

# ZUMBRO

## IS ANYONE STILL IN THIS RACE?

by John Storkamp, RD

The tall, lean, handsome runner had not seen anyone else on the trail in awhile and when he cruised into the aid station he asked, "Is anyone still in this race?" Volunteers at the Twin Cities Running Company aid station rattle off a few names of people that had recently come through and the runner responded, "No, I saw him at the last aid station, he dropped, and no, she dropped too." The question was not proposed as a competitive inquiry, nor was it asked to bring



Not OSHA Approved – women's 100-mile winner and third overall, April Cole from Hammond, Wisconsin

into question others' dedication or tenacity (that was proven when 68 brave souls lined up to start this one). It was just an honest query from a runner trying to come to terms with how and why he or anyone else was still taking this abuse. We live in Minnesota and are not new to snow. It snows like crazy all winter, on the coldest

days getting down to minus-40F, but when it's over, that's usually it and we move on to bluebird days, as nice and warm as anywhere in the country. For some reason, this year Old Man Winter decided to test his endurance, white-knuckling it as late as he could into Spring. The days and weeks leading up to the race saw almost daily "counseling sessions" on our Facebook page; people wondering how and why the normally dry, runnable, somewhat warm and often pleasant Zumbro Endurance Run could be shaping up like this. An unusually deep, late-season snowpack with additional snow, rain and 50-mph winds right up until race day put the hurt on our race course. As we marked the trail on the Wednesday prior to our Friday morning start, all we could do was pick which newly formed river or pond of pooling muddy slush-water we wanted to mark through. On race morning everyone stood around in the biting cold, ready to be on the way and get their furnaces burning. The usual suspects took off as fast and as hard as one would usually expect, but what we did not see coming was the first of six, 16.7-mile loops completed by the frontrunners in a time not far off last year's stout pace. With all the ingredients of a recipe for disaster tossed into the pot, we watched the story unfold. On the men's side, early leaders dropped, one by one listing poor trail conditions chief among the reasons for their demise.

In a very unusual moment, after a few loops and many hard-fought miles, first and second place cruised into the Start/Finish area within a short time of each other and both just simply stopped running, handed in their numbers and said "mercy," dropping out of the race. Many of those that dropped cheerfully stayed and celebrated those who battled on and got the pleasure of watching Garrett Peltonen of Madison, Wisconsin, roll in with an astonishing time, given the conditions. It would have been an impressive time even on a good year and was only 30 minutes off of the course record. Rounding out the top three were second place from 2012, Matt Aro, of Duluth, Minnesota, and

the first woman, April Cole, of Hammond, Wisconsin. Holding on for a solid fourth place finish was Edward Sandor of Minneapolis, Minnesota, mentioned above as "the questioner," who obviously found his answer. Placing second in the women's division was Tina Johnson of Wauwatosa, Wisconsin, and third was Jennifer Majewski of Milwaukee, Wisconsin. Of the 68 starters in the 100-mile, only 23 finished with 47 dropping out – a 34-percent finish rate!



100-mile runners: Theresa Kalahar followed by Maranda Lorraine, Mike Nicholls, Susan Donnelly and Chris Swenke.

Expanding on the women's race – perennial Zumbro winner Susan Donnelly came in after her third loop and sat down by the fire. After doing a few "life experience calculations," she decided the math worked out and she would stay put for a couple of hours to wait for the start of the Zumbro Midnight 50-Mile race. This

### ZUMBRO | WABASHA MINNESOTA | APRIL 12 | ▲ 4,4

#### 100 MILES

1. Garrett Peltonen, WI	21:46:18
2. Matt Aro	23:10:27
3. April Cole, WI	26:47:20
4. Edward Sandor	28:27:44
5. Tina Johnson, WI	28:42:22
6. Joseph Hegman	28:43:59
7. Jason Davis, IA	28:58:51
8. Nicholas Koenig	29:58:24
9. Aaron Reeves	30:02:27
10. Michael Nicholls	30:19:30
11. Ron Hendrickson	30:51:48
12. John Taylor	31:38:58
13. Jennifer Majewski, WI	31:54:51
14. Jessica Pendleton, IA	31:57:19
15. Matthew Menacher, IL	32:05:23
16. Kevin Mackie, WI	32:10:59
17. Curtis Pote, IA	32:20:41
18. Harold Curioz	32:20:42
19. Susan Donnelly, TN	32:53:19

#### 50 MILES (MIDNIGHT RUN)

1. Jake Hegge, WI	8:53:44
2. Michael Borst, WI	8:53:44
3. Aaron Smith	10:24:22
4. Mike Bateman	10:41:07
5. Buddy Juusola	11:23:15
6. Jordan Langen	11:45:52
7. Robert Hoffmann	11:46:41
8. Sean Faulk	11:51:45
9. Randy Niemiec	11:52:39
10. Dave Schuneman	11:56:48
11. Dan Langland, IL	12:17:20
12. Tim Sieh	12:39:18
13. Randy Steiner, WI	12:54:49
14. Derek Fritze, WI	12:56:43

15. Terry Eldien	13:01:46
16. Josh Harke, WI	13:17:55
17. Jason Laplant	13:23:58
18. Timothy Smith	13:32:31
19. Ryan Carter	13:47:08
20. Jeff Thompson, NE	13:52:37
21. Scott Giddings, NE	13:55:21
22. Chad Benesh	13:58:20
23. Maria Barton	14:04:55
24. Nick Bakke, NE	14:25:48
25. Ross Jilk, WI	14:26:00
26. Adam Iverson	14:27:26
27. Paul Schaefer	14:36:01
28. Maureen Montello	14:40:47
29. Kamie Nichols	14:41:45
30. Ian Marks, MI	14:47:23
31. Steve Greseth	14:48:27
32. Troy Feustel	15:05:38
33. Scott Mark	15:12:19
Megan Steil	15:12:19

34. Nelson Soken	15:12:19
35. David Lang, IA	15:30:17
36. Renee Bjork	15:32:10
37. Andrew Sandor	15:46:07
38. Dan Cairns	15:48:52
39. Ben Eller, NE	15:55:50
40. Victoria Aney	16:17:14
41. Timothy Bowers	16:17:15
42. Karen Gall	16:19:02
43. Joe Lovett	16:21:17
44. Travis Thiede	16:26:54
45. Janette Maas, GA	16:36:12
46. Ted Gamble	16:46:07
47. Clif Goodgame, TN	16:57:41
48. Justin Phillips, ND	17:07:08
49. Johnny Myers, WI	17:14:27
50. Greg Allen	17:48:22
51. Will Turner, NE	17:54:23
52. Angela Hodge, NE	17:54:23

way she could run her last three 100-mile loops with her boyfriend, Clifton Goodgame, who was aiming to complete his first 50-mile trail race.

The Midnight 50 was great fun as usual and had a festive feel as we sent 80 runners off into the night. Come the next morning, as we were about to start the 17-mile race, all 100 runners got to witness two very young, very talented friends, Jake Hegge, 21 of LaCrosse, Wisconsin, and Mi-

chael Borst, 19 of Slinger, Wisconsin, cross the line in a perfect tie. The two young men took to the course and made it look like child's play, running every step of the race together. In doing so, they casually knocked 35 minutes off the course record, tying for first in a year that was as tough as anyone has ever seen down in the Zumbro River Bottoms. On the women's side, proving once again that experience and consistency pay off, Minneso-

ta ultrarunning mainstay, Maria Barton of Apple Valley, worked patiently over 50 miles and took the win. Late in the day on Saturday, Clif and Susan came in stride-for-stride, Clif getting his first 50-mile finish and Susan her fifth Zumbro 100 finish. Thus was answered the question we started with, "Is anyone still in this race"? The answer: Yes, we all are in this together and that's what makes the Zumbro Endurance Run so special. ■



Edward Sandor uses caution as he crosses the cold stream



Mud run



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