



Welcome to the North

BY JOHN STORKAMP, RD

Ever been to Arizona? I spend time there each year with family and get out daily to run with local friends. I have learned that they have two types of weather down there: warm and dry or hot and dry. I have to admit, I like the predictability, and my shoes never get “swamped out.”

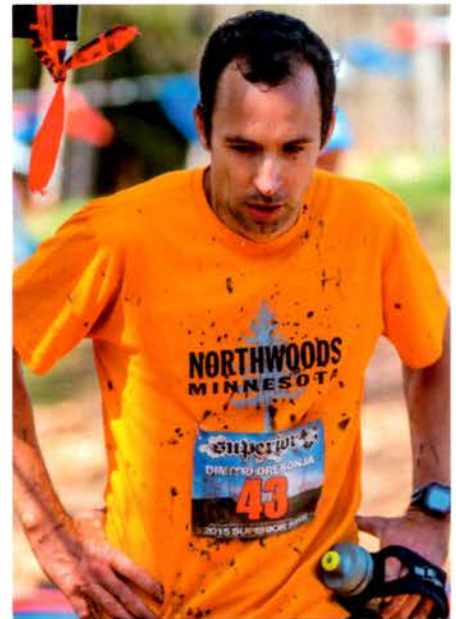
In the North, where most of my year is spent, we get about six months without cold weather, and then... snow, tons of it. But even when winter finally decides to release its icy grip along the big lake (Superior), it still holds on with its frozen iron fist up on the “other side of the hill”—this hill being the Sawtooth Mountains. This snow and ice holds on for a time that seems much longer than reasonable, considering the tallest our mountains get is about 2,000 feet.

Two weeks before the Superior Spring Trail Race, we might have waist-deep snow, then when it goes, our reward is oftentimes a good helping of mud. This year we were

feeling confident, optimistic, cocky even—the snow was out early and it had not rained in weeks. We were going to have a snow-free, dry, solid trail—perfect...

But then seven days out and somebody turned on the faucet and forgot to turn it off. The shallow dirt-clay mix that tops the granite slab that is the foundation of Northern Minnesota’s Boreal forest was deep, it was wet and it was shoe-sucking. One runner was even overheard commenting that the mud was “soul-sucking”—that seems a little extreme to even me.

One of our favorites is when a runner puts dry shoes or socks in a drop bag. Predictably it works out like this: you start the race with dry shoes, they get wet (soaked, muddy, swampy) within the first mile. Five miles later you come rolling into the aid station, change shoes and socks, and within 100 feet (give or take) of leaving, your shoes are trashed again. Well, anyways, to each his own.



Superior Spring Trail Race

Lutsen, MN // May 16

🏃 4.5* // 50k

Elevation gain: 4,200 feet | An out-and-back course on very technical trail, which traverses the Sawtooth Mountain Range on the Superior Hiking Trail in northern Minnesota. The course parallels Lake Superior and climbs to near 2,000-foot peaks with breathtaking vistas of the lake and inland forests.

1	Benjamin Cogger, 30, MN	4:08:16	39	Michael Bunda, 34, MN	5:43:22	90	Brodie Birkel, 34, WI	6:51:55	139	Craig Moseley, 44, MN	7:45:06
2	Kevin Hall, 28, WI	4:15:36	40	Curtis Pote, 38, IA	5:44:30	91	Brian Kutz, 28, WI	6:53:06	140	Erin Basavage, 39, MN	7:45:12
3	Brett Busacker, 29, MN	4:24:29	41	Rob Henderson, 31, MN	5:45:02	92	Jared Simpson, 27, MN	6:53:33	141	Daniel Sears, 52, IL	7:45:48
4	Dimitri Drekonja, 41, MN	4:24:35	42	Erica Lensink, 29, IA	5:51:01	93	Abigail Dickinson, 21, SC	6:54:51	142	Beth Schroeder, 35, MN	7:46:00
5	Craig Hertz, 29, MT	4:38:35	43	Dan Laplante, 31, MN	5:51:03	94	Scott Funk, 47, IA	6:55:31	143	Ron Thorsett, 68, MN	7:46:20
6	Alex Kurt, 28, MN	4:47:06	44	Chad Austin, 45, MN	5:53:50	95	Michael Scandrett, 61, MN	6:55:46	144	Brian Janaszak, 38, MN	7:48:31
7	Luke Nelson, 41, MN	4:50:50	45	Chad Johnson, 43, MN	5:54:29	96	Brianna Ahern, 32, MN	6:56:29	145	David Janaszak, 43, MN	7:48:31
8	Tim Hamill, 38, MN	4:59:30	46	David Treichel, 43, MN	5:56:07	97	Alex Stephens, 36, MN	6:56:50	146	Natalie White, 35, MN	7:48:56
9	Dmytro Koshevy, 27, MN	5:02:15	47	John Focke, 34, MN	5:59:14	98	Jesse Rueckert, 35, MN	6:59:10	147	Nicolle Fisher, 26, MN	7:52:33
10	Jared Vanderhook, 31, MN	5:03:15	48	Kevin Nelson, 44, MN	5:59:30	99	Kim Pease, 45, MN	6:59:24	148	Brian Landstrom, 63, MN	7:53:50
11	Paul Gorton, 39, MN	5:04:20	49	John Schuhmacher, 43, WI	5:59:44	100	Nicole Harriman, 36, MN	7:00:28	149	Christopher James Vitek, 53, MN	7:54:42
12	Peter Hubbard, 34, IL	5:06:01	50	Kevin Langton, 45, MN	6:00:51	101	Tyler Sears, 27, IL	7:00:58	150	Yaniha Caldwell, 36, MN	7:57:35
13	Bob Gerenz, 47, MN	5:06:25	51	Will Stoughton, 31, MN	6:02:16	102	Janet Hausken, 50, MN	7:03:02	151	Megan Steil, 33, MN	7:57:35
14	Kent Ogston, 45, MN	5:07:10	52	Adam Hendel, 30, MN	6:02:59	103	Charles Lawler, 41, MN	7:04:54	152	Mike Sweetman, 38, MN	7:58:20
15	Chris Brown, 40, MN	5:09:24	53	Mike Mccarl, 47	6:04:42	104	Zach Pierce, 41, MN	7:06:14	153	Rey Letada, 49, IL	7:58:20
16	Charlie Murray, 34, MN	5:09:43	54	Dan Quiggle, 49, MN	6:05:17	105	Amy Meyer, 34, MN	7:07:26	154	Kathy Jambor, 49, MN	7:58:26
17	Ben Drexler, 27, MN	5:10:29	55	Shawn Severson, 42, MN	6:06:02	106	Stan Pohmer, 36, MN	7:08:50	155	Karen Wray, 50, IL	7:59:01
18	Karl Adalbert, 44, MN	5:11:19	56	Wesley Meier, 30, MN	6:07:00	107	Megan Schrupp, 30, MN	7:08:51	156	Sarah Chapman, 39, MN	8:05:01
19	Jay Arrowsmith Decoux, 32, MN	5:17:32	57	Kevin Asp, 44, MN	6:07:00	108	Christina Ellenberger, 36, MN	7:08:56	157	Chris Ramsey, 51, MN	8:05:04
20	Tj Jeannette, 40, MN	5:21:30	58	Scott Huston, 51, MN	6:07:35	109	Scott Deyo, 42, MN	7:09:18	158	Wayne Nelson, 49, MN	8:05:05
21	Brian Beckman, 27, WI	5:21:42	59	Reid Plumbo, 31, MN	6:09:15	110	Jeff Rock, 43, MN	7:09:52	159	Patricia Torchia, 52, MN	8:13:43
22	Tiffany Kari, 34, MN	5:26:55	60	Conrad Bostron, 55, MN	6:11:44	111	Troy Feustel, 40, MN	7:13:10	160	Anthony Brooks, 55, WI	8:14:36
23	Michael Gibino, 33, MN	5:26:57	61	Bob Skenzich, 35, MN	6:14:44	112	Jason Wilde, 43, MN	7:13:37	161	Johene Moen, 40, MN	8:19:05
24	John Thomson, 30, MN	5:27:35	62	Jeremy Peterson, 36, MN	6:18:47	113	Scott Senior, 38, -	7:15:07	162	Dave Olson, 60, MN	8:19:09
25	Ryan Jennings, 46, WI	5:28:00	63	John Zalewski, 49, IL	6:19:29	114	Darren Huebert, 43, MN	7:16:45	163	Leigh Wright, 51, MN	8:19:32
26	Mark Watzcak, 44, WI	5:29:25	64	Elly Hall, 26, WI	6:21:00	115	Dan Connelly, 40, MN	7:16:49	164	Justin Nostrala, 51, IA	8:21:31
27	Andrew Scheele, 32, MN	5:30:43	65	Hannah Erickson, 27, WI	6:21:00	116	Joseph Wright, 53, WI	7:16:58	165	Greg Allen, 50, MN	8:25:22
28	Daniel Goeckermann, 34, WI	5:32:14	66	Seth Grotzke, 31, MN	6:22:02	117	Joel Button, 47, MN	7:18:45	166	Andrea Robinson, 33, IL	8:25:57
29	Brent Giebink, 44, MN	5:32:20	67	Ron Borchers, 46, WI	6:25:20	118	Andrew Johnson, 54, MN	7:19:23	167	Jean Lenard, 48, IL	8:25:57
30	Kristin Rognerud, 34, MN	5:32:30	68	Chris Morris, 43, MN	6:26:31	119	Ben Forness, 41, MN	7:23:17	168	Harry Sloan, 66, WI	8:29:02
31	Daniel Rueckert, 29, MN	5:37:16	69	Ryan Teegarden, 39, MN	6:27:32	120	Griffin Geisler, 38, MN	7:24:39	169	David Kingsbury, 46, MN	8:29:06
32	Patrick Johnson, 42, MN	5:38:43	70	John Pierce, 52, MN	6:29:44	121	Dale Schmitz, 40, IA	7:24:41	170	Julie Bane, 51, IL	8:32:23
33	Tim Sieh, 54, MN	5:39:32	71	Christine Koliniski, 37, MN	6:29:45	122	Jeff Goldstein, 58, MN	7:28:23	171	Tiffany Foley, 45, MN	8:33:23
34	Steve Sorenson, 50, NE	5:39:49	72	Peter Taylor, 38, MN	6:29:49	123	Tom Heuer, 57, IA	7:28:55	172	Meredith Oneill, 29, MN	8:33:23
35	Stephen Cameron, 42	5:40:26	73	Carl Skustad, 40, MN	6:29:50	124	Kamie Nicholls, 37, MN	7:29:05	173	Mary Ehlers, 26, MN	8:34:53
36	Kris Tyson, 33, MN	5:40:55	74	Paul Olson, 40, MN	6:30:02	125	Robyn Reed, 40, MN	7:29:13	174	Brad Christensen, 37, MN	8:38:29
37	Sarah Gordee, 35, MN	5:40:56	75	Fausto Mosquera, 49, MN	6:30:19	126	Michael Korpela, 41, WI	7:29:38	175	Carl Bliss, 38, MN	8:38:30
38	Ian Hamilton, 45	5:41:37	76	Casey Dzieweczynski, 29, MN	6:30:50	127	Jeremy Flaten, 35, MN	7:35:34	176	Brian Smock, 48, IL	8:43:25
			77	James Kyes, 41, MN	6:33:44	128	Sheila Ross, 47, MN	7:37:05	177	Kathleen Floberg, 27, MN	8:44:55
			78	Robert Davies, 31, MN	6:35:33	129	Christopher Johnson, 42, MN	7:39:13	178	Stuart Sorenson, 44, MN	8:48:26
			79	Andy Gunsaulus, 40, MN	6:36:34	130	Maira Petit, 44, MN	7:40:10	179	Lyneea Fredrikson, 38, MN	8:49:12
			80	Heidi Hasapopoulos, 35, MN	6:37:05	131	Daniel Doty, 61, MN	7:41:44	180	Chalayne Palmgren, 30, MN	8:49:12
			81	Brad Hughson, 34, -	6:37:16	132	Steve Hagedorn, 56, MN	7:43:15	181	Alicia Sandor, 34, MN	8:49:12
			82	Jesse Daun, 41, MN	6:40:34	133	Kathleen Neshek, 25, MN	7:43:32	182	Brett Larson, 34, MN	8:50:52
			83	Margaret Macdonald, 32, MN	6:44:00	134	Noelle Andrychowicz, 39, MN	7:43:38	183	Jonathan Fairbourne, 35, MN	9:04:11
			84	Chris Gatten, 40, FL	6:44:04	135	Jamie Saeland, 40, MN	7:44:21	184	Jessica Fairbourne, 33, MN	9:04:11
			85	Dale Nesbitt, 36, -	6:49:00	136	Curt Zepeda, 47, MN	7:44:22	185	Cy Bestland, 38, MN	9:17:57
			86	Michael Witt, 52, WI	6:50:27	137	Jim Gaylord, 40, MN	7:44:22	186	Benjamin Bestland, 42, MN	9:18:00
			87	Holly Huston, 35, MN	6:50:48	138	Eric Mead, 51, MN	7:44:36			
			88	Aaron Larson, 37, MN	6:51:35						
			89	Allison Carolan, 31, MN	6:51:42						

*See page 30 for key

Last year's 50k winner, Ben Cogger of Duluth, MN, knows the drill and personally told me he is not afraid of mud. He led "gun to tape" to finish first, but was 12 minutes slower than last year, and he estimates he had the same fitness. Cogger was chased by a pack of the "who's who" in Midwest ultra-running, but he refused to wait up. On the women's side, Tiffany Kari, also of Duluth, MN, in her second-ever ultra placed first, fresh off of a 3:07 Boston.

Years ago, this race was obscure. Mostly those from the "over-40 crowd" were showing up, and you could register a week before the race—oh, how times have changed. This year we met our field limit in a few hours, up from seven days the year before and seven weeks two years ago. Registration in 2016 will likely be via lottery.

One thing that has not changed is the enthusiasm, fervor and tenacity that our runners bring to the race. We wish everyone could get in, participate and run, but that is just not reality. We need to preserve the intimacy of the race and host a sustainable event

with a minor footprint. Many of this year's hopefuls who were unable to get into the race decided to volunteer instead and thus

became new building blocks in our ever-expanding (and improving) community. This is how we do it. Welcome to the North. 🌲



OPPOSITE: Dimitri Drekonja living the phrase "It's Always Never Easy." [📷 Mike Wheeler]

RIGHT: Scott Senior from Winnipeg, Canada, feeling the joy. [📷 Arielle Anderson]

3 Days of Peace, Music and Running!

*** RUN * WOODSTOCK ***

September 11, 12 and 13, 2015
Pinckney, MI

Hallucination 100 Mile
Happening 100k
Peace, Love and 50 Miles
Freak 50k
Mellow Full Marathon
Hippie Half Marathon
Flower Power 5k

runwoodstock.com

DANCES WITH DIRT

HELL, MI 🌲

SEPTEMBER 26, 2015
50K • 50M

DANCESWITHDIRT.COM

EXTREMELY FUN TRAIL RUNS!

JOIN US FOR THE FULL SERIES!

GREEN SWAMP, FL - MARCH, 2016
GNAW BONE, IN - MAY, 2016
DEVIL'S LAKE, WI - JULY, 2016

VISIT RFEVENTS.COM/CALENDAR FOR OUR FULL CALENDAR OF EVENTS!

