

Unseasonably Hot Weather Slows Superior Trail Runners

Fifty-eight starters began and 37 finished the fourth annual Superior 100 Mile, as unexpectedly warm temperatures (in the upper 70s) made life miserable for many of the runners. "The heat definitely contributed to the large number of drops," said Race Director Harry Sloan, "the other thing is the Superior Trail 100 is a tough course." Runners training on the course described it as featuring the four R's — running, rocks, roots, and ravines.

David Wrolstad, 35, from Jamestown, North Dakota, won the race with a time of 21:15, quite an improvement in time from 1992, when he finished second and missed the sub-24-hour mark by one minute. Mary Bystedt from nearby Canyon, Minnesota, was the first female to finish in 24:17, beating her own impressive record set last year of 25:30. Three females started the 100-mile and all three finished. It would be great if that would encourage more women to par-

ticipate.

Runners and their pacers were treated to brilliant fall colors during the day and to a gorgeous moon and stars galore at night. Among the pacers putting in 44 miles were two recruited by finisher Dan Doty — his wife Marcia, who paced Eugene Ellenbogen, and his brother Gary (who happens to be the mayor of Duluth), who assisted Ingrid Honzak. Among the runners was Noelle Olson, who entered and started the 50-mile, then decided en route to switch to the 100; since she wasn't an entrant in the 100 (the two events are run as separate races), she couldn't be an official finisher, even though she did complete the course within the time limit.

If you're looking for a ride in a canoe (the Beaver Pond crossing) and a good time climbing and descending 14,000 feet, join us for the fifth ST100 next September 16.

Tami Tanski (Co-R.D.)

Superior Trail 100 Mile

Silver Bay to Grand Marais, Minn.

Sept. 17-18, 1994

13 miles on road, rest on trail; 14,000' climb

1. David Wrolstad,35	21:15:29
2. Kevin Ash,21	21:56:43
3. Richard Letourneau,46	23:41:31
4. Michal Crofton,44	24:10:50
5. Jose Wilkie,31	24:17:22
6. Carl Yates,67	24:17:22
7. Mary Bystedt,41	24:17:59
8. Eugene Curnow,50	25:07:07
9. James Blanchard,44,WI	26:03:00
10. Debbie Bennett,35	26:33:27
11. Odin Christenson,46,CO	26:39:05
12. Wendell Doman,35,WI	26:41:26
13. Lee Kern,37,MT	26:43:12
14. Stuart Johnson,35,KS	27:07:39
15. Keven O'Grady,35,OH	27:14:46
16. James Benike,44	27:14:46
17. Mark Switala,34	27:15:33
18. Jack Donahue,50,MI	27:15:33
19. Dan Doty,41	27:16:39
20. Ingrid Honzak,46,OH	27:38:03
21. William Kendall,49,PA	27:56:53
22. Harry Smith,45,PA	28:01:56
23. Larry Lovell,51,VA	28:23:19
24. Tim Brown,55	29:01:24
25. Rodney Reisenouer,43	29:16:43
26. Brian Poeppel,39	29:23:43

Cecelia Kascak



Water bottles full and some food in hand, Eugene Curnow heads back into the woods — only 60 miles to go to the finish in Grand Marais.

27. Lee Schmidt,67	29:30:11
28. Harold Bruelan,51.NY	29:47:23
29. Ed Korkia,56	29:50:10
30. Reid Walden,43	29:50:10
31. Chuck Bundy,62.IL	30:31:17
32. Glen Zirbel,63	31:08:19
33. Eugene Ellenbogen,50.ONT	31:26:17
34. Gregory Steinaker	31:30:23
35. Andy Nordeen,36.WI	31:46:10
36. Steven Peterson,33.MT	31:56:21
37. Brian Lanstrom,43	31:57:15
58 starters	

One would think that the Superior 50 Mile would be a piece of cake, especially for one who has already done the 100. In addition to the fact that the distance is halved, the race starts at 6:00 a.m., and thus avoids the hour of darkness that the 100-mile runners must deal with at the start. Nevertheless, this year's event proved tough to many, novices and veterans alike. The heat was one factor: we expected highs in the 60s, but the mercury hit 76°, which definitely seemed hot. But worst of all were the strategic mistakes made by me, by Fred Pilon, and by several other runners: the classic going-out-too-fast error. What is it about this sport that makes us throw caution to the wind when we feel good in the early stages of a run? Fred and I felt great for the first 30 miles, but in fact we were running over our heads, and we paid dearly for it later. Fred had to take a nap beside the trail to recharge his batteries, and I struggled along in the latter

portions feeling much worse than I did in the 100-mile version. Live and (I hope) learn.

On the men's side a conservative start paid off for Larry Duford who won. Jan Schlueter seemed to have no problems at all as she cruised to an easy win in the women's division.

Although the course suffers from one seven-mile road section (though that does add variety to the route!), the rest of it is on extremely beautiful and rugged trails that are hilly in places and quite flat in others. The locale may be out of the way, but it is certainly worth a visit, especially as it is scheduled during a season when the leaves and lakes are especially pretty and, with luck, the trail is dry.

A remarkable footnote to this year's ST50 concerns the DNF of Dan Jensen of Sioux Falls, South Dakota. Dan was running very well for the first three hours, but he slipped and broke his leg at mile 15. His handler came in with a spare leg but — tough luck for Dan — the handler carried in Dan's swimming leg (floppy foot) and not his running leg; the handler had to return to the car for the proper leg and it was hours before a two-footed Dan was finally able to make it out. In the meantime the race director had gotten a crew in to help out (carrying a couple of ski poles), but they all waited for the right leg to come in.

Many years ago Dan stepped on a land mine in Vietnam. His right leg had to be

amputated below the knee. But he has kept fit and has completed several of the more grueling triathlons, some of which have involved short (by ultra standards) trail runs. He has an artificial leg, of course, and a very good-looking foot to go with it. In fact, Dan says that getting the flexible foot changed his life, since he immediately started running.

This was Dan's first ultra and I, running with him for ten miles or so at a fairly good pace on rugged trails, was very impressed by his power, mobility, and balance. In fact, I suppose I can blame Dan for my going out too fast . . . after all, who wants to be left behind by a runner with only one good leg? He was quite good on the downhills and weaker on the up, perhaps because of the lack of one calf muscle. He says he will be back to finish what he's started, and I have no doubt that he will finish this course next time. Some advice:

Carry a lightweight ski pole (or two). Even some two-legged runners use them on rough trails. It can help with balance and will allow your arms to make up for the missing leg muscle. And, though it's a hard lesson to learn, go out a little more conservatively!

I do not know of any amputee who has completed an ultra in this country (wheelchairs excluded), and encourage Dan to stick with it. He certainly inspired me.

Stan Wagon

Cecelia Kascah



Michael Crofton ended up in both an enviable (he finished) and an unenviable (he missed 24 hours by just 11 minutes) position.

Superior Trail 50 Mile

Silver Bay to Tofte, Minn. Sept. 17, 1994
43 miles trail, 7 miles paved; 7,000' climb

1. Larry Duford,46,MI	9:28:41
2. Brian Bennett,39	9:51:36
3. Wayne Christopherson,46,MI	9:59:08
4. Jan Schlueter,34	10:21:31
5. Fred Pilon,48,MA	10:23:01
6. John Leighton,50	10:39:58
7. Robert Schlosser,57,OH	10:51:41
8. Tim Patter,40,WI	11:01:45
9. Gerald Martin,44,WI	11:03:59
10. Susan Kersten,35,SD	11:07:49
11. Jim Kersten,42,SD	11:12:06
12. Jim Rickards,47	11:12:46
13. Stan Wagon,43	11:27:06
14. Jim Sisko,41,WI	11:27:47
15. Barbara Dahl,42	11:30:05
16. Phyllis Lucas,35,CO	11:43:05
17. Robert Brokke,43	11:44:23
18. Gregg Redden,52	11:49:34
19. Nancy Woodley,37	11:49:46
20. Nancy Drach,35,NC	11:57:48
21. Ronald Carpenter,50	11:59:19
22. Donnan Christensen,48,WI	12:08:36
23. Bill Sims,52,TN	12:14:14
24. Sarah Spell,35,WI	12:27:34
25. Jim Hunter,36,TN	12:34:26
26. Markus Bosch,35	12:52:47
27. Kathleen Weix,45,WI	12:53:40
28. Dave Marek,29	12:56:23
29. Kris Dupey,44	12:58:33
Roger Dupey,43	12:58:33
31. Dale Zimm,59	13:06:15
32. Deb Sloan,43	13:08:19
33. Don Clark,43	13:18:54
34. Bill Rastatter,40	13:20:33
35. Judie Johnson,38	14:00:00