

SUPERIOR TRAIL 50K STILL ON TOP

by John Storkamp, RD

For my first time as Race Director of this legendary Minnesota race I climbed up on my make-shift podium (an orange five-gallon water cooler) and rattled off your basic pre-race information: get off the trail to go potty, don't litter, don't look too sexy in your arm-warmers and compression socks, don't get lost, be sure to have fun, etc., but the important piece was to reiterate that the race would be a little longer than in previous years as runners would now be going all the way to the top of Carlton Peak before starting their journey back. Mike and Gretchen – co-RDs from the last few years – are busy with careers, have a new baby, a new apple orchard business, a couple of dogs and were ready to pass the torch.

Behind me I had former (two generations removed) RD Rick Lindquist, along with other Minnesota Dog Pack members Donald Clark, Maynard Lagace and Charlie Hubbard, and the ever-radiant Bonnie Riley. This crew marked the out-and-back 50K course the previous day and would be sweeping the trail as is customary for this aging all-star team. Minnesota Dog Pack members ruled Minnesota ultras and were heading out west frequently to take on the mountain hundreds back in the early '90s before the sport went "mainstream."

I have been involved in a lot of the local ultras (as a runner, volunteer and race director) for a few years now but there was one thing that always nagged at me regarding this one: "Why doesn't the Superior 50K go to the top of Carlton Peak?"

My early backpacking trips as a kid had frequently brought me to the top of Carlton Peak. I

went there later in life as I started running trail ultras. I hiked there with my wife and was thrilled the first time I got my daughter to hike to the top, so, well, it seemed appropriate to bring the entire running family up there now too. Last year my wife, Cheri, and I had the pleasure of working the turnaround just shy of the summit and my question was answered as we saw runner after runner voluntarily add on distance, running past the turnaround, just for the great view from the top; for the slower runners it maybe adds eight minutes, for the fastest maybe five.

The current women's course record holder has not run the race for a few years now but the men's record holder, Chris Lundstrom, has a streak going. He not only keeps winning, but he stays pretty close to that record with each win and has been poised to break it.

Race morning greeted us dry and clear and eventually it got pretty warm, reaching into the low 80s. Chris measured his effort early, took the lead just before the turn and pulled away from rest of the field to earn another victory. His time seemed to indicate that, without the added distance, he might have broken his own course record. Although he makes it look easy every time, it was not, as there were strong competitors and strong performances all around.

Unsure if missing another CR bothered him, I lightheartedly asked Chris as soon as he finished, "If you want, we can put it back to the way it used to be, your choice?"

Chris said no, he liked the view and was not too concerned about the time.

On the women's side, against a talented field of proven winners, Rebecca George took top



Joy Parker, still having fun at the 25K mark, finishes in 6:03

honors. A month earlier she won one of the toughest 50s in the Midwest (Zumbro Midnight 50) – not just the women's division but overall – and I fully expect to be writing about her a couple more times this year.

Long after the middle of the field and the back of the pack arrived at the finish, we waited a lot longer than usual for the "Dogs" to arrive. As usual, we left just enough food and drink for the sweeps to replenish after their long day on the trail. When they finally arrived with huge smiles on their faces, I asked them what took so long... I guess, just like Lundstrom, it was so nice at the top that they had decided to stay just a little bit longer. ■

50 KM		33. Jenna Krueger, 27		5:40:09		66. Michael Scandrett, 58		6:19:52		99. Brian Ricketts, 34, TX		7:21:32	
1. Chris Lundstrom, 36	3:56:04	34. Marcus Taintor, 30	5:40:32	67. Lisa Messerer, 46	6:23:00	100. Wendy Neupauer, 40	7:21:44	2. Sean Curran, 26	4:09:39	35. Ronica Leege, 33	5:40:45	68. Michael Bunda, 31	7:23:47
3. Doug Kleemeier, 46	4:10:41	36. Tim Sieh, 51	5:42:30	69. Deb Salzer, 32	6:24:00	102. Misty Schmidt, 34	7:28:44	4. Dimitri Drekonja, 38	4:11:37	37. Peter Miner, 31	5:42:40	70. Matthew Maxwell, 33, IA	7:33:32
5. Aaron Drevlow, 38	4:16:56	38. Leif Gilsvik, 20	5:45:03	71. Kurt Dregler, 30, WI	6:32:14	104. Tom Rowe, 63	7:35:19	6. Erik Elmstrand, 23	4:25:37	39. Cory Mahlke, 36	5:46:51	72. Simon Schaefer, 39	7:35:56
7. Samuel Jurek, 25, MA	4:29:20	40. Paul Miner, 31	5:47:38	73. Kevin Mackie, 55, WI	6:34:55	106. Janine Knutson, 46	7:37:05	8. Craig Cardinal, 29	4:32:23	41. Greg Johnson, 39	5:48:09	74. Mark Mathews, 31	7:41:28
9. Shawn Callahan, 40	4:36:23	42. Tony Norland, 32	5:48:45	75. Ross Jilk, 47, WI	6:37:35	108. Joseph Hegman, 33	7:41:30	10. Mark Rapacz, 30	4:36:55	43. Steven Sjolund, 61	5:49:45	76. Jack Ver Steegh, 63	7:42:35
11. Ryan Braun, 28	4:44:08	44. Alisha Mayer, 25	5:50:12	77. Michael Witt, 49, WI	6:39:48	110. Anjanette Arnold, 36	7:43:12	12. Rebecca George, 29	4:45:38	45. Jon Howard, 32	5:53:13	78. Bruce Anderson, 54	7:43:23
13. Jason Buffington, 43	4:50:54	46. BJ Knight, 41	5:53:29	79. Kathy Errthum, 35, WI	6:41:05	111. Jojo Lemmerman, 31	7:43:39	14. Mike Karstens, 37	4:51:10	47. Jason Duelle, 43, MI	5:56:00	80. John Gustafson, 60	7:48:31
15. Christi Nowak, 24	4:57:43	48. David Treichel, 40	5:57:58	81. Kathy Jambor, 46	6:42:28	112. Ron Thorsett, 65	7:48:31	16. Joshua Pohlman, 25, ND	5:04:06	49. Erik Lindstrom, 36	5:57:59	82. Kevin Langton, 42	7:48:31
17. Christopher Hanson, 41	5:04:17	50. Paul Peterson, 32, OR	5:58:51	83. Tom Weigt, 60	6:48:09	115. Lane Ellis, 43	7:59:01	18. Dan Lawrence, 36	5:06:17	51. Jason Wilde, 40	5:58:57	84. Sheila Ross, 44	7:59:40
19. Jason Bociurko, 38, ON	5:06:18	52. Jeffrey Freidhof, 34, IA	5:58:58	85. Dan Denardo, 46	6:49:37	116. Dan Kimmel, 60	8:05:00	20. Jay Sykes, 33	5:07:16	53. Sean Finnie, 30	5:59:13	86. Glen Hill, 63, WI	8:15:15
21. John Maas, 50	5:08:40	54. Ron Hendrickson, 45	5:59:22	87. Patrick Hickey, 27	6:51:39	117. Peter Donnelly, 36	8:18:01	22. Cody Backman, 28	5:12:25	55. Paul Gucinski, 31	6:02:06	88. Mark Gregware, 52	8:18:21
23. Rochelle Wirth, 50	5:12:49	56. Amy Carolan, 30	6:02:51	89. Steve Hagedorn, 33	6:52:19	119. Scott McGinnis, 51	8:19:51	24. Jeremy Peterson, 33	5:15:03	57. Ben Seibel, 34, WI	6:03:11	90. Michael Anderson, 52	8:20:43
25. Jeremy Lindquist, 25	5:16:35	58. Joy Parker, 37	6:03:29	91. Mitch Abbott, 54	6:57:27	121. Rick Bothwell, 50	8:29:42	26. Penny Gneiting, 35	5:19:35	59. Maria Barton, 46	6:04:29	92. Jim Gordon, 46	8:41:22
27. Ben Sorensen, 27	5:26:02	60. Scott Propson, 37, IA	6:11:15	93. Theresa Kalahar, 44	7:00:30	122. Carol Allen, 44	8:47:09	28. John O'Connor, 30	5:28:47	61. Allison Carolan, 28	6:14:20	94. Lynn Saari, 46	8:53:47
29. Kevin Johnson, 32	5:33:46	62. Edward Sandor, 30	6:14:21	95. Jorge Granja, 51	7:07:09	124. Wayne Nelson, 46	9:18:21	30. Peter Taylor, 35	5:38:21	63. Eric McGowen, 37	6:16:44	96. Peter Bryan, 28	10:05:01
31. Seth Korhonen, 18, WI	5:39:12	64. Jason Husveth, 40	6:17:23	97. Renee Bjork, 46	7:12:18	125. Jeanine Johnson, 36	10:05:01	32. Benjamin Trok, 36	5:39:41	65. Jason Tintes, 43	6:17:42	98. Allie Rykken, 23	7:17:28
					7:12:57	126. Michele Amacker, 43, WI						99. Lynn Saari, 46	7:18:00
					7:13:06	127. Jason LaPlant, 33						100. Wendy Neupauer, 40	
					7:17:28	128. Lynnea Fedyk, 35						101. Mary Luoma, 51	
					7:18:00	129. Timothy Bowers, 48						102. Misty Schmidt, 34	
						Victoria Aney, 35						103. Michael Draxton, 28	
												104. Tom Rowe, 63	
												105. Rebecca Weicht, 27, IA	
												106. Janine Knutson, 46	
												107. Maudianne Jordan, 21	
												108. Joseph Hegman, 33	
												109. David Shannon, 53	
												110. Anjanette Arnold, 36	
												111. Jojo Lemmerman, 31	
												112. Ron Thorsett, 65	
												113. Jeff Allen, 45	
												Daryl Saari, 49	
												115. Lane Ellis, 43	
												116. Dan Kimmel, 60	
												117. Doug Allen, 48	
												118. David Wherry, 31	
												119. Peter Donnelly, 36	
												120. Scott McGinnis, 51	
												121. Rick Bothwell, 50	
												122. Carol Allen, 44	
												123. Monica Dotterweich, 42	
												124. Wayne Nelson, 46	
												125. Jeanine Johnson, 36	
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