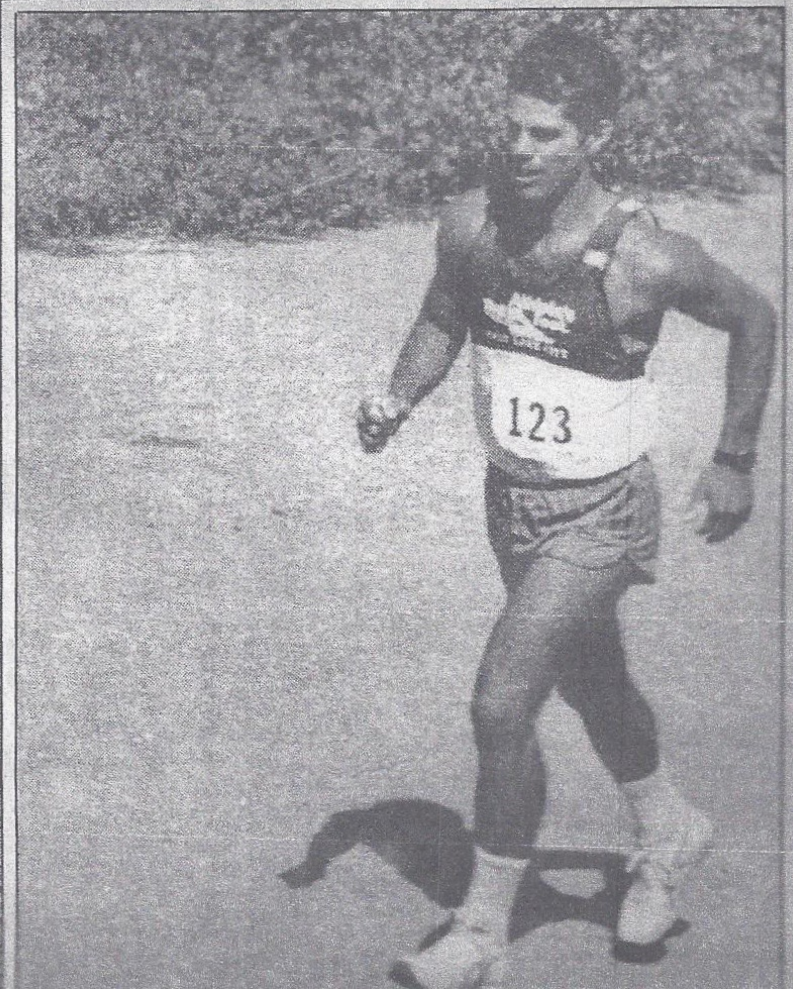
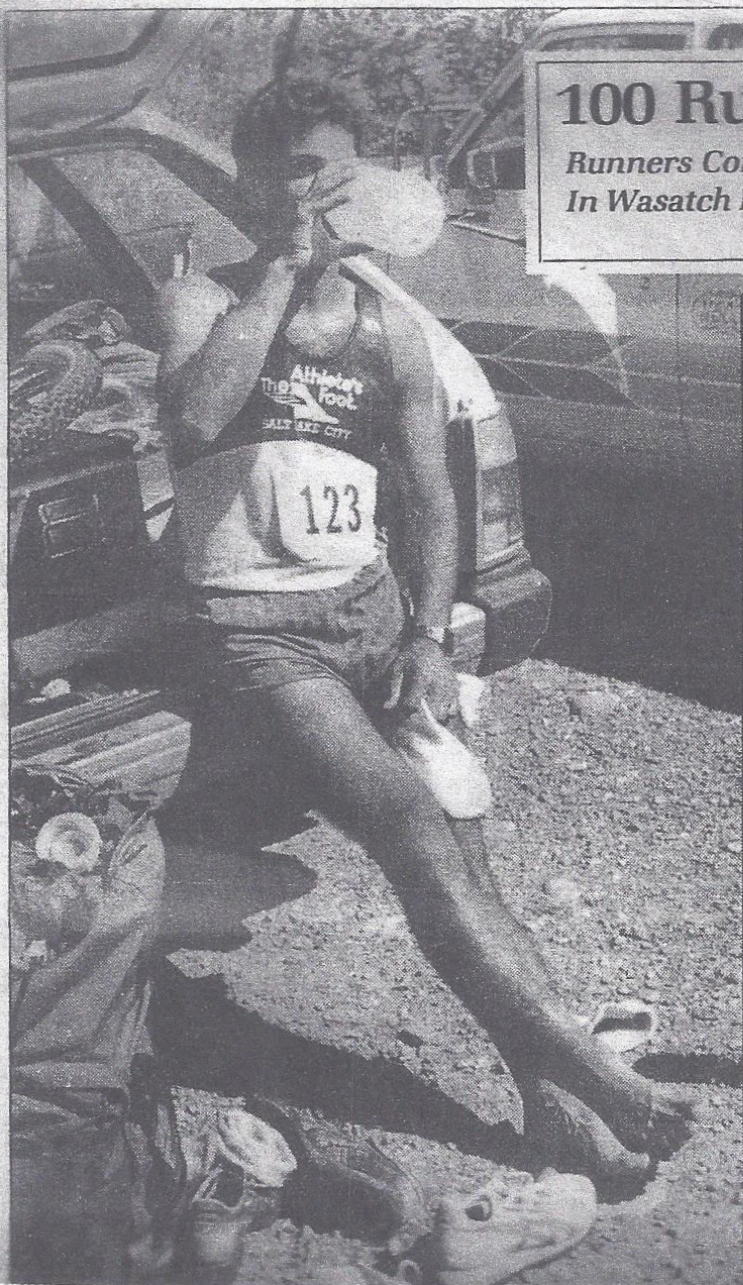




100 Rugged Miles
*Runners Conquer Rugged Terrain
In Wasatch Front Endurance Run*
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Pat Daubner

Laurie Staton and another runner rest during the Wasatch Front 100 Mile Endurance Run. Staton, the only female competitor, finished ninth in 32:02:05.

100 Miles

Rob Landis Outlasts 41 Runners In 'World's Toughest Footrace'

by Mark Wilson

THEY CAME IN FROM ALL OVER THE country — from 15 states, some as far away as Florida, Connecticut and Massachusetts. There were students, doctors, teachers, insurance salesmen, people from all walks of life. The oldest competitor was 53 years old, the winner only 26. They gathered to spend their weekend competing in one of the unique running events in the country. It was a race that had a history of more DNF's (did not finish) than finishers. A test of body and will over mountains and streams, through night and day, with the reputation of being the world's toughest footrace. It's a race unlike anything else. It's the Wasatch Front 100 Mile Endurance Run.

It was a cool, clear morning Saturday, Sept. 10, as the runners lined up at 5 a.m. to begin. Starting at the junction of Hill Field Road and Mountain Road near East Layton, they would have to travel 100 miles through the heart of the Wasatch Mountains and finish at Midway City Park in under 36 hours. It was the largest field in the race's history, with 41 individual runners and one relay team. Over half the competitors were experienced in long distance mountain running, while the rest were quickly initiated as they started out on the brushy, rock-strewn course that climbed almost 4,000 feet in the first six miles. And this was just the beginning — the runners would experience a total elevation change of 46,280 feet before they were through.

There were other considerations besides the running. Because the race continued throughout the night, the competitors had to be prepared to contend with a wide variance in temperatures. In 1982, it snowed in the higher elevations, and the temperature dropped to 12 degrees.

"In a 100 mile race such as this, there are so many other things that'll put you out that you don't experience in shorter (marathon length) races," said Rob Landis, a local favorite from Alta. "Maintenance of self, taking care of injuries and what you eat and drink are very important," he said. "If you let yourself become dehydrated, and get behind on water, your body can't synthesize energy, and that's a hard hole to dig out of."

Being able to stay on the course was another crucial factor. In many sections there was no definite trail to follow, and red flagging was tied to bushes and tree limbs to help guide the runners. Steve Baugh, race director, affectionately refers to these flags as confidence builders. Runner Ben Dewell laughs, "Yeah, but you can't always find them." In fact, a special forces Green Beret unit provided assistance in locating lost runners, and found themselves in more and more demand as the night wore on.

Eight checkpoints along the course served as relay stations for the team competitors and as aid stations for the individual runners, who could replenish their bodies with food and liquids, get a change of clothes, and even take a short nap in some cases. Many of the runners had support teams at various checkpoints ready to massage weary muscles, prepare food and provide emotional support. Some of the support teams also paced the runners along parts of the course to keep them motivated.

"My support team was very important to me," said Laurie Staton, the only female individual competitor. "It was reassuring to know that up ahead (at the next checkpoint) there was someone waiting for me who would know exactly what I would need and have it ready for me," Leland Jones of Price, Utah, also believed in the positive effect of a support team. "If you have someone pacing you," he said, "then you won't be able to sit down and quit, he'll kick you in the ass and keep you moving."

"It's very important to keep an open mind about this race," said last year's winner, Ben Dewell of California. "The first 50 miles are generally not runnable, and are more of a scramble through the rocks and brush."

These conditions quickly took their toll on some runners, and several dropped out with sprained ankles before the first checkpoint, mile 14, at Francis Peak Radar Towers. One runner, Joe Adams, who flew in from Texas eight straight weekends to train for the race, twisted his knee after five miles, but ran 30 more before dropping out.

Ben Dewell, who set a course record last

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Wasatch Front 100 Mile Run Continued from page 4

year at 30:05:32, was a strong favorite to win this year's race. A graduate student in meteorology at the University of California at Davis, he regularly runs 30-40 miles in the backcountry of the high Sierras to train. "Last year, getting lost on the course was the order of the day," he said. "Since I had run the course in 1982, I was less concerned with that. I came back to run it in under 24 hours."

His strongest competitor was Rob Landis of Alta, Utah. Rob moved up the first hill so quickly that he almost beat the race officials, who were driving, to the first checkpoint. "They couldn't see how far ahead I was getting because I wasn't using a light," he said.

"I didn't worry over Rob's lead," said Ben. "I don't warm up until after 30 or 40 miles

anyway."

Since this was Landis' first attempt at a 100 miler, many felt that his pace would wear him out before 50 miles were done, but he continued strongly throughout the race, and was the overall winner, setting a new course record by eight hours, at 22:04:18.

Landis' strong start, it turned out, was part of the plan. "I did a lot of research on this type of running, and went into this race with a definite strategy in mind," he said. "I was very familiar with the course, and my forte was being able to pick the easiest route where there wasn't any trail, and move efficiently over rough terrain. I knew the first 50 miles were very rugged. It takes a lot of energy to find the trail and stay on it. I didn't want anyone following closely to me who would utilize my energy in trail finding," he said.

"I planned to take advantage of the rough terrain for lead and to tire out any others that tried to move at my pace," said Landis. And then he grinned. "I knew what I wanted to do, I just wasn't sure if it would work."

Although Ben Dewell did increase his pace, and actually ran the last 50 miles faster than Landis, it was not enough to catch him. De-

well, however, was the only other runner to come in under 24 hours, and he captured second place with a time of 22:50:47.

Third place finisher, at 26:06:42, Gary Cross, of Boulder, Colo., was no stranger to the course either. "This was my third try at this race, but the first time I ever finished it," he said. In 1981, he completed 53 miles, and in 1982, Cross ran 65 miles. "I had a good feel for the course this year," he said. "It's my fifth 100 miler this summer, and although I got lost a little while, I felt fairly good throughout the race."

The warmest applause at the awards ceremony, however, was reserved for 30-year-old Laurie Staton, the only female runner. One of Utah's finest triathletes and mountain runners, she trained on 15-20 miles of the course every other day to get ready. Laurie was one of the only two finishers of the first Wasatch Front 100 Mile Endurance Run in 1980. "I knew what to expect," she said, "and I came back this year to try to win it." She finished in ninth place with a time of 32:02:05. "I had a lot of problems with the dark," Staton said. "With no moon out, it was hard to stay on the trail, and it really slowed me down."

In all, 21 runners finished in under 36

hours. "I'm really surprised at the results," said race director Steve Baugh. He shook his head. "I didn't think anyone would make it in at under 24 hours. "Listen," he says, "I ran this thing three times and haven't finished yet, so I know the hardships these runners go through. Anyone who finishes is outstanding to me."

Finishers

| | |
|-------------------------------------------------------------------------------------------------------------------|----------|
| 1. Rob Landis, 26, Utah | 22:04:18 |
| 2. Ben Dewell, 28, Calif. | 22:50:47 |
| 3. Gary Cross, 23, Colo. | 26:06:42 |
| 4. Charles Ferguson, 43, Idaho | 26:27:00 |
| 5. Rene Casteran, 35, Ore. | 28:50:24 |
| 6. Stan Elton, 20, Utah | 29:04:15 |
| 7. Paul Alsop, 41, Calif. | 31:31:23 |
| 8. Dennis Scott, 35, Calif. | 31:44:44 |
| 9. Laurie Staton, 30, Utah | 32:02:05 |
| 10. Jay Aldous, Utah | 32:09:40 |
| 11. (tie) Damon Douglas Jr., 49, Conn. Damon Douglas III, Conn. | 33:04:49 |
| 13. Fred Pilon, 37, Mass. | 33:04:52 |
| 14. Shane Stahl, 36, Nev. | 33:19:31 |
| 15. (tie) Rick May, 35, Utah Jim Cooper, 28, S.D. | 33:51:44 |
| 17. Kevin Ririe, 23, Utah | 34:31:29 |
| 18. Frederick Reimer, 35, Utah | 34:38:46 |
| 19. (tie) James Gills, 50, Fla. William Athey, 24, Fla. | 35:18:47 |
| 21. Alan Weeks, 34, Utah | 35:45:10 |
| Relay Team: Cy Givan, Sandy Straley, Melissa Hubbell, Dan Hooper, Ross Higgins, James Schaefer, Barb Gihson | 21:42:49 |

**SOMETHING
FOR
NOTHING?**
That's right
CANYON TIMES