

## WASATCH FRONT 100 FINISH LINE!



Excitement at the finish as another runner gets it done

## THE JOY OF ULTRARUNNING

by John Moellmer, co-RD

A beautiful 2012 Wasatch Front 100 Mile Endurance Run started at 5:00 a.m., Friday morning, September 7th at the East Mountain Wilderness Park in Kaysville, Utah. A record number of 289 starters lined up in the dark, and 36 hours later, a record total of 213 runners had successfully finished the run at the Homestead Resort in Midway, Utah. The finishing percentage was 74 percent, a remarkably high number.

These 213 runners successfully finished 100 miles of daylight, nighttime, and stunning scenery found in the Wasatch Mountains of Utah. The weather this year was just about as good as one might expect; there were times that the runners had the heat of midday to deal with, but overall the temperatures didn't get too high. Some clouds helped, but there was no threat of storms.

At Millcreek (Upper Big Water, mile 61.68) it can certainly get cold, being in the bottom of a canyon with a nice stream alongside. But, once the runners leave Millcreek canyon and gain about 300 feet of elevation, the temperature warms right up.

The winner was Jeff Browning with a time of 19:33:30, about three minutes more than last year's winner. The fastest time ever was by Geoff Roes, who in 2009 finished with a time of 18:30:55. Second place was earned by George Grygar with a time of 20:51:15. Benjamin Lewis took third in 21:35:49.

ALTHOUGH MANY RUNNERS STUMBLE INTO THE FINISH LINE THRILLED THAT IT'S OVER AND SWEAR, "NEVER AGAIN," BLISTERS DO HEAL, MUSCLES RECOVER, AND UNPLEASANT MEMORIES FADE. SOON WE FIND THAT THE JOY OF ULTRARUNNING IS ON OUR MIND AGAIN.

Emily Judd won the women's division in 24:14:35. It turns out that Emily took second last year in 26:46:46. So this year, she came back to finish in about 2.5 hours faster. Her time was about an hour and 40 minutes faster than the 2011 first place woman's time. Impressive! Sarah Evans ran for second with a time of 24:42:20.

Emily and Sarah ran in close to each other all the way to Brighton. In fact, they both left Brighton at 10:01 p.m. They were almost shoulder to shoulder until Rock Springs when Emily put about five minutes on Sarah. Emily gradually increased her lead to arrive at the finish about 28 minutes ahead.

The women's third place finisher was Amie Blackham, who was in fourth through the aid stations until she reached Alexander Springs, where she took over, and kept, third place all

the way to the Homestead Resort, crossing the line in 26:09:37.

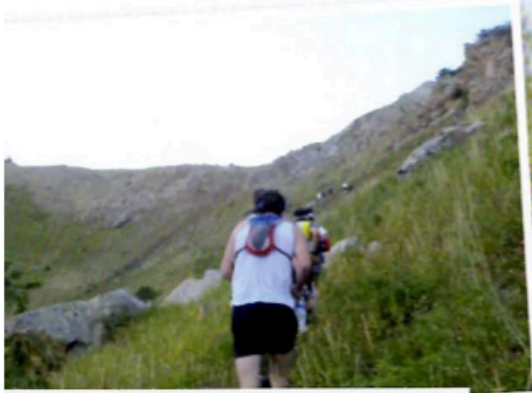
In the men's race, Browning and Grygar were in stiff competition for first place all the way to Desolation Lake, leaving the aid station together at 5:30 p.m. By Scott Pass, Jeff had just pulled ahead of George and by the time they left Brighton, Jeff was 20 minutes ahead to cinch the lead.

Benjamin Lewis was in fifth at Francis Peak, and generally held that position until Mill Creek. Within the five miles to Desolation Lake, Benjamin had moved up to third, which he held to the finish.

By the Scotts Pass Aid station, the "die had been cast," with Jeff first, George second, and Benjamin third. It's interesting to note that this aid station was the point in the 2011 race where the position of the top three spots had also been set.

At the finish line ceremony, 14 runners were inducted into The Royal Order of The Crimson Cheetah, for which runners must finish the Wasatch Front 100 Mile Endurance Run in under 24 hours. Members of this order are inducted in a hallowed and bizarre ceremony that requires them to kneel before the officiator, listen to the official pronouncement, be tapped by the scepter, sing the official song (For He's A Jolly Good Runner), and receive their crown.

Also this year, one runner, David Toone, achieved his tenth finish and received the 10-



(above, clockwise from bottom left) Climbing a ridgeline, ascent of the cirque, Ryan Wixom among the birches, 28-hour finisher Molly Gross

Year Ring at the award ceremony.

The "Spirit of the Wasatch" award is a beautifully crafted sculpture recognizing a person who has demonstrated the service and sportsmanship that exemplifies the standards of Wasatch Front 100 Mile Endurance run. The 2012 Spirit of the Wasatch Award was presented to Ivan Thompson for his 16 years of service to the race. Ivan is the man the finishers get to visit for the wonderful massages he donates to the runners each year. Ivan's company is Advanced Therapeutic Massage, Inc. Every runner that has

stretched out on his table knows that Ivan exemplifies the ideal of excellence that Spirit of the Wasatch celebrates.

Another year of the Wasatch Front 100 Mile Endurance Run has been completed and we all return to more mundane labors. Although many runners stumble into the finish line thrilled that it's over and swear, "Never again," blisters do heal, muscles recover, and unpleasant memories fade. Soon we find that the joy of ultrarunning is on our mind again and we start looking forward to fall in the Wasatch and being with all the friends we've made over the many years and miles. ■

(opposite page, clockwise from top right) George Grygar takes second in 20:51, Jonathan Stuart about to cross the finish line, Shane Martin headed up the road to Millcreek aid station, civilization far below, runners' lights coming up from start line

## WASATCH FRONT | KAYSVILLE, UTAH | SEPTEMBER 7 | 5,4

20

NOVEMBER 2012

### 100 MILES

1. Jeff Browning, 41, OR	19:33:30	35. Benjamin Dunn, 39, CO	26:48:30
2. George Grygar, 30	20:51:15	36. Jonathan Stuart, 29	26:58:21
3. Benjamin Lewis, 34	21:35:49	37. Joseph Smith, 40	26:58:52
4. Peter Lindgren, 42	22:51:18	38. Erin Clark, 35	27:07:47
5. Jared Campbell, 33	23:07:10	39. David Town, 34, OR	27:09:13
Gregory Norrander, 42	23:07:10	40. Bob Ayers Jr., 52, VT	27:14:03
7. Dan Barger, 47, CA	23:15:34	41. Kendall Wimmer, 48	27:27:14
8. Paul Terranova, 38, TX	23:17:25	42. Shane Martin, 45	27:36:04
9. Scott Wolfe, 38, OR	23:17:51	43. Scott Kunz, 30, CA	27:41:55
10. Brendan Trimboli, 24, CO	23:24:55	44. Emily Brackelsberg, 39	27:45:57
11. Jason Koop, 33, CO	23:36:25	45. Geoffrey Dunmore, 39, IL	27:56:52
12. Peter Fain, 40, CA	23:37:22	46. Andrea Martinez, 34	28:00:53
13. Rodger Smith, 41	23:42:36	47. Ryan Wixom, 38, NM	28:02:40
14. Robert Mueller, 25	23:55:45	48. Andrew Wittwer, 42	28:04:45
15. Tom Remkes, 50	24:11:04	49. Craig Wheeler, 50, KY	28:05:39
16. Emily Judd, 30, MT	24:14:35	50. Justin Popov, 28, OR	28:06:02
17. Craig Lloyd, 39	24:25:26	51. Barry Miller, 54	28:08:41
18. Kelly Lance, 44, ID	24:37:10	52. Stephen Lindsay, 28	28:12:47
19. Sarah Evans, 39	24:42:20	53. Leah Fein, 32, CO	28:13:09
20. Jason Berry, 38	24:47:42	54. Molly Gross, 31	28:14:45
David Hayes, 45	24:47:42	55. Andy Knight, 27	28:19:14
22. Damian Stoy, 30, MT	25:11:52	56. Ken Jensen, 44	28:24:53
23. Robert Wade, 45, CA	25:17:58	57. Stewart Harman, 38	28:27:39
24. Patrick McMurtry, 53	25:21:26	58. Matthew Van Horn, 41	28:32:18
25. Carter Williams, 54	25:23:25	59. Josh Greenwell, 32	28:37:12
26. Eric Truhe, 37, CO	25:26:04	60. Brett Gosney, 53, CO	28:39:40
27. Matt Connors, 34	25:35:56	61. Philip Hall, 25	28:40:02
28. Jeffrey Garstecki, 43, MD	25:45:00	62. Robbie Asbell, 37	28:40:16
29. Ian Farris, 30	25:59:03	63. Mike Le Roux, 36, QL	28:41:23
30. Andrew Warnke, 34, CO	26:03:51	64. Jay Smithberger, 43, OH	28:42:03
31. Brian Harward, 38	26:08:55	65. Podog Vogler, 46, AR	28:42:54
32. Amie Blackham, 33	26:09:37	66. Brian Kamm, 51	28:46:48
33. Andrew Heard, 46, AZ	26:26:47	67. Greg Veltkamp, 41, VT	28:49:59
34. Seth Hales, 28	26:27:29	68. Max Bliss, 44, NY	28:53:20
		69. Frank Schneckeburger, 52, OR	28:58:17

## "Maintain Performance until the Final Mile!"



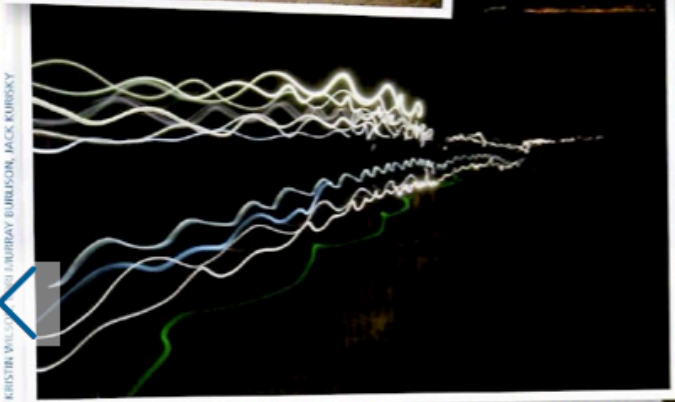
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KIRSTIN WOODS, JIM MURRAY BURBISON, JACK KUBISKY

70. Paulette Zillmer, 30, AZ	28:59:02	106. Matthew Watts, 55, CO	30:57:45	142. Billy Peterson, 40	33:03:19	178. Kathy Milligan, 49	34:25:35
71. Pete Stoughton, 34	29:01:48	107. Carolyn Luckett, 45	31:09:19	143. Jim Milar, 50	33:03:48	Whitney Hughes, 36	34:25:35
72. Mark Colby, 44	29:06:58	108. Joshua Barringer, 29, WA	31:13:45	144. Karen Helfrich, 45	33:05:29	180. Clyde Aker, 60, CA	34:30:01
73. Deanna McLaughlin, 56	29:10:37	109. Scott Wesemann, 40	31:17:09	145. Leon Deitlaf, 53	33:11:31	181. Gregory Depetris, 38, CT	34:32:13
74. Jennifer Jurynec, 35	29:11:38	110. Dan Brenden, 61, AZ	31:25:18	146. Jeff Lunt, 55	33:11:46	182. Troy Anderson, 45	34:32:38
75. Steven Newman, 39	29:13:13	111. Jake Heins, 30, TN	31:25:19	147. Deb Pero, 58, NM	33:13:31	183. Mark Robbins, 35	34:36:56
76. Jill Bohney, 48	29:13:29	112. Adam Lint, 29, WA	31:30:21	148. Dale Humphrey, 53, MN	33:13:43	184. Julie Nye, 49, CA	34:37:09
77. Shannon Price, 35, CO	29:13:41	113. Darcie Gorman, 37	31:36:33	149. Ryan Anderson, 38, ID	33:20:24	185. Jeff Nielsen, 50	34:38:30
78. Clark Hirschi, 48	29:16:24	114. Matthew Bero, 38	31:39:02	150. Rick Gates, 55	33:22:32	186. Jeff Stowell, 51	34:40:08
79. Kristel Liddle, 34, CO	29:18:30	115. Valeria La Rosa, 36, MN	31:44:35	151. Jim Bruening, 38, NY	33:22:32	187. Mikal Epperson, 33	34:41:26
80. Blake Child, 36	29:21:51	116. Betsy Romney, 37	31:48:07	152. Jean Marie Wheeler, 30	33:23:06	188. Nick Bassett, 67, AZ	34:41:47
81. Lukas Larsen, 39	29:23:25	117. David Peterman, 50, OH	31:50:14	153. Sean Kelly, 43, HI	33:25:19	John Diroll, 55	34:41:47
82. Todd Snarr, 45	29:23:34	Chris Avery, 49, AZ	31:50:14	154. Shane Skowron, 24, NY	33:28:02	Barbara Sorrell, 55, NY	34:43:40
83. Chris Shane, 32	29:23:43	119. Wayne Harrell, 47	31:50:22	155. Drew Meyer, 65, TX	33:28:15	191. Bronson Kelly, 40	34:44:45
84. David Huss, 28, MA	29:26:42	120. Ashley Lawrence, 32	31:57:03	156. Justin Brown, 38	33:28:50	192. John Wojciechowski, 39	34:48:38
85. Jordi Moncada, 36, CA	29:28:29	121. Tia Gabalita, 43, OR	31:58:14	157. Tim Seminoff, 54	33:34:35	193. Amy Hayes, 51, CO	34:52:01
86. Cindy Stonessmith, 48, CO	29:31:36	122. Roy Van Buren, 50, MA	32:05:03	158. Ernie Floyd, 58	33:36:35	194. Steven Aderholt, 33	34:54:13
87. Chris Cawley, 29	29:33:04	123. Mark Hellenenthal, 40, AZ	32:07:57	159. David Toone, 54	33:37:40	195. Bret Hutchings, 53	35:00:21
Fran Zelenitz, 39, MT	29:33:04	124. Rich Desimone, 60, MT	32:09:12	160. Chris Scotch, 35, MN	33:41:42	196. Kyle Markisich, 28	35:12:17
89. Mark Tanaka, 45, CA	29:34:01	125. Jacob Ku, 37	32:15:51	161. Matthew Mouritsen, 48	33:43:21	197. Brian Rush, 54	35:12:21
90. James Catron, 37, TX	29:34:30	126. Iain Hughes, 49, OH	32:21:16	162. Thomas Shreeve, Jr., 47	33:44:06	198. Sarah Jurgaitis, 32, IL	35:14:02
91. Dennis Ahern, 54, ID	29:34:31	127. Stephen Jones, 46	32:28:14	163. Vishal Sahni, 32, DC	33:44:27	199. Bruce Nelson, 59	35:14:45
92. Jamie Frink, 40, CA	29:37:06	128. Shawn Talbott, 45	32:32:11	164. John Byrge, 45	33:46:42	200. McKay Ward, 22, ID	35:19:24
93. Mark Lehmkuhle, 36	29:40:51	129. Keith Straw, 57, PA	32:32:59	165. Troy Robertson, 47	33:49:35	201. Craig Oberg, 57	35:20:06
94. Casey Harney, 55, NV	29:43:46	130. Albert Wheeler III, 36, WY	32:35:25	166. Andrea Feucht, 38, NM	33:56:36	202. Ronald Fehr, 36	35:25:11
95. Ryan McDermott, 36	29:47:05	131. Todd Cook, 43	32:37:46	167. Joshua Floyd, 35, CA	33:57:35	203. Colleen Ford, 50	35:27:00
96. Garret Christensen, 32, CA	29:48:58	132. Daren Koldewyn, 41	32:44:27	168. Tony Christensen, 48	33:58:47	204. Alisha Strobel, 35, WY	35:29:47
97. Jeffrey Holdaway, 53, VA	29:51:35	133. Mark Oftedal, 53	32:45:24	169. Will Thomas, 34, WA	33:59:10	205. Scott Black, 42, VA	35:30:59
98. David Pease, 49	29:53:13	134. Sean Cunniff, 40, AZ	32:47:19	170. Matt Olding, 48	34:02:50	206. Michelle Matys, 32, FL	35:32:03
99. Eric Loffland, 38, GA	30:09:30	135. Derek Ward, 40	32:48:18	171. Jay Greenfield, 52, CA	34:04:21	207. Wendy Weaver, 40, MT	35:32:51
100. Deb McNally, 42, WA	30:11:23	136. Kuni Yamagata, 59, CA	32:49:22	172. Jeffrey Bethers, 27	34:08:08	208. Brian Ricketts, 34, TX	35:34:10
101. John Rich, 36	30:19:31	137. Brian Pilgrim, 46, NM	32:49:38	173. Marilyn Phipps, 45, VA	34:09:36	209. Richard Hensser, 48, TX	35:34:40
102. Mark Kreuzer, 43, TX	30:24:01	138. Troy Olson, 49	32:51:28	174. Jack Kurisky, 45, VA	34:09:51	210. Robert Tuller Jr., 48, CA	35:36:05
103. Derek Blaylock, 43	30:44:58	139. Stephen Petretto, 32, OR	32:52:03	175. Chihping Fu, 46, CA	34:11:51	211. Christy Jo McFarland, 37	35:39:53
104. Tyler Alderman, 41	30:49:15	140. Daniel Harris, 34	32:57:32	176. Jim Knight, 59	34:14:23	212. Greg Stevens, 50	35:40:53
105. Doug Newton, 35, CO	30:51:26	141. Michael Posa, 34	32:57:35	177. Amy Lim, 30	34:19:37	213. Jim Williamson, 52	35:49:59