

Superior 50 Km: A Beautiful Day on the Trails

by Julie Berg

Do you have a place where you just *love* to run? Where it is so difficult, where you have to dig so deep, where the trail is so technical that you can't take your eyes off it for a split second or, boom—on the ground you go? Where it is so spectacular—the vegetation, the wildflowers, the sheer rock walls, the climbing, the river crossings, the waterfalls, the mountains, the roots, the quad-crushing downhill, the smell of oak and pine and wildflowers? That sums up the Superior Hiking Trail in northeastern Minnesota. If you haven't run it, you must. It is that wonderful. It is that beautiful.

Rick and Linda Lindquist were the race directors of the Superior Trail 50 Km this year, held the second weekend of May in Lutsen, Minnesota. They have done a superb job in creating a first-class race. The volunteers are amazing, the course is well marked, and the race begins and finishes right at the Caribou Highlands Resort. You can roll out of bed and onto the start line.

The morning of this year's race day was stunning: the sky was clear, the temperature a cool 39 degrees. The 50 Km began at 7:00 a.m., the 25-km at 9:00. The trail was in perfect condition: some mud, some standing water, but mostly dry. The sun was shining, the rivers were full and

moving swiftly, and the wildflowers were abundant and fragrant. Mother Nature added a few hours of cold rain and heavy winds during the race, but she offered sun near the finish.

The race layout is an out-and-back. On the way out, Moose Mountain is tough. Up, up, up you go, but it's early in the race, so it's all right. On the way back, Moose Mountain is a bitch. She's mean and will suck the air right out of your lungs and make your quads quiver. Ah, but she is beautiful. If you stop to look at the surroundings, the pain may subside. It is always fun to watch the finishers come in: some are beaten and bruised, but all are happy to have spent the day on the trail, evident from their grinning smiles. It was a perfect day for running. But what day isn't?

Superior 50 Km Lutsen, Minnesota May 20

Hilly, rocky trails

| | |
|----------------------------|---------|
| 1. Darrin Johnson, 40, WI | 4:02:18 |
| 2. Erik Kaitala, 34 | 4:16:35 |
| 3. Steve Schuder, 42 | 4:18:04 |
| 4. Daniel Horihan, 33, ON | 4:21:02 |
| 5. Chris Gardner, 29 | 4:38:05 |
| 6. <u>Deb Bennett</u> , 47 | 5:00:15 |
| 7. Jay Monson, 34 | 5:03:10 |
| 8. Patrick Susnik, 41 | 5:16:37 |
| 9. Jeremy Cain, 27 | 5:38:39 |
| 10. Michael Scandrett, 51 | 5:39:00 |

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| 11. Matthew Patten, 35 | 5:40:21 |
| 12. Bryan Jacobson, 31 | 5:45:26 |
| 13. <u>Kris Kolenz</u> , 40 | 5:45:39 |
| 14. Jason Buffington, 37 | 5:46:02 |
| 15. <u>Amie Wegmeyer</u> , 31 | 5:50:02 |
| 16. Joshua Bock, 33 | 5:58:25 |
| 17. Eric Lacher, 37 | 6:04:24 |
| 18. Bradley Hugh, 45 | 6:05:56 |
| 19. <u>Julie Berg</u> , 41 | 6:06:06 |
| 20. Bohdan Stepchuk, 36 | 6:07:04 |
| 21. Brock Foreman, 31 | 6:11:08 |
| 22. John Taylor, 44 | 6:16:17 |
| 23. <u>Leah Wright</u> , 42 | 6:18:51 |
| <u>Cheryl Goldberg</u> , 47 | 6:18:51 |
| 25. Judd MacRae, 23 | 6:23:15 |
| 26. Curt Johnston, 46 | 6:23:23 |
| 27. Tom Metzger, 38 | 6:23:42 |
| 28. <u>Leanne Bronson</u> , 35, WI | 6:24:27 |
| 29. Joel Fors, 49 | 6:25:03 |
| 30. <u>Maria Barton</u> , 40 | 6:27:33 |
| 31. Brian Poeppel, 51 | 6:34:20 |
| 32. Gary Sheets, 53 | 6:35:51 |
| 33. Eric Post, 40 | 6:37:32 |
| 34. Tom Knutson, 55 | 6:44:28 |
| 35. Mark Seaburg, 46 | 6:49:31 |
| 36. <u>Paulette Odenthal</u> , 49 | 6:50:06 |
| 37. Steve Fleace, 41 | 6:53:42 |
| 38. <u>JoAnn Fallis</u> , 54 | 6:54:48 |
| 39. Curt King, 53 | 6:56:02 |
| 40. Greg Allen, 41 | 6:59:53 |
| 41. Joe Deja, 45, MI | 6:59:55 |
| 42. <u>Alicia Gordon</u> , 40 | 7:04:28 |
| 43. Dale Kaminski, 36, WI | 7:13:07 |
| 44. John Rust, 46 | 7:19:14 |
| 45. Gene Taylor, 59, WI | 7:23:47 |
| 46. Greg Rubell, 52, ON | 7:40:36 |
| 47. <u>Van Huynh-Leap</u> , 37, FL | 7:47:56 |
| 48. Doug Allen, 42, WI | 7:54:58 |
| 49. <u>Anna Laura Scandrett</u> , 20, OH | 7:59:58 |
| 50. Dick Kaminski, 69, WI | NT |
| 51. Donald Clark, 54 | NT |

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