



# Superior Trail 50 Mile

by Larry Pederson, R.D.

The Superior Trail 50 Mile is supposed to be a cool autumn run through the woods of northern Minnesota, but this year's participants awakened to temperatures that were already above the normal highs for the day. Even the previous night's rain shower had done little to cool things off, although it did settle the dust somewhat on the unusually dry trail. At least there wouldn't be any of the mud that is usually found between all the rocks and roots on the course.

Forty-nine runners started in the predawn twilight, but due to the heavy leaf cover on the trail, they would need their flashlights for the first hour. Some would need those lights again on the return trip. Once the sun had made its way above the horizon and penetrated the forest, the runners were treated to the usual spectacular scenery of the North Shore. As an added bonus, because of the dry summer, the maples displayed their brilliant fall hues. Some early cloud cover, along with the occasional gust of wind off our natural air conditioner, Lake Superior, got many runners through the early miles in good shape. Andy Holak took an early lead, with last year's winner, Steve Schuder, close behind. They would maintain those positions most of the rest of the day, as they gradually pulled away from the rest of the field. It wasn't until the final miles that Steve caught up to Andy, and the training partners and best friends went on to cross the finish line in a tie for first place. In the women's race, Deb Bennett won for the third consecutive year, placing fourth overall, nearly two hours ahead of her closest female pursuer.

All told, 40 runners completed the race, several well after sunset. A new rule for the race this year was that the final cutoff time was at the last aid station, Oberg Mountain, rather than at the finish line. Anyone who cleared the Oberg aid station before the cutoff time was allowed to proceed officially finish the race. This experiment appears to have been successful, as everyone that made the cutoff had no problems finishing, and enjoyed not having the pressure of beating a finish line cutoff time. Additionally,

anyone who didn't make the Oberg cutoff was more than ready to quit by then.

The 2006 Superior Trail 50 Mile will take place on Saturday, September 9. We are also hoping to take on the additional responsibility of reviving the legendary Superior Trail 100 Mile, and to stage the Moose Mountain Marathon, 50 Mile, and 100 Mile, so that all three finish in Lutsen at the same time on Saturday evening. Please visit our website ([www.superiortrailrace.com](http://www.superiortrailrace.com)) for more information.

## Superior 50 Mile

Lutsen, Minnesota

September 10

Trails

1. Andy Holak, 37	8:40:27
2. Steve Schuder, 41	8:40:27
3. Jess Koski, 50	9:49:19
4. Deb Bennett, 46	10:23:20
5. Chris Hanson, 34	10:37:18
6. Barry Voss, 37	10:48:10
7. Buck Benson, 53	10:58:17
8. Tom Nelson, 50, CO	11:08:56
9. Matt Long, 49, WI	11:10:23
10. Jeff Allen, 39	11:23:54
11. Jason Midgarden, 33	11:48:49
12. Justin Grogg, 23, IN	11:48:49
13. Dan Bradford, 49, WI	11:49:15
14. Julie Berg, 40	12:20:59
15. Mark Manning, 44	12:31:21
16. Angie Puent, 34, WI	12:31:27
17. John Taylor, 43	12:41:04
18. Kyle Raverty, 29	12:47:19
19. Debbie McKinzie, 35, MI	12:47:35
20. Maria Barton, 39	12:50:49
21. John Montwill, 44	12:54:53
22. Scott Borgstrom, 48	13:05:59
23. Paul Braun, 34, WI	13:13:37
24. Joe Lovett, 38	13:29:05
25. Allan Holtz, 55	13:33:34
26. Barry Fischer, 33	13:38:58
Jon Arlien, 33, NV	13:38:58
28. Jeff Mallach, 45, WI	13:42:32
29. Deb Vomhof, 43, WI	13:43:04
30. Kathy Drexler, 44, WI	13:47:43
31. Diane Farmer, 27	13:54:05
32. Alfred Sauld, 59, WI	14:04:33
33. Kris Pini, 37	14:24:42
Jeffrey Swainhart, 50	14:24:42
35. Brian Kenady, 31	14:25:11
36. Jim Stocco, 52	14:28:39
37. Tim Potter, 51	14:28:40
38. Mick Justin, 57	14:55:54
39. Les Martisko, 61	15:41:45
40. Sara Lovett, 36	16:09:07

58. Casey Lopez, 29, WI	6:28:26
59. Larry Whitaker, 55, OH	6:31:28
60. Janis Clay, 48, OH	6:31:30
61. Baltazar Fregoso, 37, IL	6:31:41
62. Peter Geshel, 42, FL	6:32:36
63. Steve Sutton, 48, OH	6:37:22
64. Craig Kerkhoff, 22, IN	6:38:18
65. Matthew Simpson, 27, IN	6:38:20
66. James Schmitt, 40	6:40:31
67. Scott Millman, 34	6:49:49
68. Curtis Wells, 62	6:52:28
69. Christine Jarrell, 42	6:52:29
70. Richard Johnson, 52, MO	7:01:12
71. Kevin Sadaj, 33	7:01:26
72. Michael Binder, 54, OH	7:05:38
73. Paul Miller, 50, OH	7:05:39
74. Gloria Rose-James, 45, OH	7:06:41
75. Amy Johnson, 30, OH	7:11:19
76. Robert Dewar, 60	7:21:59
77. Kevin Breuker, 26	7:24:21
78. Mike Schultz, 32	7:24:23
79. Doug Zeidler, 38, IN	7:27:23
80. Win Apel, 56, ID	7:28:15
81. David Ross, 55, WA	7:28:16
82. Sheila Stefansic, 41, OH	7:36:52
83. Lisa Milie, 46, IL	7:40:58
84. Mary Papreck, 52, IL	7:41:00
85. Nancy Plane, 33	7:44:02
86. Paul Dharam, 58	8:07:22
87. Michele Schiftar, 39	8:07:24
88. Cindy Zeman, 22, IL	8:09:36
89. Amanda Starceovich, 30, IN	8:15:01
90. Henry Rueden, 55, WI	8:15:08
91. Irma Niere, 41, IN	8:15:22
92. Charles Gill, 57	8:15:24
93. Manuel Lopez, 66, WI	8:25:32
94. William Gray, 59, WI	8:25:33
95. Ruth Werner, 43	8:34:29
96. Carter Sherline, 45	9:15:33
97. Gerry Perrett, 168	9:19:03
98. Allan Ross, 31	9:44:52
99. Sue Mahakian, 50	9:47:33
100. Kevin Schoen, 34	10:03:41
101. Jon Zeman, 54, IL	10:26:21