



SUPERIOR 50K

DAVIS DUSTS THE FIELD

by phillip gary smith

Wynn Davis needs no introduction to the Superior trails, winning the Sawtooth 100 last September. Now he has added the spring Superior 50 km victory to his collection by dusting the field, leading at each checkpoint, with a final time of 4:08:09. Wynn sizzled from the start to the Oberg aid station, the toughest mountainous stretch of this race in one hour, and ran the return Oberg-to-finish in only 1:13.

Charles Hubbard's 3:56:09 course record from 2003 outlasted Wynn's assault. Manning the Carlton Peak turnaround, Chuck must have been entertained in a déjà-vu manner as he watched Wynn (and everyone chasing him) zipping up and back down to start his second half. Joe Ziegenfuss, winner of the recent challenging Chippewa-Moraine 50 km, reached the outbound Oberg aid just three minutes behind Davis but was unable to reel him in. The distance between the two expanded a few more minutes over the course of the race as Joe took second overall in 4:18. Steve Schuder crossed next. Winning first master, he continued his unique four-year streak as the third runner to finish the race. Both Joe and Steve also romped the return Oberg-to-Lutsen finish in 1:13.

Watching Wynn Davis run by coming in as I was going out through the Britton Peak section was a quick course in trail running. Coming around a bend, looking very much like a halfback headed downfield - arms out like flotation devices, hunched slightly to control his center of gravity over the rocky section - he kindly passed along a, "Looking good, Phillip" before instantly regaining 100 percent focus. By running back in the pack, to put it kindly, I am witness on these out-and-back courses to lots of runners and running styles. Wynn's absolute commitment to the trail - and he does not really run it, he attacks it - represents three key ingredients I observed and dubbed F.I.A. The acronym means focus, intensity, and aggression. I saw each of those in his face, demeanor, and running style in that brief glimpse when he was in full gallop. These three keys are not the only reason Wynn is dominating races he enters, of course; being 25-years-old with probably two percent body fat and training like a superhero come into play. The point is those chasing him might find clues in F.I.A. that can aid an individual's trail program.

BEST RACE OF THE DAY

Definitely the most exciting competition was the women's class. At the first aid station after clearing Mystery, Moose and Oberg mountains, Debra Bennett led Janet Findlay by seconds with Staci Gilpin five minutes back. Next, at Britton Peak, Debra ran in first, and Janet was right there behind her following in a couple of ticks. Staci was now four minutes off the pace.

The big change came on the 4.4 mile rock-infested ascension to Carlton Peak and back. On a day where the three-year-old colt, Big Brown, came roaring from the back to win the Preakness on a Baltimore track, Staci raced the Superior "track" and passed both Debra and Janet, checking in at the return to Britton Peak with the lead.

Completing a climb about halfway to the inbound Oberg aid Staci politely managed a "you've got a nice downhill coming" before sprinting away. She won first woman open in 5:09; Janet captured first woman master and Debra, second woman master.

THE QUAD CHOIR

Matthew Patton, setting his PR today, termed the course "tricky," an apt description as the normally rocky, rooty, rutty terrain was more technical with a large number of downed trees from heavy winter snow, a wet and windy spring, and a race eve rain. "Classic Superior Hiking Trail," was Wynn Davis' evaluation. "Runners must bring some levitating magic for their feet in order to navigate this. Moose and Mystery were definite quad-screamers." Donny Peterson and Bonnie Riley marked a good course along the Superior Hiking Trail around, under, stepping, crawling over trees of all sizes.

A nippy start was accentuated by northwest winds gusting higher, roaring through the thick forest like a freight train. The sun and blue sky unexpectedly popped out, heating the day early on as temperatures reached the early 60s, drying the trail. Late finishers got a chill as cloud cover moved in; winds blew stronger, dramatically cooling things off.

Gretchen Hass and Mike Perbix concluded their second successful year as race directors. Gretchen exclaimed, "We had a fabulous turnout and the course didn't disappoint - this course never disappoints."

superior 50K

LUTSEN, MINNESOTA
MAY 17 • TRAILS

1. Wynn Davis	4:08:09	19. Jeff Allen	5:37:08	42. Carl Gammon	7:09:13
2. Joe Ziegenfuss	4:18:36	20. Barry Fischer	5:40:12	43. Jan O'Brien	7:10:41
3. Steve Schuder	4:27:37	21. Ryan Johnson	5:40:27	44. Mark Seaburg	7:15:57
4. Erik Lindstrom	4:45:27	22. Paul Miner	5:49:21	45. <u>Alicia Gordon</u>	7:16:58
5. Paul Holovnia	4:52:55	23. <u>Traci Amundson</u>	5:56:32	46. Tony Evans	7:17:18
6. Matt Aro	4:53:00	24. <u>Julie Berg</u>	5:56:36	47. <u>Michelle Poirier</u>	7:22:07
7. Mark Kalar	5:04:15	25. Christian Hart	6:03:00	48. Peter Anderson	7:24:51
8. Peter Kebbekus	5:07:35	26. Steve Quick	6:08:25	49. <u>JoAnn Fallis</u>	7:32:59
9. Kurt Decker	5:08:33	27. <u>Diane Farmer</u>	6:22:37	50. David Dodge	7:33:22
10. <u>Staci Gilpin</u>	5:09:36	28. <u>Rachel Skime</u>	6:22:38	51. <u>Connie Chaney</u>	7:33:22
11. Brent Bjerkness	5:17:35	29. <u>Leigh Wcenter</u>	6:26:44	52. Steve Johnson	7:33:57
12. <u>Janet Findlay</u>	5:19:06	30. Curtis King	6:27:50	53. Gregg Steinman	7:41:41
13. Jason Boon	5:19:49	31. <u>Shari Olson</u>	6:31:31	54. <u>Anita Bedard</u>	7:53:21
14. Jay Sykes	5:22:38	32. Pierre Ostor	6:38:13	55. <u>Evelyn Crowe</u>	7:53:21
15. <u>Debra Bennett</u>	5:24:25	33. Charles Larson	6:47:56	56. Les Martisko	7:58:31
16. Peter Miner	5:33:36	34. <u>Dawn Long</u>	6:49:20	57. Doug Allen	Finish
17. <u>Connie Lutkevich</u>	5:34:54	35. <u>Leanne Bronson</u>	6:54:59	58. Phillip Gary Smith	Finish
18. Matthew Patten	5:36:41	36. Jim Miner	6:55:08	59. Wayne Nelson	Finish
		37. Steve Hagedorn	7:02:56	60. <u>Brook Wheeler</u>	Finish
		38. Dale Humphrey	7:04:27	61. <u>Bonnie Riley</u>	Finish
		39. Georgia Nothdurft	7:05:34	62. Donald Clark	Finish
		40. <u>Maria Barton</u>	7:05:44		
		41. Greg Allen	7:08:50		