

// SUPERIOR TRAIL RACE 2012



SUPERIOR 100:

Course Records Fall at One of the Oldest 100's in the Country

by John Storkamp - RD

Held in the small, blue-collar Lake Superior shipping port of Two Harbors Minnesota, The Superior 100's pre-race meeting, dinner and social provided an almost identical scene to that of any other 100 in the country. First time 100 mile racers, palpably nervous and uncomfortably quiet picked at plates of spaghetti, stoic veterans with multiple finishes; five, eight or even twelve (Susan Donnelly of Oak Ridge TN) or fifteen (Stuart Johnson of Shawnee KS) caught up with old friends as if it were a family reunion, the obvious favorites cool and confident chatted it up with the other favorites (also cool and confident) and the anonymous dark-horses, quiet, seemingly brooding, were ready to put it on the line and make a name for themselves at the Superior 100 Mile Trail Race.

The morning was greeted with the requisite nervous anticipation of a trail 100 and the smiling faces of 128 starters from 28 states and Canada. The weather was clear and cool and it looked to be an ideal day for running. Coming into the first aid station about 20 runners were counted under course record pace and their faces showed the strain. 10 miles of intense concentration, playing the ultimate game of hop-scotch hosted by Mother-Nature herself on the legendary Superior Hiking Trail's roots and rocks was already taking its toll. The eventual men's winner found himself in the lead and was already staking his claim while the eventual women's champion was not feeling well and trying to get into a groove. After the first few groups of pace-pushing front-runners had come and gone through the Split-Rock aid station, the middle of the pack runners trickled in with smiles still in tact and good cheer still held over from the start. Maria Barton who had made Superior 100 attempts in 2006 and 2007 was looking to get her first finish - she had a great year of training behind her and was making it look easy while all of the local runners were rooting for her (see the following interview with Maria).

As the miles ticked off, Superior would not be denied its sacrifices and the race started to live up to its reputation of being, "Rugged, Relentless and Remote" - many of the early leaders dropped off, some DNF'd while others were simply dispatched further down the line. Steven Moore of Austin Texas never saw another runner after the Beaver Bay Aid Station at mile 20 and was still going strong after the sun went down, reports were of someone moving like a freight-train in the night - and when the darkest hours were nearly over, Steven roared into the finish and posted a new course record time of 21:02:41 bettering the previous CR by about 40 minutes which had withstood many assaults since 2006. After placing 3rd in 2010 and 2nd in 2011, local favorite Adam Schwartz-Lowe of Minneapolis, MN came in second overall with (the women's champion fiancé), Ryan Welts of Goffstown NH placing third. On the women's side (aforementioned) Kristina Folcick of Goffstown New Hampshire posted a winning time of 24:49:06 besting the previous women's CR time set in 2008 by a huge margin. Kristina had her struggles early on, battling a headache for the first 35 miles and some GI issues but she rallied famously, took the lead around mile 80 and held on strong for an emphatic win over a super-talented women's field including two past multi-time-winners of the race (Susan Donnelly and Sheryl Wheeler). Two up-and-coming and oft winners on the Minnesota ultra-circuit, Christi Nowak and Rebecca George rolled in 2nd and 3rd place respectively in the women's race, both also besting the previous women's course record.

As many competitors were forced to make peace with their second sunset and continued running, the finish-line remained staffed and a crowd consisting of a couple of hundred finishers, crew, pacers, volunteers and spectators celebrated the night and held vigil for the last finishers. By 10 PM all remaining runners had made it in with the sweeps following and we closed the finish line of 22nd annual Superior 100 Mile Trail Race.

The Superior 100 Mile is a 100% trail (99% single-track) ultramarathon held on the Superior Hiking Trail, one of the countries premier long-distance hiking trails located on the North Shore of Lake Superior in Northern Minnesota. The Superior 100 was founded in 1990 making it one of the oldest 100 mile trail races in the country. The 2012 race hosted 138 runners from 28 states, with 128 starting and 90 finishing - about a 70% finishers rate and markedly higher than the normal 50% to 60% finishers rate. Runners often cite this as one of the toughest and best marked trail-races in the country. The 2013 race is set for Sept. 6th and 7th - you can learn more at www.superiortrailrace.com

Superior 100 Mile Trail Race:

If at First You Don't Succeed... An Interview with Maria Barton

by John Storkamp - RD

After two attempts at the Superior 100 Mile Trail Race and subsequent DNF's Maria Barton got involved as a volunteer, re-evaluated her approach and methodically plotted her comeback over a period of five years. In 2012; with a foundation of hard work, a positive attitude and armed with the knowledge of past mistakes, the "ultra-gods" rewarded Maria with a stellar finish. Out of 128 starters and 90 finishers Maria finished in 43rd place with a time of 33:25:00 bringing to fruition her long-held ambition of finishing one of the toughest 100 mile trail races in the country.

JS: Prior to 2012, what years had you attempted the Superior 100 and what led to your demise the years you didn't finish?

MB: I started the race in both 2006 and 2007 and a number of things lead to my DNF's those years. Both years, the roots on the Sonju section got to me at night. In 2006, I tore my calf muscle and in 2007 I injured my knee in a fall. I didn't do enough night running on technical terrain leading up to the race and back then I was still afraid of running in the dark, so I was spooked all night. That fear probably led to panicked running at times which more than likely led to me falling and getting hurt. I realize now that my training was probably lacking as well. Mentally I wasn't prepared for anything going wrong back then which didn't help and that is not realistic for a 100 mile trail race. The other thing is that I was not eating enough especially at night and Doug (my husband and crew) didn't know any better at that time to make me eat or at least take food with me. The aid station at Crosby-Manitou was very minimal back then, without much hearty food. Luckily my crew always had tons of food, so in no way am I laying blame on the aid station but this is why I ultimately decided to take that aid station over while I trained for a few years. Knowing how crucial Crosby-Manitou is at that point in the race (mile 62) I decided to fix the issue rather than complain about it!

JS: And fix it you did! You set a high-standard for that aid station and all of the Superior 100 aid stations, which lives on today. What years did you work the Crosby-Manitou Aid Station and do you have any thoughts about running an aid station that you would like to share?

MB: 2008, 2009 and 2010. I love Crosby and I learned so much. The first thing I learned is how much work it takes to captain an aid station for the length of time that Crosby is open. I was more exhausted after working Crosby than after I finished the race this year! Working the aid station gave me a whole new appreciation for putting on an ultramarathon and for what volunteers mean to a race. I truly enjoyed catering to the runners and I thank them for all that I learned about 100 mile races. Seeing runners come in looking like complete hell, tending to their needs and then seeing them leave the aid station in a "zombie-like-trance" to later see many of them cross the finish-line showed me that if you are in the right mind set, you can gut it out to the finish. Personally, I learned I wasn't taking in enough calories by watching what other runners were eating at our aid station. I loved being up all night keeping the food hot and fire going and trying to plan a good spread for the runners, crews and volunteers. We always had a blast decorating with lights, tiki themed stuff and even a disco ball in the remote wilderness.

JS: What is your history as a runner and what was your training and mileage like leading up to Superior this year?

MB: I have been running on and off since I was 11 when I did my first race (1976). I ran my first marathon in 1991 and my first ultra in 2003. This year, so far is looking to be one of my highest mileage years since I started logging my miles regularly. I ran 119 miles over an 8 day period in June. I had a few 80 plus mile weeks over the summer - with 87 being the highest (not including race weeks - those were higher mileage yet); a few in the 70's, and lots in the 60's. In 2006, I only had 3 weeks where my weekly mileage was 60 miles or longer not including race weeks and about the same in 2007 but I raced a lot more 50 milers that year in prep for the race.

JS: So others can learn something from your experiences, what did you do different this year to help ensure your finish - both leading up and during the race?

MB: Leading up to the race I did Lots of solo night running on the Superior Hiking Trail and conquered my fear of running in the dark! I also did back to back long runs on weekends, longer mid-distance runs 2 times a week along with hill workouts. I started running with a group again at times vs. doing all solo running. I mentally prepared for all different scenarios and overall gained a lot more experience. I worked on not letting a bad patch ruin my race and the ability to take it in stride and to just keep moving forward, I also give a lot of credit to my more experienced crew. I have been inspired by other runners, support from friends and family and many people offering kind words of encouragement this year - these things really helped me stay focused and get in the training I needed to get in. During the race I kept up on my fluids, electrolytes and calories, I took it one section at a time - aid station to aid station. The larger race field was also a plus, many friends were running or volunteering and I had an awesome crew and the aid stations were awesome.

JS: Maria, thank you for you time.

MB: Your welcome, I look forward to being involved with the race in the years to come both as a runner and a volunteer.

100 Mile Results | Superior Fall Trail Race

Year	P	GP	First	Last	City	State	Division	G	Time	Pace	F#	T#
2012	1	1	Steven	Moore	Austin	TX	Master	M	21:02:41	12:38	1	1
2012	2	2	Adam	Schwartz-Lowe	Minneapolis	MN	Open	M	22:41:02	13:37	3	4
2012	3	3	Ryan	Welts	Goffstown	NH	Open	M	22:58:03	13:47	1	1
2012	4	4	Adam	St.Pierre	Boulder	CO	Open	M	23:24:22	14:03	1	1
2012	5	5	Matt	Aro	Duluth	MN	Open	M	23:25:26	14:03	2	2
2012	6	6	James	Kerby	Carnation	WA	Master	M	24:47:19	14:52	1	1
2012	7	1	Kristina	Folcik	Goffstown	NH	Open	F	24:49:06	14:53	1	1
2012	8	7	Ben	Hian	Carlsbad	CA	Master	M	25:23:34	15:14	1	1
2012	9	8	Joseph	Boler	Hastings	MN	Open	M	25:24:38	15:15	1	1
2012	10	2	Christi	Nowak	St. Paul	MN	Open	F	25:52:59	15:32	1	1
2012	11	3	Rebecca	George	Merrifield	MN	Open	F	26:05:25	15:39	1	1
2012	12	9	Bruce	Udell	Columbus	WI	Master	M	26:22:19	15:49	1	1
2012	13	10	James	Breyfogle	Rio Rancho	NM	Open	M	27:18:38	16:23	1	1
2012	14	11	Kevin	Grabowski	Mukwonago	WI	Master	M	27:38:00	16:35	2	2
2012	15	12	Steven	Clinton	Bloomington	MN	Open	M	27:56:19	16:46	2	2
2012	16	13	Mike	Enger	Ft. Collins	CO	Open	M	27:58:54	16:47	1	1
2012	17	4	Sheryl	Wheeler	Rhinebeck	NY	Master	F	28:16:59	16:58	3	3
2012	18	5	April	Cole	Hammond	WI	Open	F	28:22:46	17:02	1	2
2012	19	14	Chris	Hanson	Nisswa	MN	Master	M	28:22:47	17:02	8	11
2012	20	15	Bill	Barthen	Baraboo	WI	Open	M	28:26:15	17:04	1	1
2012	21	16	Aaron	Buffington	Blaine	MN	Open	M	28:49:41	17:18	2	3
2012	22	17	Edward	Sandor	Minneapolis	MN	Open	M	29:05:46	17:27	2	2
2012	23	18	Jonathon	Graff	Mankato	MN	Open	M	29:17:24	17:34	1	1
2012	24	19	Jerry	Frost	St. Louis	MO	G-Master	M	29:30:07	17:42	6	9
2012	25	20	Divesh	Bhatt	Appleton	WI	Open	M	29:31:19	17:43	1	1
2012	26	21	Ben	Sorensen	Minneapolis	MN	Open	M	30:06:44	18:04	1	1
2012	27	22	Tony	Pierce	Grand Rapids	MN	Open	M	30:38:35	18:23	1	3
2012	28	23	Josh	Miller	Dubuque	IA	Master	M	31:12:28	18:43	2	2
2012	29	24	Jeff	Jones	Phoenix	AZ	G-Master	M	31:13:13	18:44	1	1
2012	30	25	David	Schmidt	Sparta	WI	Open	M	31:15:25	18:45	1	1
2012	31	26	Richard	Plezia	Morton Grove	IL	G-Master	M	31:22:26	18:49	4	7
2012	32	27	Thom	Patterson	Madison	WI	G-Master	M	31:23:03	18:50	1	1
2012	33	28	Gregory	Byrd	Edina	MN	Master	M	32:00:23	19:12	1	2
2012	34	29	John	Taylor	Minneapolis	MN	G-Master	M	32:14:14	19:21	5	8
2012	35	30	Roberto	Marron	St. Paul	MN	Open	M	32:26:28	19:28	2	3
2012	36	31	John	Hallsten	Helena	MT	G-Master	M	32:37:17	19:34	1	1
2012	37	32	Scott	Huston	Minneapolis	MN	Master	M	32:42:26	19:37	1	2
2012	38	6	Alisha	Mayer	Mound	MS	Open	F	32:42:26	19:37	1	1
2012	39	7	Yukiko	Nishide	Rye	NY	G-Master	F	32:45:55	19:40	1	1
2012	40	33	Brian	Woods	Saint Cloud	MN	Master	M	32:58:20	19:47	3	6
2012	41	34	Bill	Groth	Clovis	NM	Open	M	33:11:21	19:55	1	1
2012	42	8	Kim	Martin	Lakeville	MN	Master	F	33:11:30	19:55	1	1
2012	43	9	Maria	Barton	Apple Valley	MN	Master	F	33:25:00	20:03	1	3
2012	44	35	Ben	Bruce	Waubun	MN	Open	M	33:42:06	20:13	2	2
2012	45	36	Matthew	Condron	Libertyville	IL	Master	M	33:43:16	20:14	1	1

Year	P	GP	First	Last	City	State	Division	G	Time	Pace	F#	T#
2012	46	37	Mike	Gorski	Des Moines	IA	Open	M	33:55:20	20:21	1	2
2012	47	10	Joy	Parker	St. Cloud	MN	Open	F	34:01:28	20:25	1	1
2012	48	11	Susan	Donnelly	Oak Ridge	TN	Master	F	34:07:01	20:28	12	15
2012	49	38	Jay	Dobrowalski	Moorpark	CA	Open	M	34:19:24	20:36	1	1
2012	50	39	Benjamin	Schierer	Fergus Falls	MN	Open	M	34:22:09	20:37	1	1
2012	51	40	Kevin	Mackie	Brule	WI	G-Master	M	34:29:19	20:42	1	1
2012	52	12	Lisa	Messerer	Duluth	MN	Master	F	34:36:03	20:46	1	1
2012	53	41	Miguel	Ordorica	Omaha	NE	Master	M	34:46:35	20:52	1	1
2012	54	42	Matt	Bartz	Milwaukee	WI	Open	M	34:52:17	20:55	2	2
2012	55	13	Tina	Johnson	Milwaukee	WI	Open	F	34:52:18	20:55	2	4
2012	56	43	Jake	Milligan	Crystal Lake	IL	Open	M	34:52:48	20:56	2	2
2012	57	44	Greg	Vannette	Dunedin	FL	Master	M	34:55:14	20:57	1	1
2012	58	45	Daryl	Saari	Rochester	MN	Master	M	35:01:41	21:01	6	9
2012	59	46	Marcus	Taintor	Duluth	MN	Open	M	35:05:34	21:03	1	3
2012	60	47	Hiroyuki	Nishide	Rye	NY	G-Master	M	35:06:36	21:04	1	1
2012	61	14	Amy	Husveth	Marine On St. Croi	MN	Open	F	35:14:38	21:09	1	1
2012	62	15	Carol	Izadi	Fenton	MO	G-Master	F	35:19:17	21:12	2	2
2012	63	48	Joel	Button	Stillwater	MN	Master	M	35:23:46	21:14	1	2
2012	64	49	Kazimierz	Swistun	Buffalo Grove	IL	G-Master	M	35:25:38	21:15	5	6
2012	65	50	Nicholas	Koenig	Otsego	MN	Open	M	35:31:33	21:19	1	1
2012	66	16	Karlee	Cox	Clearwater	MN	Open	F	35:38:15	21:23	1	1
2012	67	51	Stuart	Johnson	Shawnee	KS	G-Master	M	35:40:18	21:24	15	18
2012	68	52	Christopher	Lofgren	St. Paul	MN	Open	M	35:40:44	21:24	1	2
2012	69	17	Linda	Wilson	Kenora	ON	Master	F	35:48:01	21:29	2	3
2012	70	53	David	Hirschfeld	Choteau	MT	Master	M	35:51:38	21:31	1	1
2012	71	54	Michael	Nicholls	Coon Rapids	MN	Open	M	35:53:57	21:32	1	1
2012	72	55	John	Gustafson	Forest Lake	MN	G-Master	M	36:17:03	21:46	2	2
2012	73	56	Eric	Bloomquist	Lake In The Hills	IL	Master	M	36:18:26	21:47	1	1
2012	74	57	Michael	Brown	Calgary	AB	Master	M	36:38:20	21:59	1	1
2012	75	58	Ben	Benjamin	Ashland	OR	G-Master	M	36:47:08	22:04	1	1
2012	76	59	Jason	Laplant	Minneapolis	MN	Open	M	36:54:46	22:09	2	2
2012	77	60	Nathan	Rylander	Burnsville	MN	Open	M	37:02:59	22:14	1	2
2012	78	61	Nick	Schadewald	St Francis	MN	Open	M	37:07:15	22:16	1	1
2012	79	62	Mark	Becker	Fergus Falls	MN	Open	M	37:08:09	22:17	1	1
2012	80	63	Ross	Jilk	River Falls	WI	Master	M	37:20:30	22:24	1	1
2012	81	18	Katie	Zopf	Farmington	MI	Open	F	37:21:27	22:25	1	1
2012	82	64	Anders	Pesavento	Minneapolis	MN	Open	M	37:22:59	22:26	1	1
2012	83	66	Todd	Rowe	Excelsior	MN	G-Master	M	37:24:39	22:27	1	2
2012	84	65	Jeremy	Day	Magnolia	AR	Open	M	37:24:39	22:27	1	1
2012	85	67	Steven	Brown	Glenview	IL	Master	M	37:27:43	22:29	2	2
2012	86	19	Rachel	Utecht	Fargo	ND	Open	F	37:30:12	22:30	1	2
2012	87	68	Matthew	Maxwell	Ames	IA	Open	M	37:36:42	22:34	1	1
2012	88	69	Carl	Cramer	Rochester	MN	Master	M	37:36:51	22:34	1	1
2012	89	20	Misty	Schmidt	Mound	MN	Open	F	37:43:30	22:38	1	1

50 Mile Results | Superior Fall Trail Race

Year	P	GP	First	Last	City	State	Division	G	Time	Pace	F#	T#
2012	1	1	James	Sorenson	Minneapolis	MN	Open	M	8:53:19	10:40		
2012	2	2	Eric	Nordgren	Duluth	MN	Open	M	9:05:10	10:54		
2012	3	3	Ethan	Richards	St. Paul	MN	Open	M	9:09:24	10:59		
2012	4	4	Joseph	Jameson	Marquette	MI	G-Master	M	9:38:16	11:34		
2012	5	5	Alex	Kurt	Minneapolis	MN	Open	M	9:46:48	11:44		
2012	6	6	Cory	Mahlke	Minneapolis	MN	Open	M	9:48:28	11:46		
2012	7	7	Greg	Borzick	Marquette	MI	Master	M	10:01:35	12:02		
2012	8	8	Garrett	Brady	Saint Paul	MN	Open	M	10:24:18	12:29		
2012	9	9	Jesse	Wilkins	Middleton	WI	Open	M	10:28:31	12:34		
2012	10	10	Charlie	Murray	Minneapolis	MN	Open	M	10:31:57	12:38		
2012	11	11	Daniel	Lawrence	Minneapolis	MN	Open	M	10:38:53	12:47		
2012	12	12	Kevin	Preckel	Duluth	MN	Master	M	10:47:38	12:57		
2012	13	13	Benjamin	Trok	Duluth	MN	Open	M	10:56:05	13:07		
2012	14	14	Tim	Sieh	Duluth	MN	G-Master	M	11:14:40	13:30		
2012	15	15	Dustin	Harford	Cottage Grove	MN	Open	M	11:19:42	13:36		
2012	16	16	Richard	Bjork	Chisago City	MN	Master	M	11:31:40	13:50		
2012	17	17	Wesley	Rolnick	New Brighton	MN	Open	M	11:37:50	13:57		
2012	18	18	Jason	Furtney	Saint Paul	MN	Open	M	11:49:52	14:12		
2012	19	19	Joel	Braden	Stillwater	MN	Open	M	11:51:47	14:14		
2012	20	1	DeDe	Gibbs	Stevens Point	WI	Master	F	11:54:04	14:17		
2012	21	20	Jake	Ryan	Duluth	MN	Open	M	11:54:48	14:18		
2012	22	21	Scott	Rassbach	St. Peter	MN	Master	M	11:56:47	14:20		
2012	23	2	Shelly	Groenke	Mankato	MN	G-Master	F	11:56:48	14:20		
2012	24	22	Kip	Krueger	Chanhassen	MN	Open	M	12:06:48	14:32		
2012	25	23	Andrew	Ashton	Saint Paul	MN	Open	M	12:12:58	14:40		
2012	26	24	Buck	Benson	Grand Marais	MN	G-Master	M	12:13:36	14:40		
2012	27	25	Andrew	Grosvenor	Marquette	MI	Open	M	12:18:44	14:46		
2012	28	26	Nicholas	Reinardy	Deerfield Beach	FL	Open	M	12:19:54	14:48		
2012	29	27	Chris	Reinardy	Andover	MN	Master	M	12:19:54	14:48		
2012	30	28	Mark	Smith	Coon Rapids	MN	Open	M	12:32:53	15:03		
2012	31	29	Michael	Bunda	Minneapolis	MN	Open	M	12:35:22	15:06		
2012	32	30	Aaron	Schneider	Milwaukee	WI	Open	M	12:35:37	15:07		
2012	33	3	Maranda	Lorraine	Ironton	MN	Open	F	12:47:32	15:21		
2012	34	4	Leah	Johansen	Silver Bay	MN	Open	F	12:49:23	15:23		
2012	35	31	Kurt	Drengler	Duluth	MN	Open	M	12:49:23	15:23		
2012	36	32	Jesse	Heise	Minneapolis	MN	Open	M	12:51:45	15:26		
2012	37	33	Anthony	Larson	Anchorage	AK	Open	M	12:53:58	15:29		
2012	38	34	Derek	Fritze	Hudson	WI	Open	M	13:00:23	15:36		
2012	39	35	Alex	Kretchmer	Minneapolis	MN	Open	M	13:26:00	16:07		
2012	40	36	Jason	Tintes	Coon Rapids	MN	Master	M	13:26:35	16:08		
2012	41	37	Jeff	Landon	Kalamazoo	MI	G-Master	M	13:28:43	16:10		
2012	42	38	Aaron	Ehlers	Saint Paul	MN	Open	M	13:31:06	16:13		
2012	43	39	Timothy	Pearson	Saint Paul	MN	Open	M	13:31:45	16:14		
2012	44	40	Joe	Weise	Ely	MN	Open	M	13:34:40	16:18		
2012	45	41	Todd	Honstrom	Mora	MN	Master	M	13:38:20	16:22		

Year	P	GP	First	Last	City	State	Division	G	Time	Pace	F#	T#
2012	46	42	Terry	Eldien	Fergus Falls	MN	Master	M	13:43:34	16:28		
2012	47	43	Matt	Lutz	Mankato	MN	Open	M	13:44:59	16:30		
2012	48	44	Christopher	Reed	Astoria	NY	Open	M	14:00:51	16:49		
2012	49	45	Jeffrey	Hainlen	Bloomington	MN	Open	M	14:00:52	16:49		
2012	50	46	Michael	Scandrett	Minneapolis	MN	G-Master	M	14:02:43	16:51		
2012	51	47	Chris	Peterson	Greenfield	MN	Open	M	14:03:11	16:52		
2012	52	48	John	Dexter	Maple Grove	MN	Open	M	14:03:12	16:52		
2012	53	5	Terry	Dreves	Houghton	MI	Master	F	14:06:34	16:56		
2012	54	49	Paul	Schlagel	Clearwater	MN	Master	M	14:14:17	17:05		
2012	55	6	Deb	Vomhof	Watertown	WI	G-Master	F	14:15:40	17:07		
2012	56	50	Brad	Whitson	Winnipeg	MB	Master	M	14:33:36	17:28		
2012	57	51	Jim	Sheldon	Bonner Springs	KS	G-Master	M	14:43:00	17:40		
2012	58	52	Jon	Howard	Osseo	MN	Open	M	14:44:16	17:41		
2012	59	53	Brion	Fornshell	Fort Ripley	MN	Master	M	14:46:14	17:43		
2012	60	54	Mike	Chillstrom	Burnsville	MN	Open	M	14:47:27	17:45		
2012	61	55	Jason	Marschner	Royal Oak	MI	Open	M	14:56:48	17:56		
2012	62	56	Clinton	Dehne	River Falls	WI	Master	M	15:02:07	18:03		
2012	63	57	Neil	Klein	Stillwater	MN	Master	M	15:08:09	18:10		
2012	64	58	Scott	Mark	Roseville	MN	Master	M	15:08:59	18:11		
2012	65	59	Tom	Weigt	Mankato	MN	G-Master	M	15:13:19	18:16		
2012	66	7	Jamie	Keizer	Snoqualmie	WA	Open	F	15:17:57	18:22		
2012	67	60	Brett	Gardner	Minneapolis	MN	Open	M	15:19:38	18:24		
2012	68	61	Robert	Seed	Mt. Pleasant	SC	Open	M	15:19:42	18:24		
2012	69	62	Jason	Colvin	Hopkins	MN	Open	M	15:22:29	18:27		
2012	70	8	Megan	Steil	Burnsville	MN	Open	F	15:22:34	18:27		
2012	71	9	Lara	Pischke	Oakdale	MN	Open	F	15:22:41	18:27		
2012	72	10	Janice	Poehlman	Madison	WI	Master	F	15:34:20	18:41		
2012	73	11	Joli	Vollers	Ames	IA	Master	F	15:41:10	18:49		
2012	74	63	Peter	Taylor	Duluth	MN	Open	M	15:42:04	18:50		