



# HEAVEN AND HELL

BY TRAVIS MACY

Kelly Agnew heading  
down the south side  
of Bald Mountain.

[@JasonHowland]

I'll be the first to admit that as a sponsored athlete and someone who counts on at least some income from coaching, book sales, speaking and other endeavors associated with ultrarunning, I appreciate races with a slick sponsor expo, polished pre-race meeting, over-marked course, rah-rah atmosphere and bling at the finish line. That's all great, and I appreciate the migration of endurance sports in that direction.

But when I think about the phrase "my kind of race," I still think about the kind of events I did as a kid and teenager. These races were based more on terrain and a sense of adventure than a particular mileage or ease of accessibility. They were in the mountains, and, although the courses were marked (kind of), it was assumed that each athlete took responsibility for him or herself. If you got

lost, it was probably your own fault, and you better figure out how to get un-lost before it got too dark. Steep terrain made mile splits so slow they looked like a bad-day 5k. A huge crowd (your mom, your dad and, on a good day, your uncle) waited at the finish line. They had fun traditions and quirky awards that meant nothing to the general public and everything to those in the know. You ran in a cool place with compelling people and always finished with a sprint to the line against your archrival.

When I saw that the starting line for the Wasatch Front 100 Mile Endurance Run was a bunch of duct tape pieces tied together between a truck bumper and a post, I knew it was my kind of race. My appreciation for the course, competitors and overall experience grew from there.

Wasatch 2015 was, as advertised and like in years past, a race full of heaven and hell. We began with a devilish climb but soon found supernatural views from a high ridge, the sunrise from the left illuminating the Great (and never-ending) Salt Lake to the right. Straight ahead we saw Park City and endless jagged peaks in the distance. We'd be going all the way there, over all of those hills; I guess this could be good or bad, depending on how you looked at it.

The highs of early morning extended as competitor Gabe Joyes quipped, "Man, it's staying nice and cool for longer than I expected!" And then the lows were, well, a little lower as the heat came, full-on, seemingly even hotter than normal for the Utah canyons. The climbs kept coming (heating our bodies), and the descents kept getting

## Wasatch Front

Kaysville, UT // September 11

### 4,4 // 100 Miles

Elevation gain/loss: 26,882 feet / 26,331 feet | This is a point-to-point race that traverses the heart of the central Wasatch Mountains. It features some big climbs and descents like a 5,000-foot climb in 9 miles near the start.

1	Christopher Schurk, 34, WY	20:41:09
2	Travis Macy, 32, CO	20:42:44
3	Mark Hammond, 30, UT	21:25:07
4	David Ayala, 33, MT	22:29:09
5	Dominick Layfield, 43, UT	22:31:59
6	Matthew Van Horn, 44, UT	23:10:31
7	James E Clissold, 31, UT	23:20:00
8	Seth D. Hales, 31, UT	23:20:00
9	Jay Aldous, 54, UT	23:22:03
10	Matt Schrier, 42, UT	23:34:40

11	Adam Schwartz-Lowe, 42, MN	23:35:56
12	Jason Eichhorst, 39, UT	23:50:20
13	Michael McKnight, 25, UT	24:13:00
14	Chris Chamberlin, 40, WA	24:34:31
15	James Kerby, 52, WA	24:56:43
16	Claire's Dad, 37, UT	25:13:22
17	Brian Harward, 41, UT	25:28:19
18	Tom Diegel, 50, UT	25:29:31
19	Phillip Lowry, 49, UT	25:35:22
20	Heather Culig, 45, ID	25:38:02
21	Leslie Howlett, 31, UT	25:49:49
22	Peter Brennen, 30, CA	25:52:28
23	Rich McDonald, 39, UT	25:54:32
24	Helen Peister, 42, CA	26:26:57
25	Jennifer Juryneec, 38, UT	26:29:51
26	Robert Kain, 36, UT	26:39:32
27	Eric Wilson, 50, CA	26:47:36
28	Amie Blackham, 36, UT	26:50:17
29	David Pease, 52, UT	26:55:57
30	Joseph Taylor, 43, UT	27:14:30
31	Brady V. Dunham, 36, UT	27:46:35
32	Tyler Bucklin, 39, MT	27:52:38
33	Mike Rasmuson, 53, UT	27:53:28
34	Carter Williams, 57, UT	27:54:10
35	Benj Becker, 37, UT	27:54:53
36	John Lehmann, 40, pa	27:55:53
37	Frederic Bard, 31, OR	27:56:43
38	Ken Niemimaa, 44, ON	27:58:56
39	Steven J. Newman, 42, UT	28:05:16
40	Brian Hamos, 52, UT	28:06:04
41	Scott Wesemann, 43, UT	28:08:44
42	Kyle A. Markisich, 31, UT	28:11:08
43	Bryan Brady, 38, UT	28:17:16
44	Anthony Garber, 52, WY	28:21:08
45	Brent Boyle, 42, UT	28:28:06
46	Rebekah Johnson, 40, UT	28:32:06
47	Tyler Hall, 43, UT	28:32:15
48	Tia Gaballita, 46, OR	28:32:51
49	Pete Petersen, 55, UT	28:34:46
50	Randy Duncan, 54, BC	28:34:46
51	Fredrick Brooks, 62, CA	28:35:59
52	Cory Harelson, 34, ID	28:46:24
53	Derek Blaylock, 46, UT	28:46:39
54	Canice Harte, 48, UT	28:48:44
55	Patrick Oborn, 42, UT	28:49:27
56	Michael D. Hauser, 25, WA	28:54:11
57	Scott Kunz, 33, CA	28:59:02
58	Chris Pope, 35, UT	29:00:20
59	Benjamin Corrales, 41, UT	29:03:41
60	Sarah McCloskey, 42, UT	29:12:19
61	Ron Fehr, 39, UT	29:19:53
62	Karl Birkeland, 41, UT	29:19:53
63	Erin Clark, 38, UT	29:20:38
64	Jared Struck, 34, UT	29:26:20
65	Daniel Widerburg, 41, UT	29:28:23
66	Lauren Morin, 24, UT	29:34:13
67	Obed S LeDuc, 36, UT	29:34:15
68	Robbie Asbell, 40, UT	29:36:07
69	Rodger Smith, 44, UT	29:36:07
70	Jordan V. Ward, 28, OR	29:38:01
71	Wendy Clark, 45, UT	29:38:22
72	Brian Beckstead, 33, UT	29:45:28
73	Shane Martin, 48, UT	29:52:03
74	Jon Webb, 41, CO	29:53:41

75	Eric Pohlman, 33, -	30:02:49
76	Daniel Barnett, 52, UT	30:13:08
77	Timothy Bishop, 39, co	30:20:43
78	Nicholas Whitbread, 34, ON	30:22:09
79	Elizabeth Durbin, 46, CO	30:31:22
80	Bryan Campbell, 39, UT	30:36:50
81	Wynn Shooter, 44, UT	30:38:28
82	Greg Jagielski, 35, UT	30:41:13
83	Daniel Wadley, 41, UT	30:43:29
84	Bettie Smith, 63, CA	30:44:02
85	Junko KazukaWA, 52, CO	30:45:24
86	Christine Strom, 46, NC	30:48:08
87	Mikal Epperson, 36, UT	30:48:57
88	Emmanuel Odebumni, 32, NY	31:06:58
89	Barry Lass, 51, NJ	31:07:04
90	Alex Robertson, 42, CO	31:07:17
91	Jason Thompson, 44, CA	31:08:02
92	Juan Caballero, 51, UT	31:08:34
93	Terri Pfeil, 49, CO	31:14:36
94	Mikelle Stephenson, 41, UT	31:18:55
95	Clark Hirschi, 51, UT	31:22:45
96	Christopher Barnwell, 45, TX	31:22:50
97	Matthew Menacher, 38, IL	31:27:26
98	Daniel Johnson, 38, UT	31:27:31
99	Andi Ramer, 42, CA	31:27:34
100	Peter Lawson, 52, CA	31:29:35
101	Danny Hales, 27, UT	31:32:20
102	Tyson Rich, 40, UT	31:34:24
103	Michael M Hudson, 31, KE	31:39:17
104	Deanna McLaughlin, 59, UT	31:42:51
105	Kelly Soohoo, 35, CA	31:44:36
106	Berton Keith, 54, TX	31:45:57
107	Birgit Mitchell, 44, MD	31:46:02
108	Carrie McAdam Marx, 50, UT	31:55:45
109	Daniel Meyers, 58, CA	31:57:08
110	Michael Shoup, 41, CA	32:04:03
111	Hei Chan, 35, CA	32:08:48
112	Tom Remikes, 53, UT	32:11:54
113	Ross Pieper, 39, WY	32:22:36
114	Sarah Lavender Smith, 46, CA	32:38:07
115	Toby Nishikawa, 42, UT	32:39:00
116	Carolyn Shreck, 43, NH	32:39:06
117	Matthew Zigich, 35, MI	32:39:30
118	Craig Norquist, 48, AZ	32:41:37
119	Trace M Lund, 45, UT	32:43:14
120	Joshua Holmes, 37, CA	32:44:31
121	Holden Sanderson, 19, UT	32:49:43
122	Marc Sanderson, 44, UT	32:49:43
123	Philip Whitten, 41, NJ	32:56:58
124	Melissa Heggen Davis, 38, TX	33:06:54
125	Carolyn M. Luckett, 48, UT	33:07:27
126	Nathan D. Holland, 31, TN	33:08:13
127	Jen Clancy, 36, UT	33:13:12
128	Nick Graham, 42, MN	33:15:56
129	Michael Bielak, 36, NY	33:19:49
130	Colleen Ford, 53, UT	33:23:10
131	Todd Kasteler, 48, AK	33:23:53
132	Dan Boyle, 51, CA	33:26:37
133	Jeffrey Holdaway, 56, VA	33:40:35
134	Arie Leeflang, 38, UT	33:42:26
135	David Holliday, 52, AL	33:44:12
136	Frank Conriquez, 41, UT	33:45:41
137	Chris Avery, 52, AZ	33:48:11
138	Scott Smuin, 33, WA	33:50:59

139	Jeff Stowell, 54, UT	33:54:44
140	Samantha Waggett, 49, CO	34:02:47
141	Morgan Schick, 41, ON	34:03:29
142	Brett Wyker, 38, CO	34:05:27
143	Steven Najjar, 50, FL	34:06:41
144	Sylvia S Greer, 37, UT	34:12:06
145	Matthew B DuBois, 33, UT	34:13:59
146	Max Bliss, 47, NY	34:15:34
147	Thomas Wong, 46, NY	34:16:15
148	Caitlin Morgan, 31, UT	34:16:37
149	Brian K Wade, 41, UT	34:17:12
150	Gary D. Gustafson, 46, NH	34:18:43
151	Andrea Tarlowski, 32, FL	34:20:37
152	Betsy Johnson, 39, UT	34:20:49
153	Kevin Deiber, 34, UT	34:21:10
154	Matthew Mouritsen, 51, UT	34:22:36
155	Amy Newman, 39, UT	34:22:41
156	Summer Davis, 38, UT	34:24:47
157	David K Halbleib, 39, CO	34:24:47
158	Guy Hardcastle, 47, UT	34:25:16
159	Lon Thomas, 59, UT	34:31:54
160	Ken Cushing, 48, UT	34:32:48
161	Kathy Milligan, 52, UT	34:39:42
162	Nick Bassett, 70, WY	34:39:48
163	Karen Helfrich, 48, UT	34:42:56
164	Chor Kin Law, 38, HK	34:44:29
165	Dane LeBlank, 57, MA	34:46:11
166	Keith Carter, 49, UT	34:47:19
167	Jim Milard, 53, UT	34:51:37
168	Mike Price, 65, UT	34:52:49
169	Matthew Ricks, 38, UT	35:00:25
170	Eric Shamo, 41, NV	35:00:57
171	Eric Brye, 32, CA	35:02:26
172	Josh Christensen, 38, UT	35:04:41
173	Max Chatkin, 33, NY	35:04:51
174	Mark Robbins, 38, UT	35:10:43
175	Shalisse Morgan, 40, UT	35:11:07
176	Wayne Harrell, 50, UT	35:13:23
177	Ernie Floyd, 61, UT	35:14:20
178	Mark Barnhart, 26, CO	35:15:10
179	Austin Baird, 33, UT	35:16:01
180	Darren Christiansen, 44, TX	35:16:47
181	Mark Tichinel, 55, OH	35:19:06
182	Blaine Nelson, 46, UT	35:19:34
183	Caleb Simpson, 36, TX	35:19:38
184	Shannon Scott, 27, NC	35:20:20
185	Alan L Schuller, 38, NC	35:20:26
186	Clifford Matthews, 52, NM	35:20:29
187	Mayuko Floyd, 28, CA	35:22:04
188	Heidi Bennett, 38, UT	35:22:39
189	Stephen Chambers, 35, CO	35:23:38
190	Kristina Nielson, 31, UT	35:24:08
191	Misty Suarez, 46, UT	35:25:17
192	Cory Reese, 37, UT	35:25:35
193	Andrew Barney, 42, UT	35:27:37
194	Jake Davis, 55, UT	35:28:12
195	Andrew W. Wittwer, 45, UT	35:30:40
196	Todd Snarr, 48, UT	35:33:20
197	Craig Stahl, 47, UT	35:35:54
198	Tom Warr, 41, UT	35:36:52
199	Laura Elmer, 38, CA	35:37:59
200	Natalie Berger, 36, UT	35:49:12
201	Bret Hutchings, 56, UT	35:50:11
202	Brooke Kempf, 53, ID	35:51:59
203	Jodi Martin Fessler, 56, WY	35:55:39

## ELEVATION AND SURFACE INFO

4,4 < So, what does that little symbol mean? The first number is the elevation profile, the second is the quality of the surface. Both are on a 1-5 scale, with 5 being the most difficult.

### ELEVATION PROFILE

- 1 Flat or nearly flat
- 2 Rolling; total climb up to 50' per mile (2,500' in 50 miles)
- 3 Hilly; total climb between 50'-150' per mile (2,500'-7,500' in 50 miles)
- 4 Very hilly; total climb between 150'-250' per mile (7,500'-12,500' in 50 miles)
- 5 Mountainous; total climb more than 250' per mile

### SURFACE

- 1 Paved or very smooth
- 2 Mostly groomed trail or dirt roads
- 3 Trail or dirt road with some rocks, roots and/or ruts
- 4 Trail or dirt road with substantial rocks, roots and/or ruts
- 5 Very rough trail

steeper (blistering our feet). Each aid station was a new purgatory: helpful volunteers and plentiful ice hinted that things could get better, and a glance down at our course profile forearm tats reminded us that there was still plenty of opportunity to go the other way.

My own race included highs and lows just like everyone else who was trying to become a Cheetah (sub 2.4), Cougar (sub 30) or Badger (sub 36). Lucifer must have heard the chipper voices in my head as I led around mile 50 – “Wow, I’m feeling surprisingly good in the heat and actually thinking lucidly” – because Joyes and I were soon rambling around off-course, heating up along a trail that terminated on the Interstate.

As I discovered my navigation error, Hoka teammate Speedgoat Karl’s deep, calm voice boomed down, maybe from the Heavens, maybe from his house over the hill in Sandy or maybe from inside my head (I was no longer lucid): “100 miles isn’t that far. All you have to do is keep on running.” Dad chimed in from somewhere in my subconscious: “It’s all good mental training, Bud.” I knew I could curse or laugh at Karl and Dad, so I decided a silent giggle inside was probably best.

Adventure racing teammate turned pacer Jon Brown and I were 30 minutes off the lead at Brighton around mile 75. We knew some serious work lay ahead, but we felt pretty good and figured we could squeeze down the screws at night. We pushed the descents, recklessly plummeting down technical trails, and time checks at aid stations encouraged us to keep hammering.

Finally, with eight miles to go, there he was, just ahead, the mystical headlamp we had been chasing in the distance. I felt decent and thought we had him. When he turned and saw us, though, he took off like, well, a bat out of hell. This guy was clearly thinking about winning as well. Jon and I cranked it up another notch; so did our quarry. We kept chasing, and he kept fleeing. The one-minute gap held fairly consistent from mile 92 to the finish. All three of us were breathing hard at the line.

One minute between first and second in a 100-miler! That’s any athlete’s heaven. And also a bit of hell for the guy who comes second. Big congrats to winners Chris Schurk of Wyoming (20:41) and Heather Culig of Idaho (25:38)!

That’s ultrarunning, folks. You go up, you go down. You hit a summit, you crawl through a rough patch. You’re usually on course, but sometimes off. Sure as hell, you’ll make mistakes and get surprised. But if you keep going, stay positive and gag down some calories even when you feel like crap, you’ll make it to the Promised Land sooner or later. That’s Wasatch. That’s life.

I may not be a kid anymore, but Wasatch is definitely my kind of race. Hell yeah. 🏃



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# Hot Races at Wasatch

BY JOHN MOELLMER



Eventual winner Christopher Schurk fuels up at an aid station before he heads back out into the darkness. (© Anna Day)

The Wasatch Front 100 Mile Endurance Run starts each year on the Friday of the weekend after Labor Day at the East Mountain Wilderness Park in Kaysville, Utah. This year, 313 starters lined up at 5 a.m. for the start of the 2015 Wasatch Front 100 Mile Endurance Run. By 5 p.m. on Saturday (36 hours later), a total of 203 runners (65%) had successfully finished the run at the Soldier Hollow Pavilion at Wasatch State Park. Surprisingly, the finish percentage last year was 74%. Same course, but quite different temperatures.

The weather this year was hot, really hot. Temperatures on Alexander Ridge hit the mid-80s in the afternoon. That temperature, combined with a southern exposure, really beat up the runners. Coming into Lambs Canyon aid station (mile 52) were a whole lot of dry, hot runners looking for relief. Fortunately, evening temperatures were relatively mild.

There were some pretty amazing similarities between the men's and women's races. Neither winner had ever run a 100 miler before, and both races were scary close between first and second place.

This year's men's first-place finisher was Christopher Schurk with a time of 20:41:09. Schurk was not even in the top five until Swallow Rocks, where he moved up to fourth place. He remained in fourth place until Lambs Canyon (mile 52) where he took first place and remained in first until his finish at 1:41 a.m.

The men's second place finisher was Travis Macy, with a time of 20:42:44. Macy was within the top four places over the entire run despite taking a wrong turn in the middle of the race. Macy held on to second place to

finish at 1:42 a.m. Schurk and Macy battled it out, with Macy consistently creeping closer. The time differences at each of the last five aid stations were 28, 24, 23, 7 and 1 minute. The finish time difference between Schurk and Macy was 1 minute, 35 seconds. What a huge effort both men showed! The third place finisher was Mark Hammond with a time of 21:25:07.

The first-place female finisher was Heather Culig in 25:38:02. Culig showed control and strength in her run. Until the Swallow Rocks aid station, she wasn't in the top five, but after that she smoothly moved forward. In second place was Leslie Howlett, who finished in 25:49:49. From Desolation Lake to the finish, the race was between Howlett and Culig. As with the men's first two positions, they were also close in time. Their time differences at each of the last four aid stations were 21, 20, 8 and 5 minutes. The finish time difference between them was 11 minutes, 47 seconds. The third-place finisher among the women was Helen Pelster who ran a smart race in 26:26:57.

This year, 12 runners qualified to become members of The Royal Order of The Crimson Cheetah for runners who finish the Wasatch Front 100 Mile Endurance Run within 24 hours.

## TEN TIME FINISHERS

The Wasatch Front 100 Mile Endurance Run awards a prestigious ring to 10-time finishers. This year five runners received the 10-time finishers ring: Ernie Floyd, Carolyn Luckett, David Pease, Marc Sanderson and Rodger Smith.

## THE GRAND SLAM OF ULTRARUNNING

The Grand Slam of Ultrarunning award ceremony is held at the conclusion of the Wasatch Front 100 Mile Endurance Run to recognize those runners who entered and completed the Grand Slam of Ultrarunning. The Grand Slam consists of the four oldest 100-mile runs: Western States, Vermont, Leadville and Wasatch.

A record number of 42 slammers began Western States. We lost 17 on that race. We lost two at the Vermont 100 and seven at Leadville. There were 16 slammers who started Wasatch and 13 who finished. Tyler Bucklin, 39, was the fastest male and Junko Kazukawa, 52, was the fastest female. Ian Sharman holds the men's record with

69:49:38. The women's record is held by Ann Trason with 79:23:21.

## 2015 Grand Slam of Ultrarunning Results

1	Tyler Bucklin, 39, MT	94:16:07
2	Ken Niemimaa, 44, CAN	97:21:32
3	Nathan D. Holland, 31, TN	105:17:40
4	Chor Kin Law, 38, Hong Kong	108:31:33
5	Michael Bielek, 36, NY	108:36:38
6	Matthew Menacher, 38, IL	110:30:24
7	Junko Kazukawa, 52, CO	113:29:52
8	Joshua Holmes, 37, TN	113:54:00
9	Craig Norquist, 48, AZ	114:02:20
10	Terri Pfeil, 49, CO	114:41:48
11	Dane LeBlanc, 57, MA	118:47:30
12	Jeff Stowell, 54, UT	120:10:05
13	Darren Christiansen, 44, TX	120:27:29

## THE SPIRIT OF THE WASATCH

The Spirit of the Wasatch is an award presented each year to honor those individuals whose actions reflect the high standards of the Wasatch Front 100 Mile Endurance Run. This year Ernie Floyd received the award for his exceptional concern and care for a fellow runner.

Karen Bonnett, a runner entered in the Grand Slam, very seriously injured her ankle when she was just above Chin Scrapper. Injured, and now late in the pack, she was slowly making her way along the course. Ernie Floyd, going for his 10<sup>th</sup> finish, came upon Bonnett, and instead of going on, stayed with her and assisted her all the way to Grobbsen's Corner, where he could then leave her in other care. By helping her, Floyd sacrificed at least two hours. He went on to finish his race in 35:14:20, and earned his 10-time finisher ring.

Floyd's selfless service to Bonnett clearly showed his compassion for others was above his own desire to achieve his 10<sup>th</sup> finish. The committee was honored to present Floyd with The Spirit of the Wasatch award.

## FRED BROOKS

The Wasatch 100 race committee members would like to express our sadness at learning of the death of Fredrick Brooks as he headed home after completing the Wasatch 100 in 28:35:59. We have read and heard many positive comments about him as a runner, person and father. We wish to express our sincere condolences to his family and friends in this time of sorrow.