:15:21	87. Benjamin Shultz, 25	5:53:39	131. Keith Neiswender, 41	6:17:45	175. Patti Beauchesne, 49, DE	6:48:21
44. Jessica Stevens, 39, NJ	5:16:42	Denna Andrus, 46	5:53:39	132. Michael Mize, 31	6:17:46	176. Sean Williams, 39	6:48:50

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JIM BLANDFORD

enough. I finished the Blues Cruise 50K in 4:26, second female and sixth overall.

What about the bathing suit? Here is what a writer shouldn't do: wait for the last paragraph, known as kicker, to explain his headline. Around mile 12, I heard commotion and came upon a river. There was no bridge, just a rope that was too high for me to reach. I asked the photographer on the other bank how deep the water was. "About mid-thigh for the guys," he said.

"I forgot my bikini," I said, to no one in particular. ■

Second place Ryan Jones gets some bounce

*Happy Holidays
to all our readers
from John, Lisa,
Tia, and the rest
of the crew at
UltraRunning
magazine*

THE BALLAD OF OL' JAMES THE ULTRARUNNER

by Gary Dudney

Come and listen to a story 'bout a man named James,
Ultra ran so much, barely knew his family's names,
Seems one day he was arunnin' in the snow,
Slipped on some ice and cranked his knee, you know.
Laid up awhile,
Couldn't jog.

Well, the first thing you know old James he grew a tire,
Kinfolk said, "James, you lost your goldarn fire."
Said, "Better cross train or you know just what you'll be?"
"One of them there couch potatoes starin' at TV."
Lazy as sin,
Lost in a fog.

Old James got real fed up and hustled up a surgeon,
An old country doc said, "This is what I'm urgin',
Find yourself a two-by-four and whack that sorry knee,
Then go run them trails and don't forget my fee."
Put some miles
In your workout log.

James started runnin' 'fore the sun went down that even'.
Left the doc some chickens, figured he was even-steven.
Signed up for some trail runs and a big ol' hundred ultra,
Hosed off his running shoes and polished up his mantra,
Run like a horse,
Eat like a hog.

That old knee she came around and didn't hurt no more,
James ran down his old buddies and evened up the score,
Said he planned on runnin' 'til come the judgment day,
Turned out though to Jim's surprise, it weren't that far away.
Heart gave out,
Croaked like a frog.

Twas a right sad day when friends laid poor ol' James to rest,
Runnin' shoes, runnin' shorts, dressed him in his best,
But when the dirt was o'er him they swore they heard a thumpin',
Seems old Jim was in his grave but his knees were still a pumpin'.
Glory be,
Man should be dead as a log.

They quick dug up that coffin, and broke the hinges loose,
Found Jim's ghost a sittin' there chuggin' on some juice,
He right away straightened up and cracked a big ol' smile,
"If you'll pardon me," he said polite, "I'm runnin' my last mile."
James the ultramarathoner
That old dog.

Gary Dudney is on vacation, braving the chaos in Greece. His Beginner's Corner column will resume in our January/February issue with an article on Dressing for Winter Running.

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