

# WASATCH FRONT 100 ROES SETS RECORD

by Joan Moellmer

Each year many hopeful runners attempt Wasatch. There is no guarantee that they will finish the run, and paradoxically, that is part of the attraction: to try to complete something that is difficult knowing you might not be successful. Although there are those who weren't able to finish, all the runners standing in the dark at the 5:00 a.m. start had the courage to try.

Defending his 2008 victory, Geoff Roes, from Douglas, Alaska, shattered the course record, finishing in first place with a time of 18:30:55, spending a grand total of 15 minutes in aid stations. His record time is more than 90 minutes faster than his 2008 time of 20:01:07. The previous course record -19:35:14 - was set by Kyle Skaggs in 2007. Pressing hard behind Geoff for the last 80 miles of the 100-mile course and also breaking Kyle's record was Karl Meltzer, coming in at second place with a time of 19:12:05. Geoff had left a message with Karl's crew at Brighton (mile 75.6) that "he was just getting warmed up", knowing this would keep the chase going more intensely than ever. The result was the two fastest times recorded at Wasatch. Third place was John Anderson from Boulder, Colorado, who finished in 21:39:17. Jared Campbell took fourth in 21:48:32 and fifth place was nabbed by 51-year-old Jay Aldous with a 22:03:40. Jay last ran Wasatch 26 years ago and astounded us all by improving his time by ten hours.

In a closely contested race, Betsy Nye from Truckee, California, also successfully defended her 2008 victory with a sixth win and a personal best at Wasatch with a time of 23:15:18. Mandy Hosford took over the lead for a short time around mile 80 before surrendering it back to Betsy to garner second place in 23:25:55. By finishing in under 24 hours with the second and third fastest women's times ever, both received



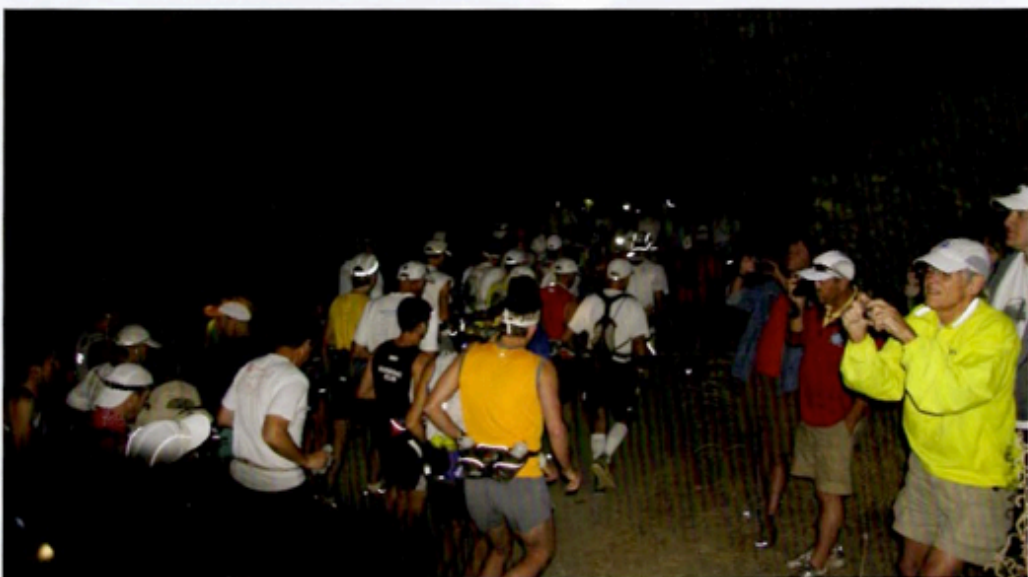
MARK SWANSON

Ascending from the start in Kaysville, Utah

honor as Crimson Cheetahs. The third female finisher was Darla Askew from Bend, Oregon, who finished in 25:55:48. Rhonda Claridge, of Telluride, Colorado, came in fourth with a time of 26:30:56 and fifth place was taken by Jane Larkindale from Tucson, Arizona, in 27:30:25.

In addition to a new course record, the Wasatch Front 100 Mile Endurance Run had fifteen runners complete the race in less than 24 hours to receive their Crimson Cheetah honors. This is the second highest number of Crimson Cheetahs for any year. Given the course record and the number of sub-24-hour finishers, something was working well for these great athletes. The weather was clear, but somewhat on the hot side.

*Rick Gates added to his legendary status by claiming his 25th finish out of 25 starts – 2,500 miles of Heaven and Hell.*



ROBERT L. BAGLEY

5:00 a.m. and they are off!





MARK SWANSON

Near the first aid station at mile 18

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*"The Mt. Disappointment 50 mile race went great! I won the overall with the second fastest time (in the history of the race) in 7:58."*

*- Guillermo Medina, ultrarunner and Hammer athlete.*

*Photo by Leticia Medina*



A record number of 245 runners started with 156 finishing. This was the thirtieth year of the run, which began in 1980 with five starters and two finishers. My, how times have changed!

This year we also had three ten-time finishers: Betsy Nye, Robert Tuller, and Michael Ehrlich. Finishing one Wasatch is a feat; finishing ten is something else again. However, Rick Gates added to his legendary status by claiming his 25th finish out of 25 starts, for a quarter of a century of running Wasatch - 2,500 miles of Heaven and Hell.

**JOHN MEDINGER ADDS:**

"Tell Karl I'm just warming up."

These were the prophetic words that Geoff Roes had for Karl Meltzer's crew at the Brighton aid station at mile 76. The two were waging an epic battle at the 30th annual Wasatch Front 100 and Roes had maintained a lead varying from eight to 20 minutes since Big Mountain at mile 40.

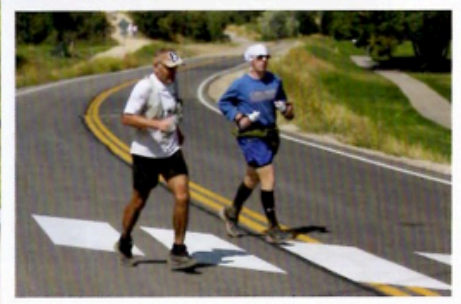
Roes did indeed put the hammer down and pulled away in the final miles to crush Kyle Skaggs' course record by 65 minutes. Meltzer had cut a couple of minutes into Roes' lead by Pole Line Pass (mile 83) but then slowed significantly due to issues with an ankle that he had rolled miles earlier. "All of a sudden it was like someone stuck a knife in my ankle. It was pretty clear that I wasn't going to catch Geoff; he was on fire. But I think I could've gotten in under 19 (hours), which would have been really great." Meltzer finished second in 19:12, also under the previous course record.

For his part, Roes said that he "pretty much red-lined it the whole race, except for that stretch before Lambs Canyon (mile 53). It got kind of hot in there and my stomach was doing the whirlyies. I had to back off some for a while but then was able to get going again. I really have to thank Karl for the record, I knew he was right on me the whole way."

As exciting as the men's race was, the women's was even better. Betsy Nye, who had won five previous times, and local favorite Mandy Hosford, battled much of the day with Nye holding a small lead of about ten minutes. Hosford put on a late-race push and caught Nye at Pole Line Pass, where they were in the aid station at the same time. Hosford opened a three-minute

lead by Rock Springs (mile 87) but Nye wasn't finished. She battled back and cut the gap to one minute at Pot Bottom (mile 93). Shortly thereafter Hosford's stomach rebelled and Nye pulled away in the final miles for a ten-minute win. Nye's time was second fastest in race history, behind only Ann Trason's 1998 course record. Hosford's time was third fastest, and it marked the first time two women had broken the 24-hour barrier.

Nye said afterward that her main goal was to break 24. "I dedicated the race to Laura," she said referring to her good friend Laura Vaughan, a five-time Wasatch winner, who was recently diagnosed with breast cancer. "When things got hard I thought about how tough she is. Mandy ran a great race, but it was like I had a secret weapon." ■



top to bottom: Carly Varner running her first 100, Chinscraper, Stan Ferguson having too much fun, Geoff Roes crossing finish line, Roger Jensen under the banner, Dana MudNGuts Miller and his pacer on Homestead Road



# WASATCH FRONT

100 MILES | KAYSVILLE, UTAH | SEPTEMBER 11 | MOUNTAIN TRAILS

1. Geoff Roes, 33, AK 18:30:55!
2. Karl Meltzer, 41 19:12:05
3. John Anderson, 31, CO 21:39:17
4. Jared Campbell, 30 21:48:32
5. Jay Aldous, 48 22:03:40
6. Hal Koerner, 33, OR 22:18:16
7. Erik Storheim, 36 22:42:37
8. Neal Anthony Gorman, 33, DC 22:44:05
9. Mike Foote, 26, MT 23:11:34
10. **Betsy Nye**, 44, CA 23:15:18  
David Hayes, 42 23:15:18
12. David Hunt, 50 23:19:44
13. **Mandy Hosford**, 35 23:25:55
14. Carter Williams, 51 23:28:21
15. Peter Lindgren, 39 23:36:23
16. Aaron Spurlock, 34, ID 24:36:59
17. Chad Brackelsberg, 36 24:46:15
18. Matt Connors, 31 25:20:50
19. Hank Dart, 42, ID 25:34:19
20. Phil Lowry, 43 25:52:48
21. **Darla Askeew**, 36, OR 25:55:48
22. Scott Kunz, 27 25:59:15
23. Clark E. Hirschi, 45 26:15:40
24. **Rhonda Claridge**, 42, CO 26:30:56
25. Rodger Smith, 38 26:51:16
26. Cameron Kasteler, 34 26:58:32
27. Christian Johnson, 37 27:11:25
28. Matt Galland, 32 27:14:15
29. Scott Mason, 47 27:19:13
30. Corbin Talley, 32 27:20:51
31. David Pease, 46 27:21:39
32. **Jane Larkindale**, 36, AZ 27:30:25
33. Chuck Konopa, 33 27:32:01
34. Geoff Hanson, 34, WI 27:38:06
35. Naoki Ouchi, 34 27:46:41
36. Tom Remkes, 48 27:56:21
37. Jason Koop, 30, CO 27:58:06
38. Mark N. Christopherson, 41 28:10:03
39. Shane Martin, 42 28:13:12

40. Kirk Dyches, 43 28:14:21
41. Eric Johnson, 43 28:30:04
42. Davy Crockett, 51 28:33:02
43. **Deanna McLaughlin**, 53 28:34:54
44. Brian Hamos, 46 28:38:24
45. **Elizabeth Vitalis**, 44, CA 28:43:22
46. Jerry Turk, 51, CT 28:43:48
47. Micheal McCarthy, 45, OR 28:44:44
48. John Liebeskind, 48, OR 28:45:32
49. Jeffrey Holdaway, 50, VA 28:54:11
50. Stan Ferguson, 45, AR 29:00:54
51. Arie Leeflang, 32 29:01:53
52. David Toone, 51 29:10:11
53. Ryan McDermott, 33 29:11:15
54. Ken Farley, 44, CA 29:17:13
55. Brian Harward, 35 29:26:51
56. Jarett Tighe, 42, VA 29:27:16
57. Andrew W. Wittwer, 39 29:31:41
58. Danny McDowell, 33 29:32:29
59. Mark Colby, 41 29:36:58
60. **Sarah Evans**, 36 29:39:36
61. Michael Ehrlich, 46, CO 29:43:12
62. **Jody Chase**, 40, AZ 29:52:57
63. Dan Brenden, 58, AZ 30:03:59
64. Roger Jensen, 59, CO 30:18:25
65. Gilles Cote, 52, CO 30:21:51  
**Suzanne Lynn Lewis**, 33 30:21:51
67. Ed White, 46 30:33:37
68. Reed L. Neubert, 44 30:33:52
69. Stan Sieverts, 35 30:35:18
70. Derek Blaylock, 40 30:35:30
71. Ed Heller, 47, NM 30:37:41
72. Ken Ward, 52, OR 30:46:26
73. Michael D. Evans, 37, ID 30:54:21
74. Sean McCuddy, 31 30:54:30
75. Cody T. Haycock, 31 30:56:01
76. Troy Robertson, 44 30:59:22
77. **Julie Hagen**, 41, CO 31:21:21
78. Wayne H. Baldwin, 42 31:32:50
79. Dave Yeakel Jr., 45, VA 31:36:54
80. Andy Knight, 24 31:38:28
81. **Tammy L. Parsons**, 46, NM 31:42:27
82. Mud N Guts Miller, 58 31:47:58  
Allen Belshaw, 42, CO 31:47:58
84. Wesley Kissell, 19 31:50:13
85. Jared Stapp, 28 32:05:19  
Andy Black, 51, CA 32:05:19
87. Nicholas Bassett, 64, AZ 32:08:40
88. **Joy Robertson**, 51, CO 32:13:56
89. Troy Olson, 46 32:24:53
90. Brian Zehnder, 46 32:25:37
91. Daniel Benhammou, 28, CO 32:28:29
92. **Carly Varner**, 29, OR 32:38:29
93. Mike Price, 59 32:39:21
94. Jed Millar, 28 32:42:33
95. Dale L. Holdaway, 42, MI 32:45:39
96. Max Bliss, 41, NY 32:47:39
97. Benoit Guerard, 33, AB 32:48:37
98. Stanford (Pete) Petersen, 49 32:50:24
99. Hans-Dieter Weisshaar, 69 32:54:39
100. **Lori Wetzel**, 36, MA 32:55:08
101. Brian Rush, 51 33:07:19
102. Brad Tollefson, 47 33:12:20
103. Robbie Asbell, 34 33:14:06  
H. Leon Deitlaf, 50 33:14:06
105. Ernie Floyd, 55 33:23:26
106. Adrian Crane, 54, CA 33:29:14  
Vance Roget, 55, CA 33:29:14
108. Charlie Vincent, 49 33:30:08

109. **Elizabeth Everly**, 40, AZ 33:30:29
110. **Eve Davies**, 42 33:37:31
111. Dave Klein, 45 33:41:49
112. Jon Morley, 47 33:49:36
113. John Zeigle, 49 33:51:49
114. George Ruiz, 52, NV 33:53:05
115. James Skaggs, 50 33:57:07
116. Gregory David Adams, 49 34:01:20
117. David W. Micklo, 40, PA 34:02:12
118. Jeff Jones, 47, AZ 34:08:52
119. Allan Holtz, 59, MN 34:11:41
120. Matthew Mouritsen, 45 34:14:03
121. Michael Schlier, 53 34:16:07
122. **Julie Arter**, 48, AZ 34:21:30
123. Troy Anderson, 42 34:23:19
124. Edward Cacciapaglia, 55, VA 34:27:34
125. Andrew Barney, 36 34:28:42
126. Gordon Hardman, 58, CO 34:36:51
127. Michael O. Stock, 48 34:40:25
128. Paul Grimm, 40, CO 34:44:49
129. Joel E. Burrows, 34, IL 34:46:50  
Terry Lee, 40, CA 34:46:50
131. **Carolyn Luckett**, 42 34:47:59
132. Tony Christensen, 45 34:50:13
133. Martin Fritzhand, 66, OH 34:51:01
134. Donald Milligan, 49 35:05:32
135. **Jeri Neese Pugh**, 57 35:05:58
136. Robert M. Tuller, Jr., 45, CA 35:06:45
137. **Catra Corbett**, 44, CA 35:08:55
138. **Jodi Martin Fessler**, 50, WY 35:10:54
139. **Susan Gardner**, 45, NM 35:13:17
140. Guy Hardcastle, 41 35:15:32
141. Brian Ricketts, 31, TX 35:22:44
142. John C. Wojciechowski, 36 35:24:49
143. **Kathy Milligan**, 46 35:25:14
144. **Jill Bohney**, 45 35:28:06
145. James S. McGregor, 66 35:29:53
146. Marc A. Collman, 52 35:29:58
147. John Machray, 56, BC 35:30:24
148. Rick Gates, 52 35:32:22
149. Jordan Ward, 23, ID 35:33:54
150. David Michael Tanner, 50 35:36:51
151. Michael Daubs, 46 35:39:37
152. **Colleen Ford**, 47 35:41:42
153. **Bonnie Jo Shupe**, 31, CO 35:42:01
154. **Chrissy Ferguson**, 48, AR 35:46:31
155. Kap'n Kirk Boisseree, 51, CA 35:54:20
156. **Wendy Holdaway**, 54 35:55:58



Grand slammer Lori Wetzel



Scott Kunz' feet at Millcreek - mile 61.68 and they look it



# GRAND SLAM FINALLY CAME WASATCH

by Lori Wetzel

"I will never do the Slam". I remember saying this to my mother five years ago while telling her about my fellow GAC teammates who were in the midst of their Grand Slam adventure. "You'll do it," she said. "Nope, there's no chance..."

Fast forward to September 2009. Four hundred miles, four buckles and one very cool eagle trophy later - Mom was right.

My adventure started last October when I was one of the lucky runners to get a spot in the 2009 Western States Endurance Run. Suddenly, my priorities for the next 11 months were decided for me - I would be working towards that coveted eagle trophy.

My goal from the start was only to finish the four races; it was not going to be the year for PRs. With that in mind, I put together a schedule for the months to come. Fortunately there are many great spring ultras in the New England area to work into a training plan. It's nice to have a supported course with lots of company, to run on a variety of trails and to avoid the monotony of a solo weekly long run. My plan when putting together the schedule was to just concentrate on training for Western States, the first of the four races. Once I started tapering in June, I wouldn't do a training run over ten miles in length. The goal between the races was to stay loose and recover - maintaining rather than training. I think this attitude helped tremendously; I never felt over-trained or bored. Running was never a chore. By the time I was at the next starting line I was excited and ready to go again. The races came and went quickly; it's funny to look back now at how fast the summer flew by.

Each race brought its own challenges and learning experiences. In Western States, poor hydration led to a quadriceps injury that forced me to walk the last 30 miles of the race. In Vermont, an upset stomach brought on by improper nutrition led to a slower-than-usual pace. The altitude and dry air in Leadville meant that I couldn't push the pace like I would have at home. Aside from that, Leadville was a great run thanks to changes that I made to my racing plan after the first two races.

Finally came Wasatch. I had run the other three races before so I knew what to expect out on the course and my crew had some idea what time I would arrive at the aid stations. Wasatch was the only unknown of the Grand Slam. Friends had told me that the course was beautiful and they were right. I stopped and looked around on top of one of the mountains and realized that there were mountains surrounding me on all sides. As beautiful as

they were, it was these mountains that made for a long race. The ups weren't as bad as the downs, in my opinion. We just don't have mountains like that in Massachusetts and I'm a wimp when it comes to running downhill on loose rocks. I just kept moving ahead slowly, running what few flat sections there were. I crossed the finish line of my fourth 100-mile race of the summer wearing my pink Supergirl cape - I knew that Six Flags purchase would come in handy some day!

And then it was over...bittersweet, really. I'd been running toward this goal for almost a year and now I'd reached the conclusion. I'd gotten used to running 100 miles every few weeks. What now? I know that I could run another 100-miler in three weeks if it were on the schedule but, to be honest, it's nice to know that I don't have to.

Looking back, I know that I was able to make it to each finish line because of proper training and race strategy but another major factor in my success was the support of my family and friends. Most of my family doesn't understand why I do what I do or even what goes into it but they were all supportive and encouraging. My GAC teammates and other running friends were there as training partners, crew, pacers and cheerleaders and for that I will be forever grateful. And there's my husband, Randy, pacer extraordinaire. We were married just four weeks before Western States and in lieu of the traditional honeymoon, we spent the summer traveling to California, Vermont, Colorado and Utah. Instead of romantic evenings on the beach or dinner by candlelight, Randy ran many hours with me at night, along dusty trails, eating boiled potatoes, turkey roll-ups and ramen soup. He sacrificed as much as I did this summer, if not more, so he deserves the biggest thanks of all. ■

## GRAND SLAM OF ULTRA RUNNING

### WESTERN STATES, VERMONT, LEADVILLE, WASATCH

Stan Ferguson, 45, AR	99:43:15
Jerry Turk, 51, CT	100:13:55
Dan Brenden, 58, AZ	105:23:21
Lori Wetzel, 36, MA	109:27:13
Andy Black, 51, CA	110:40:06
Nick Bassett, 64, AZ	115:31:10
David Micklo, 40, PA	116:30:34
Paul Grimm, 40, CO	117:59:18
Chrissy Ferguson, 48, AR	118:18:47
Carolyn Lockett, 42, UT	121:19:26
Charlie Vincent, 49, UT	121:57:03





Grandslammers (left to right): Charlie Vincent, Stan Ferguson, Chrissy Ferguson, Carolyn Luckett, Jerry Turk, Paul Grimm, Nick Bassett, Dan Brenden, Lori Wetzel, David Micklo and Andy Black

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