



MIKE WHEELER

Marcus Taintor at the finish



JOHN STORKAMP

That cast is not going to slow down Robyn Reed



JOHN STORKAMP

Watch Out! Christi Nowak works the Sawbill Aid Station

With the skies eventually opening up, the trail, already having absorbed as much moisture as it could from the recently melted snow, started to become pretty soft and muddy in places, but this had little effect on the pace of an outstanding field. After a few late passes, Lundstrom ran his requisite smart and fast race and cruised to a first place finish with a time of 3:50:31. Samuel

Jurek of Brighton, Massachusetts, was second and Ben Cogger of Duluth, Minnesota, placed third. First place for the women was Andrea Ring of Duluth, followed by Kathy Jambor of Eagan, Minnesota, and rounded out by Amy Husveth of Marine On St. Croix, Minnesota. When asked what the inspiration was for such an outstanding run, time and place, Amy, who is usually content to run in

the middle of the pack visiting with friends, said she saw the cool trophies before the start and decided she had to have one.

Even with muddy conditions, we had everyone in under the cutoff and saw an extremely high finishing rate of 97 percent, just another testament of the talented and passionate runners that come to the Superior Trail Race, chance of snowy trails or not.

Footnote: Thad Swanson and Misty Schmidt (now Misty Swanson) planned their wedding around, and got married a few hours after, this year's race with many of the runners and volunteers in attendance. Just another example of how close our local ultrarunning community is and of how strong the resulting friendships and relationships are. ■

Southern California's
toughest 50k is back!

Los Pinos 50k
September 14, 2013
www.runlospinos.com

| | | | |
|----------------------------|---------|---------------------------------|----------|
| 104. Thomas Hickey, 25 | 6:47:44 | 132. Jason Colvin, 31 | 7:31:29 |
| 105. Joh Steenlage, 39, IA | 6:48:27 | 133. Julie Berg, 48 | 7:31:45 |
| 106. Jean Brisance, 42 | 6:49:02 | 134. Jack Ver Steegh, 64 | 7:34:00 |
| 107. Faye Lopez, 31 | 6:52:59 | 135. James Gaylor, 38 | 7:34:17 |
| 108. Lulu Taragos, 51 | 7:01:45 | 136. Greg Allen, 48 | 7:34:40 |
| 109. Kevin Mackie, 56, WI | 7:07:03 | 137. Robert Cure, 58 | 7:35:42 |
| 110. Gregory Petitto, 35 | 7:08:10 | 138. Susan Tang, 33 | 7:40:04 |
| 111. Mickey Macmillan, 42 | 7:08:27 | 139. Elizabeth Palmer, 29 | 7:40:04 |
| 112. Adam Warden, 32 | 7:09:14 | 140. Dave Brown, 42 | 7:41:26 |
| 113. Thad Swanson, 36 | 7:09:14 | 141. Joel Button, 45 | 7:41:58 |
| 114. Shane Olson, 45 | 7:12:52 | 142. Patricia Torchia, 51 | 7:43:19 |
| 115. Brian Rasefske, 49 | 7:13:23 | 143. Harriet Greenlee-hernd, 42 | 7:46:36 |
| 116. Sheila Ross, 45 | 7:13:27 | 144. Jeff Rock, 41 | 7:48:25 |
| 117. Todd Rowe, 56 | 7:15:16 | 145. Gary Wernersbach, 54 | 7:51:36 |
| 118. Todd Reemtsma, 46 | 7:15:25 | 146. Rich Carlson, 38 | 7:51:37 |
| 119. Elizabeth Olson, 31 | 7:18:34 | 147. Shelly Thompson, 48 | 7:59:27 |
| 120. Rudy O'Brien, 34 | 7:18:34 | 148. Robyn Reed, 38 | 8:00:18 |
| 121. Jacob Wernersbach, 24 | 7:18:37 | 149. Ron Thorsett, 66 | 8:00:51 |
| 122. Kyle Palmer, 35 | 7:19:50 | 150. Scott Hartley, 54 | 8:02:22 |
| 123. Jon Nauman, 47 | 7:22:32 | 151. Cattie Macken, 29 | 8:05:13 |
| 124. Brendan Abrams, 31 | 7:22:42 | 152. Rick Bothwell, 51 | 8:06:15 |
| 125. Lynnea Fedyk, 36 | 7:23:46 | 153. Doug Allen, 49 | 8:19:05 |
| 126. Alicia Sandor, 32 | 7:23:46 | 154. Meredith Oneill, 27 | 8:19:31 |
| 127. Jeremy Day, 33, AR | 7:24:24 | 155. Victoria Aney, 36 | 8:19:44 |
| 128. Brad Burton, 41 | 7:24:25 | 156. Misty Schmidt, 35 | 8:19:44 |
| 129. Mike Madden, 57 | 7:30:03 | 157. Carol Allen, 45 | 8:41:52 |
| 130. Sarah Peterson, 35 | 7:30:35 | 158. Kevin Groenjes, 24 | 10:36:00 |
| 131. Ryan Carter, 36 | 7:30:36 | | |

SUPERIOR TRAIL 50K

TALENTED AND PASSIONATE

by John Storkamp, RD

By mid- to late May in Minnesota the snow is almost always a distant memory, but this year extra-heavy-helpings of the white stuff late into the spring put snow in the forefront of everybody's minds. Less than two weeks prior to the Superior 50K, as we were out doing trail work, clearing downed trees from the winter and scoping out conditions, we frequently found ourselves in knee- to waist-deep snow and three to six inches of slushy ice water.

When our trail-marking crew got out the day before the race, we were pleased to find all of

the snow was miraculously gone and the trails were pretty dry.

The Superior Spring Trail Race is not the earliest ultra in our area but in most people's minds, signals the true beginning of the trail- and ultra-running season in our state. Once again, the race's field limit was met several months in advance.

This year, the Superior 50K hosted the US-ATF Minnesota ultramarathon championship and the title, cash prize and awesome trophies, along with one of the most beautiful trails in the country, were enough to entice the best of

the best open and masters runners to seek the Minnesota championship title.

The deep, talented and enthusiastic field started under overcast skies and it was looking like rain would move in later in the day. Quickly in the lead on the men's side were names recognizable from years past, all being chased by course record holder and now four-time winner, Chris Lundstrom. On the women's side only a couple of past contenders were there but no shortage of other talented women took those vacated spots to contend for the prizes.



50 Christopher Coon smiling as he almost breaks five hours

Lisa Messerer heads down the trail to a 6:41:10 finish

The roaring Poplar River

SUPERIOR TRAIL 50K | LUTSEN, MINNESOTA | MAY 18 | ▲ 3,4

| 50 KM | | | | | | | |
|--------------------------|---------|----------------------------|---------|-----------------------------|---------|----------------------------|---------|
| 1. Chris Lundstrom, 37 | 3:50:31 | 26. Benjamin Trok, 37 | 5:02:16 | 52. Julio Salazar, 43 | 5:49:05 | 78. Laura Smith, 39 | 6:25:29 |
| 2. Samuel Jurek, 26, MA | 3:53:29 | 27. Brian Janaszak, 37 | 5:08:21 | 53. Kathy Jambor, 47 | 5:49:54 | 79. Mitch Ernst, 33 | 6:28:07 |
| 3. Benjamin Cogger, 28 | 3:55:01 | 28. Lushanko Anthony, 37 | 5:09:14 | 54. Seth Korhonen, 19, WI | 5:50:52 | 80. Drew Weaver, 24 | 6:28:08 |
| 4. Bennett Isabella, 30 | 4:05:46 | 29. John Finn, 42 | 5:10:28 | 55. Dallas Sigurdur, 42, MB | 5:52:27 | 81. Paul Olson, 38 | 6:29:21 |
| 5. Dimitri Drekonja, 39 | 4:15:00 | 30. Jason Buffington, 44 | 5:10:52 | 56. Amy Carolan, 31 | 5:53:42 | 82. Shawn Severson, 40 | 6:31:38 |
| 6. Chris Rubesch, 27 | 4:15:38 | 31. Darrin Johnson, 47, WI | 5:14:17 | 57. Peter Schnorbach, 50 | 5:55:32 | 83. Maria Barton, 47 | 6:32:03 |
| 7. Jason Tischer, 38 | 4:17:49 | 32. Derek Wallen, 34 | 5:15:08 | 58. Jason Laplant, 34 | 5:56:19 | 84. Haley Bidroski, 29, NE | 6:32:22 |
| 8. Brett Busacker, 27 | 4:20:22 | 33. Dan Harke, 28 | 5:18:06 | 59. Alisha Mayer, 26 | 6:02:20 | 85. Paul Christians, 52 | 6:32:32 |
| 9. Eric Nordgren, 28 | 4:23:45 | 34. Paul Gucinski, 32, WI | 5:18:07 | 60. Kevin Langton, 43 | 6:03:00 | 86. Jason Bociurko, 39, ON | 6:32:34 |
| 10. Ryan Braun, 29 | 4:25:37 | 35. Alan Parsons, 34, NE | 5:18:09 | 61. Nick Ryan, 23, NJ | 6:03:01 | 87. Geoff Murphy, 40, ON | 6:32:34 |
| 11. Doug Kleemeier, 47 | 4:34:29 | 36. Jonathan Woehl, 27 | 5:20:18 | 62. Scott Propson, 38, IA | 6:04:27 | 88. Eric Jepsen, 42, SD | 6:32:56 |
| 12. Eric O'Brien, 27 | 4:41:01 | 37. Cory Mahlke, 37 | 5:22:22 | 63. Alexander Nhep, 25 | 6:08:00 | 89. Jason Husveth, 41 | 6:33:03 |
| 13. Dmytro Koshevy, 25 | 4:42:51 | 38. Brent Giebink, 42 | 5:22:37 | 64. Troy Feustel, 38 | 6:08:08 | 90. Nicolle Fisher, 24 | 6:37:38 |
| 14. Matthew Trok, 35 | 4:43:44 | 39. Jeremy Peterson, 34 | 5:24:20 | 65. David Freeburg, 32 | 6:08:57 | 91. Aaron Larson, 35 | 6:37:56 |
| 15. Cody Backman, 29 | 4:45:02 | 40. Patrick Johnson, 40 | 5:25:16 | 66. Scott Huston, 49 | 6:10:20 | 92. Anna Goldammer, 33 | 6:39:40 |
| 16. Tj Jeannette, 38 | 4:47:08 | 41. Ryan Howk, 37 | 5:30:00 | 67. Brad Whitson, 49, MB | 6:10:41 | 93. Lisa Messerer, 47 | 6:41:10 |
| 17. Donny Sazama, 35 | 4:48:43 | 42. Edward Sandor, 31 | 5:31:12 | 68. Cris Bitker, 41 | 6:13:23 | 94. Rebekah Weicht, 28, SD | 6:43:53 |
| 18. Micah Turman, 32 | 4:52:09 | 43. Nathan Marti, 36 | 5:34:49 | 69. Sarah Simpson, 24 | 6:13:50 | 95. Jon Haukaas, 44, CO | 6:44:33 |
| 19. Marcus Taintor, 31 | 4:53:25 | 44. Michael Bunda, 30 | 5:39:42 | 70. Jared Simpson, 25 | 6:13:50 | 96. Michael Haukaas, 41 | 6:44:33 |
| 20. Joseph Boler, 33 | 4:55:38 | 45. David Treichel, 41 | 5:41:56 | 71. Kristin Rognerud, 32 | 6:14:53 | 97. Samantha Carlson, 30 | 6:44:42 |
| 21. Brian Klug, 33 | 4:58:46 | 46. Chad Macheel, 35 | 5:42:45 | 72. Allison Carolan, 29 | 6:17:58 | 98. Armani Emmal, 22, WA | 6:44:57 |
| 22. Matthew Udermann, 22 | 4:59:48 | 47. Andrea Ring, 25 | 5:42:45 | 73. Jason Wilde, 41 | 6:19:12 | 99. Jason Gerken, 34 | 6:45:03 |
| 23. Christopher Coon, 32 | 5:00:31 | 48. Bj Knight, 42 | 5:43:05 | 74. Greg Lindsey, 57 | 6:21:24 | 100. Nate Scottum, 32, WI | 6:45:03 |
| 24. John Maas, 51 | 5:00:40 | 49. Eli Simmer, 18 | 5:44:59 | 75. Joshua Scharnberg, 35 | 6:22:45 | 101. Ryan Teegarden, 37 | 6:45:05 |
| 25. Bob Gerenz, 45 | 5:01:53 | 50. Derek Fritze, 32, WI | 5:45:26 | 76. Zach Pierce, 39 | 6:24:41 | 102. Glen Hill, 64, WI | 6:45:18 |
| | | 51. Edward Goetz, 55 | 5:47:27 | 77. Joe Rydel, 35 | 6:25:19 | 103. Patrick Hickey, 28 | 6:47:43 |