

Wasatch — Great Runners and Volunteers, Perfect Weather

by John Grobбен (R.D.)

It is almost embarrassing to talk about the fantastic weather that we had during the 1995 Wasatch Front 100 Mile Endurance Run. The temperatures were mild, the cloud cover was just right, and the runners were well trained and ready. After reading about all of the weather problems that Western States and Leadville had to deal with this year, we considered ourselves very lucky indeed. This is the third year in a row that the weather has been nearly perfect. This is especially unusual when you consider that, traditionally, this run has been defined by weather-related concerns. We had a record number of entrants, 153, and a record number of race volunteers, over 220. We are always amazed and grateful for the dedication, hard work, and concern for the runners that the volunteers at Wasatch exhibit every year.

Last year's winner, Heikki Ingstrom, came back along with several "Crimson Cheetahs" (runners who have finished Wasatch under 24 hours are inducted into "The Royal Order of the Crimson Cheetah"), and the outcome of the men's race was anyone's guess. Dana Miller, five-time winner and course record holder, was entered, but decided to withdraw to be home with his expectant wife Konnie, who was due the Monday after Wasatch. We are happy to report that Mom and baby are fine. McKaylie Tess Miller, weighing in at eight pounds 15 ounces, was born on September 16. Which is really too bad. Konnie had promised if the baby was born on race weekend, Dana could have something for which he had been lobbying for years — a child with the middle name of Wasatch. Better luck next time, Dana.

The women's race, however, appeared more certain. Laura Vaughan, three-time winner, course record holder, and the only woman to win the coveted "Crimson Cheetah" was coming back. The other women were unknown factors at race time. But by the first checkpoint things were taking on a different look. Karen Libsch, a 25-year-old medical student from Salt Lake City, was the first woman, followed closely by Martha Swatt, Diane Ridgway, and Deborah Askew, with Vaughan a few minutes slower. By Big Mountain, mile 36, Swatt had taken over the lead and Vaughan was now in second place. The two of them continued to see-saw back and forth until Upper Big Water, mile 59, where Vaughan took the lead for good. Laura was nauseated and unable to eat anything for the last 40 miles, but she was able to finish in a time of 25:41:55, good enough for first place and her fourth "Golden Skull

Award." Askew, from Montreal, Quebec, finished second woman an hour later, and Diane Ridgway in 27:02:58 took third, in the process qualifying for her "Grand Slam of Ultra Running Award." In all, it was a great year for women at Wasatch. We had a record number of entrants, 24, and a record number of finishers, 17.

This year eight runners had finished the first three races of the Grand Slam, and all of them finished Wasatch as well. They were Diane Ridgway, Jim Benike, Jose Wilkie, Richard Gillespie, Luther Thompson, Paul Schmidt, Douglas Spencer, and Gordy Ainsleigh. The requirements for the Grand Slam are finishing Old Dominion or Vermont, Western States, Leadville, and Wasatch in the same summer, a feat first proposed by Fred Pilon and first finished by Tom Green in 1986. A job well done to all of this year's recipients.

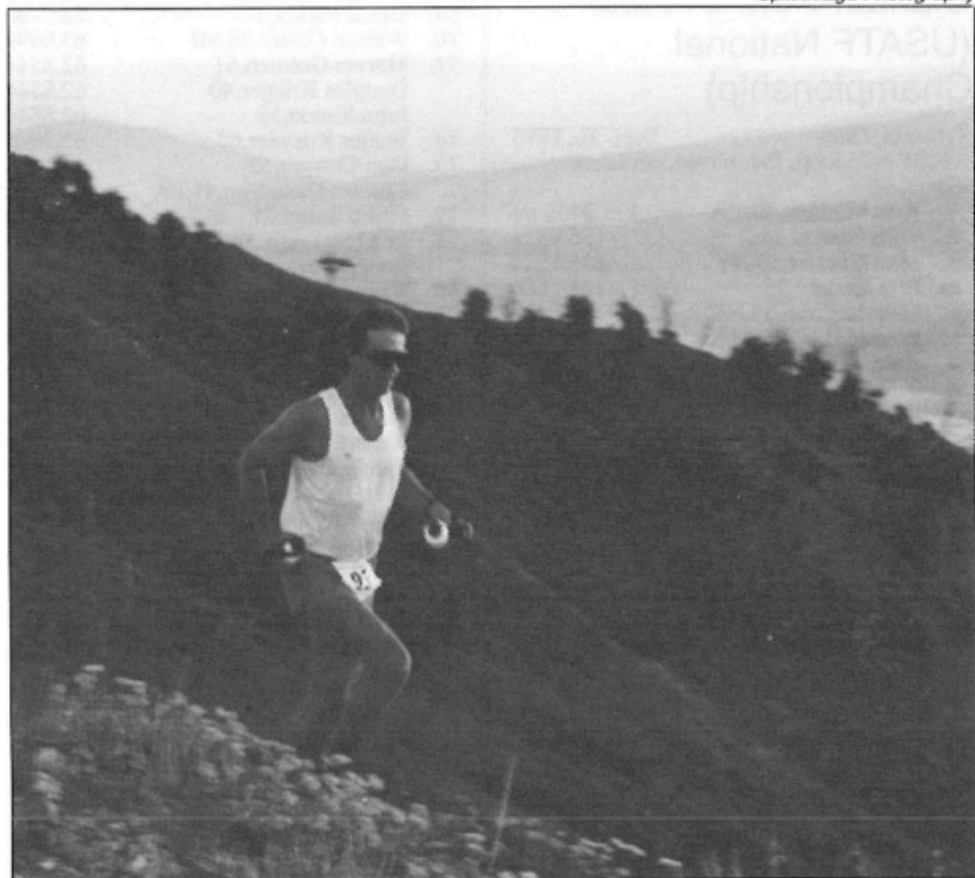
Three runners — Fred Denys, Rick May and Fred Reimer — were going for their tenth finish at Wasatch, and all of them completed this year's run. All three were given a custom designed gold ring commemorating 1,000 miles of Heaven and Hell. Additionally, Fred Reimer and Rick were given original oil paintings by Fred Denys, a local artist as well as an

ultrarunner. Fred has been donating paintings for many years to different runners in recognition of their achievements at Wasatch. Last year he decided to give a painting to all runners finishing their tenth Wasatch. Congratulations to all three runners and our thanks to Fred Denys for his generous contribution to the run.

The men's race was even more confusing to predict at the early stages of the run. At the start just a quarter-mile into the run, "NBC Nightly News" had a cameraman set up to film part of the run. He set up his camera and flood light right in the middle of the trail. As the lead runners came to his location, he turned on the light to film the runners. The light confused the leaders and they all took a hard right turn — 75 percent of the field spent the next 20 minutes trying to get back on the trail. Dave Hardy and his wife, Carlie, were in the unique position of starting well back in the pack and then finding themselves leading the race for a couple of miles until the leaders were able to get back on course and overtake them. Just to show how powerful the desire to follow the person ahead of you is, Steve Utley, who marked the start of the course the day before the run, followed the leaders and took the wrong turn along with almost everybody else.

Dave Klein from Sandy, Utah, was leading at the first checkpoint and having the time of his life; there were over 20 runners within a few minutes of him. By Big Mountain Klein and Mark Tarr from Columbia Falls, Montana, were trading places back and forth and by Lambs Canyon, mile 50,

Split Image Photography



Rick May, along with Fred Denys and Fred Reimer, ten-time finishers of the Wasatch 100.

Mark had taken the lead for good. His time of 22:57:31 was good enough for first place in his first Wasatch. Tarr's original goal was to just finish under 24 hours. He felt that he could run with the leaders and as things worked out, "The victory fell into my lap." He felt that he ran steady from the steep uphill section just out of Lamb's Canyon to the finish, and was very satisfied with his performance in the tough field in this year's run. Tarr felt that he was able to do better because he has shorter legs and was able to run the whole way, especially the hills.

Steve Mahieu, finishing with a broken thumb, tied for second with Mark Oftedal; Tim Spence, Brandon Sybrowsky, and Tim Seminoff were also able to finish under 24 hours and win the "Crimson Cheetah" belt buckle this year. None of this year's "Crimson Cheetahs" had run Wasatch under 24 hours before, and this brought to 32 the number of runners who have run the race under 24 hours in the 16 years of Wasatch.

With 153 starting and 111 finishing, our finisher percentage was in excess of 70 percent for the third year in a row. The race must be too easy. Rob "Ole Goat" Volkenand, age 64, and Adam Grobben, age 18, were this year's oldest and youngest finishers.

The race this year was one of the best I can remember. The field of runners was great, the volunteers did another masterful job, and the fickle Utah weather was perfect again. What more could we ask for? See ya next year.

Wasatch Front 100 Mile

E. Layton to Midway, Utah Sept. 9, 1995
Mountain trails, 23,500' climb

1. Mark Tarr,33,MT	22:57:31
2. Steve Mahieu,48,NM	23:07:41
Mark Oftedal,36	23:07:41
4. Tim Spence,39	23:13:24
5. Brandon Sybrowsky,24	23:18:26
6. Tim Seminoff,37	23:47:40
7. Heikki Ingstrom,37	24:29:21
8. David Adams,43,WY	25:11:55
9. Laura Vaughan,29,CA	25:41:55
10. Ken Jensen,27	25:52:37
11. Dave Klein,32	26:02:55
12. Stephen Utley,54	26:23:42
13. Jack Johnson,54,TX	26:27:21
14. Ray Zwierzycki,43	26:28:45
15. Thomas Knutson,45,MN	26:35:17
16. Deborah Askew,37,CAN	26:41:18
17. Randy Rhodes,45,CO	26:41:26
18. Nick Bassett,50,WY	26:59:55
19. Randy Isler,38,NM	27:02:18
20. Diane Ridgway,46,CO	27:02:58
21. Chris Campbell,34	27:17:26
22. Gordon Hardman,44,CO	27:23:41
23. Jeff Johnson,25	27:24:54
24. Andy Manning,29	27:36:49
Phil Armstrong,36	27:36:49
26. Rick (Baggins) May,47	27:54:56
27. Jim Benike,45,MN	27:58:38
28. Richard Gates,38	28:05:58
29. Bill Menard,44,FL	28:12:25
30. Drew Sommerfeldt,43,CAN	28:17:28
Bevin Lister,45,CAN	28:17:28
32. Dek Stump,52,NY	28:18:37
33. Randy Stillman,45,OR	28:20:08

Frank Hanson,37,ID	28:20:08
35. Curt Ringstad,43,OR	28:26:19
36. Howard Brown,39,OR	28:46:46
37. Mike Price,45	28:48:35
38. Mike Mitchell,36	28:58:16
William Curt Maples,31	28:58:16
40. Brent Spilsbury,47,WA	28:58:32
41. Jon Mac Manus,44,CO	29:09:19
42. Ted Heal,48	29:28:36
43. John Lindblom,38	29:29:03
44. Chris Ralph,44,WA	29:34:42
45. Bob Henderson,49	29:49:06
46. Matt Olding,31	29:54:00
47. Karen Libsch,25	30:37:20
48. Jose Wilkie,32,KY	30:47:05
49. Ike Hesler,55,WA	30:48:31
50. Brian Stromberg,30	30:49:13
51. Julie Arter,34,AZ	30:49:44
52. Martha Swatt,33,WY	30:51:41
Wendell Robison,43,WY	30:51:41
54. Robert Solorio,48,CA	30:54:05
55. Diane deSouza,38	30:55:25
56. David Blaylock,52	31:05:14
57. King Jordan,52,DC	31:22:10
58. Mike Shaffer,47	31:27:59
59. Bill Close,35,WA	31:40:40
Dennis Clute,42,WA	31:40:40
61. Kerry Collings,46	32:18:30
62. Mike Byrnes,42	32:19:00
63. Max Bliss,27,SC	32:23:12
Ronald Cunningham,46,OR	32:23:12
65. Rich Shear,47,NY	32:25:24
66. Martin Miller,43,MT	32:29:59
67. Richard Gillespie,49,CA	32:31:22
68. Nigel Finney,48,MN	32:49:26
69. Luther Thompson,51,MN	32:57:02
70. Phillip Lowry,29	32:58:55
71. Christopher Avery,32,AZ	32:59:58
72. Tonya Mauldin,48,CA	33:00:20
73. Robert Tuller,31,NY	33:02:55
74. Grizz Randall,51	33:08:58
75. Duncan Orr,44	33:18:42
76. Ellen Ives,41	33:19:10
Lorraine Sorensen,45	33:19:10
78. Don Platt,41,CO	33:25:06
79. Jim Williamson,35	33:35:31
80. Jerry Weissman,42,CO	33:35:31
81. Paul Schmidt,43,CA	33:36:08
82. Mark Hartinger,38,WA	33:42:39
83. John Diroll,38	33:45:25
84. Leon Rothstein,38,ID	33:53:18
85. Fred Denys,49	33:53:57
86. Mark Heaphy,32,MT	33:55:20
87. Douglas Spencer,37,CA	34:08:22
88. Mary Workman,34	34:10:35
89. Lise Sorensen,37	34:10:56
90. Ron Perkins,56,CA	34:20:40
91. Jim Knight,42	34:23:07
92. Cynthia Daniels,46	34:25:42
93. Travis Sybrowsky,27,MI	34:29:29
94. Gordy Ainsleigh,48,CA	34:37:21
95. Don Spradling,45	34:41:31
96. Nicholas Palazzo,48,NY	34:41:52
97. Scott Nelson,31	34:50:59
98. Margaret Heaphy,39,MT	34:56:41
99. Dan Whittemore,43,NH	35:07:11
100. Todd Leigh,53,CA	35:09:07
101. Bill Terry,33	35:16:17
102. Adam Grobben,18	35:27:19
103. Mike Ehrlich,32,CO	35:32:35
104. Rob Volkenand,64,OR	35:40:11
Laurie Jean Staton,42	35:40:11
Frederick Reimer,47	35:40:11
Bert Meyer,50,CT	35:40:11
108. Katie Lyons-Smith,29	35:44:40
109. Karl Ryser,40	35:47:29
110. Jeri Simms-Masters,38	35:54:42
111. Bob Ross,52,OR	35:54:58

153 starters

The Joy of Wasatch

by Phil Lowry

Welcome to Wasatch.

Start. Nervous. No idea how well trained I am — 55 miles a week for six months, all on trails, all in Utah mountains, most in 35- to 45-mile chunks for last three months. Worried about groin and left hamstring, sore from overuse. Haven't run in two weeks to taper down.

Go! "NBC News" lights blind runners, leader takes wrong turn. Front 50 become back of pack. Lots of cursing, lots of jokes, no way to pass without bushwhacking.

Feeling good at ten miles. Tarahumara pass me. Check out those tires. Run down to first aid station, right knee starts hurting bad. Damn! DNF after 15 miles? Not me. Wait until 36 miles, assess. Into first aid station ten minutes behind last year. Cool wind.

Turn it on now. Keep heart rate at 160. Passing folks now. Run uphill on the roads. Blowing last year's splits into oblivion. Screw the knee, not that bad. Beautiful day. Run the Sessions Ridge at 9,200 feet. Don't walk; run, run, run! See Swallow Rocks aid station (mile 33). Knee a little sore. Go, go, go! Stop for potty break 20 yards from station, turn back onto trail, and knee is frozen solid. Supports no weight. Hop into aid station almost crying from pain.

Disconcerted looks. OK? Sure? No. Try to run down from station, collapse. Runner: "Run through it!" Are you an angel or demon? An angel. Twenty minutes later run by him, thank him for saving me from the abyss. Knee hurts, but manageable.

Pop vitamin I (600 mg of ibuprofen) at mile 36. Heating up. Push through the heat. This is why I run in the desert! Drink, drink, drink. No pee. Pee twice since start (9 hours), but color good. Kidneys, you there? IB kill you?

Sweat. Rocks. Knee screams at me. Scream back. Run, run, run! Hour ahead of last year. Other knee hurts now, not same as companion, but hurts a lot. What's the deal? They're trained! Is this what the lion tamer says when his assistant is chomped?

Ankle hits at mile 45. Join the party. Now must run until becomes unbearable, then power walk to end. Leave mile 51 1:05 ahead of last year. Pick up ski poles from wife to take edge off downhills. Right knee fine as long as moving, seizes up at stations. Three minutes of agony after every break.

Push uphill. Reel in runners. This is the local edge. They reel me in downhill. Big Water (59.6). Cold night. Tights. Fly to Dog Lake in 50 minutes. Desolation Lake station (65). Cocoa. Ankle now killing. Take IB with water and nothing else. Slow way down. Sick. Throw up hour later. Stupid, eat

with IB! Power walk to Brighton. What a moon!

Drink Ensure at Brighton (74). Out at 2:30. Move! Sub-30 still possible. Climb to Catherine Pass (10,480'). Runner is lost by Lake Mary. Flashlight flickers on water. "Hey! Hello! Where is the trail!" Recovers trail just as I pass. "S—t!" he says.

Split Catherine Pass in 1:10. Still got lungs. Downhills kill. Survival. Try IB on the trail again, throw up again. Down to reptilian brain. Can't run through pain anymore. Slow down. Jose Wilkie (lost runner) has been dogging me, and I him. Asks me if sub-30 possible for us. Only if deterioration doesn't continue, but it always does. Last 25 of Wasatch is mostly downhill, but crappy, rocky, steep, slow downhill.

Mile 90. Ankle now completely breaks down. Tendinitis in posterior tibialis (pronator muscle). Can't even limp without pain. Sub-30 impossible now. Wife at Cascade (92) with kids. 1:18 ahead of last year. Go!

Six miles downhill, then two in town. Ankle goes nuts, pain referred all over lower leg. Wrap it as tight as possible. Limp in slow, or push it? Save ankle until mile 97, then turn it on for a sub-33. Almost crying. Feel like Lieutenant John J. Dunbar in the Civil War field hospital. Bite on a cane, put on your boot, finish the run.

Finish. 32:58:55. 1:45 better than last year.

Moral: Jim Knight, who lives near me

and is one of the pioneers of fastpacking, summed it up well. Ultrarunning, he told me, is an unpredictable sport. That is the beauty of it. He's right. That is why finishing an ultra like Wasatch is such a thrill.

Forty-five people DNFed at Wasatch. Many of them were better runners than I, people that had run sub-30 or even sub-24. But fate tore their ligaments and soured their stomachs and scratched their corneas, and they had to wait another year. I will heal. So will they. These things take years. See you next year.

Letters regarding this year's Wasatch 100 Mile start on page 50.



Adam Grobbsen, 18, one of the youngest ever to finish Wasatch.

IDITA SPORT

Course: Established & maintained snowmachine trails. Possible temperature range -40 below zero to 40 degrees above zero.

Aid: Entrants must carry mandatory survival gear. There will be 3 remote checkpoints. No road access to anyplace on the course.

**For detailed information contact:
Brooks or Rita Wade at
14425 Ahtena Circle, Anchorage, AK 99516
or call (907) 345-2282.
Entries will be limited to the first 100 competitors.**

Entry Fee: \$200.00 by December 1, 1995
\$250.00 by January 1, 1996
\$300.00 by February 15, 1996

An Alaskan Winter Wilderness Event

February 17, 1996
Skwentna to Big Lake