

UR

SUPERIOR 100

RUGGED RELENTLESS REMOTE

by John Storkamp, RD

April Cole strategically pacing herself early in the race

ERIK LINDSTROM

The Superior website states that the Superior 100, 50 and 26.2 are some of the most difficult trail races in the country and thus the moniker: Rugged, Relentless, Remote. This language is not a lame marketing attempt to pull all the ultrarunning masochists out of the woodwork, but genuinely stated as a deterrent for those who might not be ready for a race that cemented this reputation after its first running over two decades ago.

With more than 21,000 feet of elevation gain tied in knots with roots and rocks, the Superior Hiking Trail marginalizes the pace of the swiftest runners and this year handed just about every other runner, in both the 100 and the 50, a DNF. Meeting the 100-mile field limit of 200 runners this year in record time, we started 178 runners and only saw 88 make it to the finish, which is a 49-percent finishing rate. Finishing rates at the Superior 100 and 50 are usually a little more generous (roughly 60 percent for the 100 and 70 percent for the 50) but in one of the more erratic weather years in recent Minnesota history, race day greeted runners with 80-plus degree temperatures and stifling humidity.

By the first aid station in the 100, fighters were coming out of the ring, by 25 miles contenders and early race favorites were TKO'd, and gastric distress was the theme of the day. Obviously, it was not a very forgiving day for the ambitious. This year, it was obvious to those in the know that there were not going to be separate "men's" and "women's" races. Hammond Wisconsin native April Cole had already written the preface to this script over a dominating 2013 season, winning almost every major ultra in the area before stepping in the ring for the prize fight. If April was expected to do well and compete with all comers, John Horns (the 2011 Superior 100 champion) was also a likely favorite for 2013, but he had a deep and talented field to get through first.

Right at the start, the first credible runner went, straining against the oppressive conditions, but faltering 25 miles into the race. Horns and Peltonen (another stout Midwest winner over the



100-mile winner John Horns above Bean Lake

past few years) slotted into first and second place, and changed places a time or two in the first third of the race. When Cole was seen at the first aid station she was far from mixing it up in the lead, but it was only a matter of time before she would pick off the early ambitious and move herself onto the podium. The question lingered: would she catch and pass the two runners ahead.

Horns' crew was under strict instruction from Horns himself. He didn't want to know his place, who was in front or behind, or by how far. His crew stated, "He runs like an engineer – without wasted energy," which would be key, given the conditions. Peltonen is the wrong guy to have chasing you, never appearing to be moving super fast but eating up ground and, most of the time, anyone ahead of him. Horns, however, proved to be too

much on the day and Peltonen never saw Horns again, but he would see Cole in the late miles.

Cole dug about 8.5 minutes into his lead while moving into second place overall. Horns, with a dominant performance in the second half of the race, was first by about a three-hour margin, Cole held second, and Peltonen third. Courtney Dauwalter, second place woman, never showed signs of quitting but just could not match Cole's speed. Third woman was local runner Leah Johansen of Minnesota.

The 50-mile race was more of what we have seen in years past – good, talented runners unable to break nine hours and everyone shaking their heads in disbelief, the trail to blame. Kevin Ash of Colorado Springs, Colorado took the top men's place while Tracey Hoeg of Nevstad, Den-



Ed Thomas focused and ready to go



The shirt says it all



Maria Barton high above Lake Superior



Bean and Bear Lake

mark won for the women. While the second day on the trail (the 100 starts on Friday and the 50 starts on Saturday) was cooler than the first, runners in the 50 at 6:00 a.m. were starting the race shirtless and had worked up a sweat within a mile. The heat, ultimately, led to the demise of many runners in the 50, just as it did in the 100. As fellow ultrarunners, we want to see everyone cross the finish line and earn their buckle but the Superior Hiking Trail seems to have different ideas every year and this year teamed with oppressive weather conditions to make it that much tougher.

In the end, the attitude of the day was the dreaded DNF taking on a positive tinge as in "Did Nothing Fatal" and runners vowed a rematch with the Superior Trail Races and the Superior Hiking Trail in 2014. ■



Michael Bland gets a quick rest and a meal at 100K

SUPERIOR | LUTSEN, MN | SEPTEMBER 7 | ▲ 4,4

100 MILES

1. John Horns, 51, MN 23:21:36
2. April Cole, 28, WI 26:03:14
3. Garrett Peltonen, 31, WI 26:11:37
4. Andrew Stevens, 36, MN 26:14:14
5. Chris Robbins, 28, MN 27:06:57
6. Joe Fejes, 47, GA 28:59:44
7. Courtney Dauwalter, 28, CO 29:16:09
8. Robert Edman, 32, MN 29:56:58
9. Jason Buffington, 44, MN 30:01:31
10. Jason Walsh, 40, AK 30:09:13
11. Chris Scotch, 36, CA 30:18:10
12. Leah Johansen, 34, MN 30:22:34
13. Jim Brown, 55, WI 30:46:41
14. Alicia Hudelson, 29, WI 30:55:28
15. Chris Hanson, 42, MN 31:12:32
16. Grant Maughan, 49, FL 31:16:04
17. Justin Youngblom, 28, MN 31:18:42
18. Christopher Lofgren, 29, MN 31:26:23
19. Joseph Altendahl, 31, MN 31:39:28
20. Aaron Buffington, 40, MN 31:42:58
21. Benjamin Trok, 38, MN 31:54:43
22. Bill Gengler, 59, MN 32:04:06
23. Joseph Hegman, 34, MN 32:07:14
24. William Abel, 40, IL 32:10:03
25. Scott Mark, 42, MN 32:16:32
26. Dave Krause, 52, PA 32:18:46
27. Jerry Frost, 57, MO 32:21:18
28. Matt Bartz, 38, WI 32:29:13
29. Tina Johnson, 34, WI 32:29:13
30. Michael McDuffie, 29, MA 33:03:56

31. Steve Barge, 46, VA 33:15:42
32. Matthew Menacher, 36, IL 33:16:20
33. Travis Mcathie, 32, MN 33:18:33
34. Sean Faulk, 40, MN 33:25:56
35. Aaron Harris, 39, NE 33:29:16
36. Stephanie Suvak, 40, IN 33:31:34
37. Ronald Hendrickson, 47, MN 33:47:07
38. Andrew Featherstone, 41, WI 33:55:13
39. Nicholas Keller, 34, MN 34:03:19
40. Sue Lucas, 49, MB 34:11:11
41. Scott Huston, 49, MN 34:11:21
42. Nathan Rylander, 24, MN 34:26:38
43. Derek Fritze, 32, WI 34:39:01
44. Paul Wilkerson, 37, IL 34:39:38
45. Maria Barton, 47, MN 34:52:58
46. Ryan Teegarden, 37, MN 34:53:17
47. Brian Woods, 48, MN 34:53:52
48. Jason Husveth, 41, MN 35:00:31
49. Michael Bland, 42, KS 35:06:52
50. Susan Donnelly, 50, TN 35:10:43
51. Alex Kretschmer, 36, MN 35:30:55
52. Steve English, 46, MN 35:40:34
53. Alfredo Pedro, 44, IL 35:44:09
54. Benjamin Welch, 22, MN 35:53:29
55. Deb Johnson, 53, KS 35:56:02
56. Dave Schuneman, 36, MN 35:56:54
57. Marcus Taintor, 31, MN 36:00:56
58. Daryl Saari, 50, MN 36:06:57
59. Tim Ulrich, 40, WI 36:15:00
60. Kevin Langton, 43, MN 36:17:14
61. Richard Plezia, 55, IL 36:22:42

62. Ed Thomas, 54, SD 36:30:21
63. Shane Punzel, 40, WI 36:31:07
64. Ryan Flynn, 33, MN 36:31:26
65. Tim Sieh, 53, MN 36:31:51
66. Stephanie Hoff, 33, WI 36:43:23
67. Tim Altmann, 42, MN 36:43:27
68. Will Richter, 32, MN 36:45:00
69. Mike Bunda, 32, MN 36:45:43
70. Joel Braden, 23, MN 36:58:51
71. Kazimierz Swistun, 61, IL 37:15:08
72. Bruce Ritchart, 51, WI 37:16:34
73. Nathan Jackson, 40, WI 37:17:14
74. Andrew Grosvenor, 35, MI 37:18:02
75. Ron Bent, 42, IL 37:19:57
76. Rachel Utecht, 26, ND 37:20:55
77. Angela Barbera, 53, WI 37:27:24
78. Timothy Smith, 45, MN 37:28:19
79. Andy Torzewski, 36, MN 37:31:05
80. Terence O'Brien, 46, MN 37:41:30
81. Jessica Pendleton, 35, IA 37:42:59
82. Joshua Sun, 27, IA 37:43:12
83. Joshua Phillips, 32, WI 37:47:04
84. Stuart Johnson, 54, KS 37:48:18
85. Scott Kummer, 41, IL 37:48:47
86. Linda Wilson, 48, ON 37:51:39
87. John Hawranik, 60, MB 37:51:41
88. John Taylor, 51, MN 37:52:12

50 MILES

1. Kevin Ash, 40, CO 9:31:55
2. Eric Nordgren, 29, MN 9:52:14

3. Mike Dietz, 39, IL 10:06:58
4. Greg Borzick, 43, MI 10:28:12
5. Forrest Tracy, 34, MN 10:42:21
6. Jay Sykes, 34, MN 10:56:20
7. Nathan Campeau, 34, MN 10:58:37
8. Kent Keeler, 35, ON 11:17:35
9. Joseph Jameson, 54, MI 11:30:08
10. Tj Jeannette, 38, MN 11:35:38
11. Charlie Murray, 32, MN 11:47:14
12. Timothy Lupfer, 33, MN 12:00:30
13. Matthew Condon, 47, IL 12:02:33
14. Tracy Hoeg, 34, OT 12:03:24
15. Richard Bjork, 50, MN 12:04:06
16. Scott Rassbach, 42, MN 12:04:55
17. Laurie Kocanda, 43, MN 12:23:33
18. Maranda Lorraine, 28, MN 12:37:28
19. Gregory Byrd, 43, MN 12:38:02
20. Robby Davies, 29, MN 12:42:55
21. Kristin Rognerud, 32, MN 12:43:25
22. Andrew Ashton, 33, MN 12:44:59
23. Matt Howard, 35, WI 12:50:49
24. Josh Brown, 37, MN 12:52:10
25. Clayton Shotwell, 25, IA 12:58:01
26. Shelly Groenke, 55, MN 12:59:53
27. Mark Wise, 58, WI 13:03:43
28. Jeremy Peterson, 35, MN 13:21:44
29. Angela Hill, 37, WI 13:25:30
30. Christopher Coon, 32, MN 13:30:13
31. Brad Whitson, 49, MB 13:30:28
32. Tammy Hunter, 50, WI 13:32:06
33. Murray Arnason, 50, MB 13:32:40



34. David Hansen, 28, MN	13:34:43	46. Eric Ealy, 45, MN	14:05:18	58. David Anthes, 49, ON	14:38:15	70. Elizabeth Olson, 32, MN	15:02:47
35. Rachel Wellman, 31, WI	13:35:57	47. Jeffrey Hainlen, 30, MN	14:16:40	59. Michael Witt, 50, WI	14:39:26	71. Peter Lofgren, 33, MN	15:02:55
36. Jason Furtney, 34, MN	13:36:23	48. Christopher Reed, 30, NY	14:16:41	60. Deb Vomhof, 51, WI	14:42:37	72. Kim Martin, 48, MN	15:07:38
37. Troy Feustel, 38, MN	13:42:14	49. Josh Henningson, 28, MN	14:17:45	61. Jesper Balle, 38, CA	14:42:39	73. Steve Sorenson, 48, NE	15:07:40
38. Nicholas Whitbread, 32, ON	13:42:19	50. Aga Fine, 40, MN	14:18:30	62. Bob McKenzie, 42, MN	14:45:32	74. Greg Lindsey, 57, MN	15:08:40
39. Joshua Bornhorst, 38, AR	13:42:45	51. Peter Schnorbach, 50, MN	14:18:34	63. Richard Templin, 34, MN	14:47:45	75. Adam Iverson, 34, MN	15:10:54
40. Jim Wilson, 53, MN	13:43:30	52. Allison Carolan, 29, MN	14:23:55	64. Craig Hegrenes, 42, MN	14:54:01	76. Natalia Sander, 40, MN	15:28:12
41. Kathy Weix, 64, WI	13:46:23	53. Lacy Naud, 29, WI	14:26:35	65. Scott Funk, 46, IA	15:01:02	77. Todd Lockwood, 51, MN	15:28:13
42. James Costakis, 26, IL	13:47:27	54. Mikhail Titov, 31, MN	14:26:57	66. Steven Holloway, 63, MT	15:01:15	78. Laura Smith, 40, MN	15:30:43
43. Andrew Wien, 27, IL	13:47:27	55. Kent Kelley, 44, OK	14:32:29	67. Todd Hohenstein, 38, MN	15:02:36	79. Karey Payne, 29, MN	15:33:21
44. Joanne Singleton, 41, IL	13:59:16	56. Jennifer Walter-mobley, 46, MN	14:36:09	68. Carl Skustad, 38, MN	15:02:36	80. David Fortuna, 43, MN	15:36:32
45. Kelly Jaworski, 25, MN	14:01:19	57. Marcus Parisian, 25, MN	14:37:31	69. Bob Newman, 54, ND	15:02:38		

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