



Troy Feustel feeling like he's on top of the world during the Superior Fall 100 in Lutsen, MN. [© Zach Pierce]

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ON THE COVER: Scott Breeden clawing his way to the top of a gnarly climb named Rat Jaw at the Barkley Fall Classic 50k in Tennessee. Breeden went on to win the race and set a new course record. [© Brandon Yonke]

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Completing the Circle

BY JOHN STORKAMP, RD

The Superior 100 Mile Trail Race has been aptly described as the “Superbowl of Midwest ultrarunning.” The point-to-point 100-mile trail race is paired with two of the most challenging and scenic 50-mile and 26.2-mile trail races in the country. Minnesota’s Superior 100 was established in 1991 as one of the original dozen 100-mile foot-races in the United States and is considered one of the “legacy” 100 milers. The race’s reach goes well beyond the region, having throughout the years earned a reputation as a national-class event, drawing runners from 36 states and five countries. All available spots for the 2015 race were filled via a lottery over a 10-day span six months in advance of the September event.

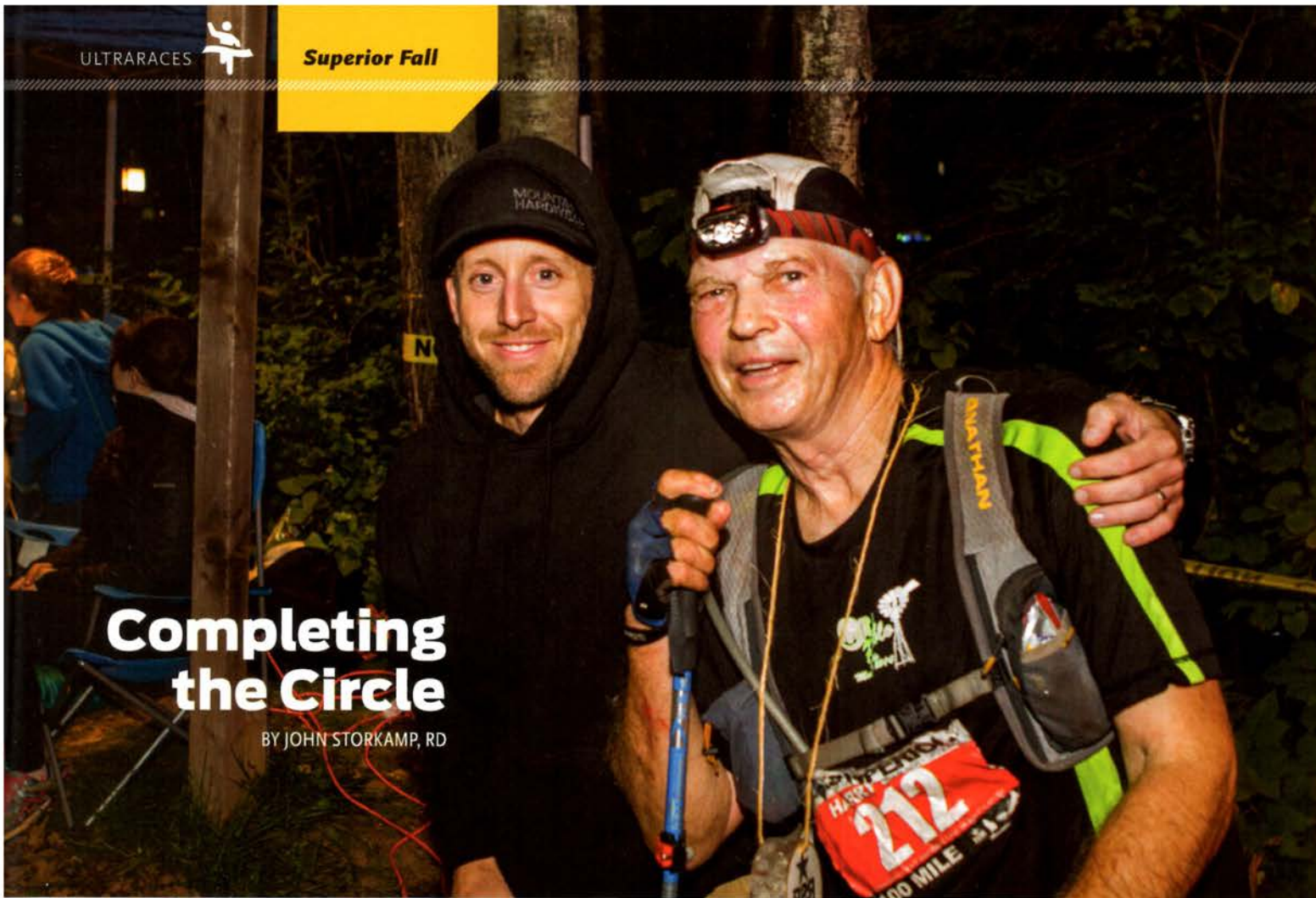
The race is frequently cited for its unparalleled volunteer support and for striking the right balance between refined management/execution while maintaining a fun, low-key atmosphere as can only be achieved when a race is passionately produced by ultrarunners for

ultrarunners. Those who experience race weekend once will almost certainly find themselves back year after year as runners, volunteers, pacers or spectators. As a result, there’s a very strong community and culture that has flourished around the event.

Thursday night’s 100-mile pre-race meeting and dinner in Two Harbors Minnesota saw (retired) race founder and 12-time Western States finisher Harry Sloan (along with his Co-Director Tami Tanski-Sherman) inducted into the Superior Trail Race Hall of Fame. What made this extra special was the fact that the following morning, at the age of 67, Harry was for the first time running in the race he created – hoping to make the Superior 100 his “swan song” or better yet, knowing Harry, his comeback at the 100-mile distance.

ABOVE: Current Race Director John Storkamp with Race Founder Harry Sloan. [© Scott Hudson]

RIGHT: Holly Huston makes this tough hundred look like a stroll in the park. [© Zach Pierce]



Jason Husveth
heading toward his
fifth Superior 100
finish. [Zach Pierce]



Jake Hegge (Onalaska, WI), Michael Borst (La Crosse, WI), Samuel Jurek (Oak Bluffs, MA) and Dylan Armanaji (New York, NY) presented as clear front-runners early on. After pacing his friend and training partner Borst to a second-place finish in 2014, Hegge pinned on his own race number this year. Onlookers expected more of the same from the two insanely positive, joyful and energetic running buddies and waited for yet another course record to fall.

Running neck and neck through rook, Hegge and Borst looked like they could be so evenly matched that they would bring it in together, as they have done in past races, but this time Hegge stretched his lead in the pre-dawn hours, eventually smashing the previous course record.

Somewhere mid-way through, third-place runner and one of the race favorites Samuel Jurek hit a bad patch and went down – no, not falling down, but to sleep. In what ended up being one of countless inspiring performances throughout the weekend, Jurek got back up and made his way to the finish in the middle of the pack with the humble disposition of a gracious ultra-competitor.

Filling Jurek's shoes in third place was Alexandria, Minnesota's own Brian Klug. Early on, Klug looked like he was going to take it easy and not press the issue, and by doing so methodically moved his way up the field throughout the race for an eventual third-place overall finish.

Canadian Mallory Richard was welcomed as the first woman through all 13 aid stations and convincingly defended her Superior 100 mile title as the first woman, and even notched a top-10 overall finish among the boys. A strong predictor of this performance was not only her defending champ status but that Richard won overall (against men and women alike) at the 2015 Black Hills 100. Tina Johnson, impressively finishing her fourth Superior 100, took second and her best time and place to date. First-time Superior 100 runner Gretchen Brugman of Truckee, CA, got to experience first-hand the difference between buttery California single-track and Minnesota boreal roots, rocks and unreasonably steep ascents void of switchbacks. She rounded out the top three with an impressive performance her first time racing on the uber-technical trail.

As for Harry Sloan... someone at the finish summed it up best when they said, "you just can't make this stuff up." At the age of 67 Harry battled two days and saw two sunsets to masterfully finish "his" race in 37:58:38 – just one minute and twenty one seconds under the cutoff. The energy and emotion at the finish line was palpable as many waited for the man to finish.



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50 MILES

John Horns is one of only two men to have won both the Superior 100-mile race and the marathon (multiple times at each) – so when his name hit the 50-mile registration list again, people were rooting for Horns to take the “W” and be the first to achieve the “Triple Crown.” At first glance, this might have been considered a manageable task for the master. That was, until you scanned the list of registered runners and saw that “the” Chris Lundstrom was also registered for the race. While Horns has a trail and

ultrarunning pedigree that is unmatched, Lundstrom has bona-fide elite times associated with his name, and a few untouched 50k trail course records throughout the region.

Well, as with any major race there are surprises before the gun even goes off. Like the class act that he is, Horns showed up a few days prior, helped mark trail, volunteered and still managed to ready himself for the 50, but perhaps at a cost to his energy. “Lundo” never showed and an up-and-comer stole the entire show.

Chase Nowak ran unimpeded and mostly unchallenged to an absolutely elated 9:04 finish, Brent Loberg took second and Horns took third. In the women’s race, Stacia Broderick and Lauren Cline had a much closer margin than the men as they went “one-two” with only a seven-minute differential, while last year’s defending champ, Kristin Rognerud, rounded out the top three. 

Superior Fall Trail Races

Two Harbors, MN // September 11

 4,3* // 100 Miles, 50 Miles

Elevation gain: 103.3 mile – 21,000 feet; 52.1 miles – 12,500 feet | This is a tough point-to-point race on 100% trail traversing the Sawtooth Mountain Range that parallels the north-shore of Lake Superior. There are roots and rocks with constant tough terrain and hills.

100 MILES

1	Jake Hegge, 24, WI	19:30:37
2	Michael Borst, 22, WI	21:04:09
3	Brian Klug, 36, MN	23:07:59
4	Jeff Vander Kooi, 40, MI	24:26:59
5	Brett Busacker, 30, MN	24:51:10
6	Darrin Johnson, 49, WI	24:55:35
7	David Dickey, 25, MN	25:04:23
8	Jeff Williams, 40, BC	25:15:06
9	Mark Thompson, 37, IA	25:32:47
10	Mallory Richard, 30, MB	25:36:47
11	Tj Jeannette, 40, MN	25:55:56
12	Alex Lietzan, 31, MN	25:56:08
13	Dylan Armajani, 30, NY	26:20:05
14	Travis McCathie, 34, MN	26:22:05
15	Kurt Schilling, 34, MO	26:43:27
16	Jeff Miller, 50, MN	26:49:40
17	Adam Rood, 35, NE	26:53:47
18	Nate Ziemski, 37, MN	26:54:25
19	Tina Johnson, 36, WI	27:09:04
20	Benjamin Trok, 40, MN	27:22:25
21	Anthony Lounsbury, 37, OK	27:37:02
22	Peter Hubbard, 34, IL	27:43:58
23	Gretchen Brugman, 41, CA	27:45:08
24	Dan Rogers, 39, MD	28:24:52
25	Blake Paulson, 42, KY	28:40:55
26	Nicholas Olson, 35, WI	28:47:25
27	Seth Korhonen, 21, WI	28:47:26
28	Joe Reiter, 32, IA	28:50:43
29	Thomas Dehaan, 53, NY	28:58:08
30	Christopher Hanson, 44, MN	28:59:35
31	Fred Tassinari, 44, ON	29:11:40
32	Samuel Jurek, 28, MA	29:12:42
33	Daniel Goeckermann, 34, WI	29:14:56
34	Wilson Frazier, 42, KY	29:15:27
35	David Walch, 37, MO	29:15:49
36	Robert Henderson, 31, MN	29:22:12
37	Curtis Pote, 39, IA	29:25:40
38	Kevin Langton, 45, MN	29:34:44
39	Alex Eichman, 29, WI	29:45:50
40	Nicholas Keller, 36, MN	29:53:51
41	Kent Keeler, 37, ON	29:55:55
42	Tony Pierce, 37, MN	30:16:21
43	Conrado Bermudez, 42, NJ	30:19:30
44	Bill Gengler, 61, MN	30:20:47
45	Bob Gerenz, 47, MN	30:21:41
46	Dan Hake, 31, MN	30:24:14
47	Anthony Chavez, 41, CA	30:26:00
48	Troy Feustel, 40, MN	30:26:45
49	Annie Behrend, 29, MN	30:32:27
50	Stephanie Hoff, 35, WI	30:47:02
51	Daniel Ihnat, 49, MN	31:08:04
52	Michael McDuffie, 31, MA	31:14:05
53	Janet Hausken, 50, MN	31:15:09
54	John Maas, 54, MN	31:33:57
55	Kurt Brown, 48, WI	31:34:49
56	Scott Hoberg, 37, MN	31:37:21
57	Richard Plezia, 57, IL	31:37:22

58	Patrick Susnik, 50, MN	31:38:30
59	Jason Tintes, 46, MN	32:09:45
60	Tim Sieh, 55, MN	32:11:50
61	Carl Skustad, 40, MN	32:17:18
62	Brian Woods, 50, MN	32:23:04
63	Paul Olson, 41, MN	32:24:25
64	Kate Leis, 38, MN	32:29:23
65	Randy Lackman, 45, WI	32:35:29
66	Seth Grotzke, 31, MN	32:50:53
67	Joe Pulver, 56, MI	32:51:26
68	Matt Lutz, 30, MN	32:51:56
69	Shawn Severson, 42, MN	32:57:38
70	Ryan Flynn, 35, MN	32:57:59
71	Connie Lutkevich, 47, HI	33:00:31
72	Robby Davies, 31, MN	33:01:35
73	John Taylor, 53, MN	33:02:20
74	Susan Donnelly, 52, TN	33:03:04
75	Katerina Claiborne, 42, IL	33:03:05
76	Deb Johnson, 55, KS	33:03:06
77	Paul Hagan, 32, MI	33:07:47
78	David Infante, 51, MN	33:10:30
79	Jake Haugen, 28, CO	33:11:00
80	Todd Brown, 46, IL	33:13:53
81	Mike Schmitt, 38, MN	33:14:28
82	Kurt Drenkler, 33, MN	33:14:44
83	Jay Wnuk, 47, WI	33:15:06
84	Alex Stephens, 37, MN	33:16:15
85	Matthew Wilson, 40, MN	33:30:58
86	Scott Breimhorst, 42, MN	33:30:59
87	Jason Husveth, 43, MN	33:33:20
88	Alex Martinelli, 26, WI	33:35:47
89	Ryan Teegarden, 39, MN	33:40:47
90	Josh Peterson, 32, MN	33:43:00
91	Reid Plumbo, 31, MN	33:43:54
92	Will Richter, 34, MN	33:44:49
93	Tom Cotter, 43, WI	33:48:48
94	John Zalewski, 50, IL	33:57:07
95	John Sylvester, 48, PA	34:00:47
96	Michael Sylvester, 44, MS	34:00:48
97	Ed Walch, 39, MO	34:01:01
98	Eric Stoll, 49, MI	34:03:15
99	Trevor Distad, 48, MN	34:09:24
100	Tracy Denbleyker, 44, MI	34:09:34
101	Andrew Grosvenor, 37, MI	34:16:21
102	Jeffrey Lenard, 49, IL	34:18:00
103	Timothy Kruse, 42, IL	34:18:01
104	Kari Gibbons, 36, MN	34:19:16
105	Jack Prentice, 44, MN	34:19:59
106	Jeff Goldstein, 58, MN	34:23:50
107	Geoff Moffat, 37, IL	34:32:13
108	Craig Luu, 57, WI	34:37:06
109	Guy Comer, 45, WI	34:37:06
110	Allan Mottram, 44, WI	34:37:07
111	Jerry Frost, 60, MO	34:45:15
112	Ted Wollnik Jr, 45, IL	34:55:53
113	Joe Weise, 35, MN	35:00:55
114	Brad Whitson, 51, MB	35:05:16
115	Matthew Patten, 44, MN	35:09:14
116	Brenda Bland, 55, WI	35:14:05
117	Harold Curioz, 30, MN	35:14:07
118	Zac Lundgren, 25, MN	35:14:26
119	Bradley King, 38, IL	35:16:18
120	Dale Nesbitt, 36, MB	35:18:12
121	Gary Krienitz, 43, IL	35:19:06
122	Murray Arnason, 52, MB	35:19:44
123	Jason Mullenbach, 42, MN	35:21:30
124	Scott Poling, 48, IL	35:23:17
125	Pete White, 52, OH	35:27:22
126	Brian Landstrom, 64, MN	35:29:56
127	Jeff Rock, 43, MN	35:30:15
128	Katie Chapman, 32, MN	35:34:44

50 MILES

1	Chase Nowak, 26, MN	9:04:01
2	Brent Loberg, 34, MN	9:31:12
3	John Horns, 53, MN	9:46:20
4	David Hansen, 30, MN	9:53:16
5	Joseph Jameson, 56, MI	10:04:41
6	Jeff Davis, 33, TN	10:10:46
7	Charlie Murray, 34, MN	10:16:28
8	Greg Borzick, 46, MI	10:30:02
9	Luke Nelson, 41, MN	10:39:37
10	Stacia Broderick, 37, MA	10:53:48
11	Lauren Cline, 29, MI	11:01:35
12	Scott Reichardt, 43, NE	11:03:17
13	Kristin Rognerud, 34, MN	11:12:59
14	Craig Cardinal, 32, MN	11:14:35
15	Greg Somero, 32, NH	11:17:12
16	Dylan Dragswick, 36, MN	11:22:22
17	John Schuhmacher, 43, WI	11:32:56
18	Jonathon Graff, 31, MN	11:35:05
19	Corey McClay, 32, MN	11:37:25
20	Karl Adalbert, 44, MN	11:50:29
21	Dan Langland, 44, IL	11:50:37
22	Nathan Borth, 29, MI	12:00:06
23	Steve Andersson, 39, MN	12:00:55
24	Roger Doyle, 40, IA	12:01:58
25	Aaron Asmus, 36, MN	12:07:11
26	Conrad Bostrom, 55, MN	12:14:17
27	Richard Bjork, 52, MN	12:14:21
28	Jimmy Beltz, 40, MN	12:16:04
29	Nicole Finstad, 41, WI	12:22:27
30	David Thompson, 38, AB	12:23:40
31	Josh Tysver, 36, MN	12:25:34
32	Andrew Holliat, 35, WI	12:32:49
33	Stephane Malherbe, 42, MI	12:36:55
34	Lee Martin, 33, OH	12:37:04
35	Bob Bahr, 49, MN	12:37:13
36	Mike McCarl, 47, ON	12:37:28
37	Darrell Landry, 39, MN	12:41:03

38	Paul Wilken, 45, WI	12:41:49
39	Annie Gagliardi, 32, UK	12:43:17
40	Terry Eldien, 44, MN	12:50:14
41	Erich Marks, 35, WI	12:52:51
42	Neil Leunewerke, 34, MN	13:18:29
43	Jeff Leunewerke, 34, MN	13:18:30
44	David Treichel, 44, MN	13:21:49
45	Lisa Burger, 44, MN	13:21:51
46	Andrew Plackner, 45, MN	13:21:52
47	Isaac Jensen, 27, MN	13:29:03
48	Jason Mangosing, 41, MA	13:30:20
49	Andy Hagen, 40, MN	13:31:03
50	Heidi Hasapopoulos, 35, MN	13:35:01
51	Scott Rownd, 46, MN	13:35:05
52	Steve Schmidt, 52, MN	13:35:37
53	Chris Gatten, 40, FL	13:37:47
54	Brian Beckman, 28, WI	13:38:01
55	Mitch Ernst, 35, MN	13:39:09
56	Shelly Groenke, 57, MN	13:39:10
57	Scott Funk, 48, IA	13:40:24
58	Steven Connelly, 36, MN	13:44:17
59	Jason Dorgan, 49, WI	13:45:31
60	John Freemore, 40, MN	13:45:53
61	Kelly Koller, 40, WI	13:46:33
62	Matthew Kaler, 35, MN	13:52:24
63	Faye Norby, 33, MN	13:53:08
64	Janelle Gomez, 39, MN	13:55:03
65	Jim Wilson, 55, MN	13:56:21
66	Scott Hopkins, 34, MN	13:57:54
67	David Reddel, 50, NE	14:04:54
68	Jordan Wesley, 33, MN	14:10:42
69	Timothy Shandonay, 39, MI	14:13:13
70	Keith Gora, 41, MN	14:15:43
71	Brian Kutz, 28, WI	14:19:13
72	Allison Carolan, 31, MN	14:25:47
73	Doug Colglazier, 39, MN	14:38:19
74	Wendi Baldwin, 46, MN	14:42:37
75	Joshua Bornhorst, 41, AR	14:52:43
76	Mark Mathews, 34, MN	14:53:32
77	Timothy Owata, 37, MN	14:57:19
78	Adam Iverson, 36, MN	14:57:43
79	Janet Farafontoff, 50, CA	14:58:09
80	Mike Sweetman, 38, MN	15:01:43
81	Karey Payne, 31, MN	15:03:57
82	Derek Steward, 31, MN	15:04:46
83	Colleen Jay, 39, TX	15:09:24
84	Linda Britz, 45, WI	15:09:24
85	Abby Walker, 28, ND	15:11:34
86	Chuck Walker, 44, ND	15:11:34
87	Gina Lecy, 45, MN	15:12:01
88	Stan Pohmer, 36, MN	15:13:16
89	Lisa Tabbert, 39, MN	15:25:00
90	David Wirth, 50, WI	15:25:03
91	Janelle Zuech, 38, MN	15:27:51
92	Dustin Hancock, 32, MN	15:31:48
93	Bob Newman, 56, ND	15:31:54
94	William Tucker, 50, NE	15:35:14
95	David Shannon, 57, MN	15:37:20
96	Gabe Johnson, 37, MI	15:38:37
97	Joseph Eichorn, 28, MN	15:42:43
98	Jack Ver Steegh, 67, MN	15:44:38
99	Eric Mead, 51, MN	15:45:54
100	Mike Madden, 59, MN	15:46:36
101	Brad Christensen, 37, MN	16:01:01
102	Daniel Sears, 53, IL	16:01:20
103	Tyler Sears, 27, WI	16:01:21
104	Antonio Colodoro, 38, MN	16:04:30
105	Jerry Rogers, 48, WI	16:51:00
106	Sara Rogers, 34, WI	17:21:00

*See page 36 for key