

Of Bairs and Lambs

BY JOHN MOELLMER



Winner Trevor Fuchs battled it out to the very end, finishing just seconds in front of the runner-up. (© Corey Vigil)

This year was the 37th annual Wasatch Front 100 Mile Endurance Run, held each year on the Friday after Labor Day at the East Mountain Wilderness Park in Kaysville, UT. This year, 334 runners started the race

on Friday morning at 5 a.m., and by 5 p.m. on Saturday, 213 runners had successfully finished the run at the Soldier Hollow Pavilion at Wasatch Mountain State Park in Midway, UT. The finishing percentage was

64%. This was 10% lower than in 2015. Bair Canyon was quite the bear.

Two big changes to the race happened this year. The first was a new route. Instead of running to the north to eventually tackle the infamous climb up the “Chinscraper” mountain face, the runners instead ran to the south and in a few miles headed up the steep and relentless Bair Canyon, a merciless climb of 4,200 feet in 4.1 miles. That’s 1,000 feet per mile!

The second big change this year was removing crew access to the Lambs Canyon aid station. Because of huge congestion in the 2015 race (which involved several Utah Highway Patrol officers), the Utah Department of Transportation met with the race committee two weeks before the 2016 race and warned that the race would not have any future aid station at Lambs if the problem were to occur again. With no other viable option available on such short notice, the race committee closed this aid station to crews. The committee is looking at other ways for crews to support their runners near the mid-point of the race. This year’s men’s first place finisher was Trevor Fuchs with a time of 21:13:58. Fuchs was in first place at all aid stations except for Scott’s Peak, where he was one minute behind Ryan Guldan (who eventually finished fifth). This was Fuchs’s second Wasatch finish.

The men’s second place winner was Chris McQuivey with a time of 21:14:01. In case you didn’t notice, that’s only three seconds behind

2016 GRAND SLAM OF ULTRARUNNING RESULTS

GRAND SLAMMER	WESTERN STATES 6/25/2016	VERMONT TRAIL 7/16/2016	LEADVILLE TRAIL 8/20/2016	WASATCH FRONT 9/9/2016	TOTAL
Jadd Martinez, 34, CA	20:49:48	19:29:29	22:43:49	24:20:35	87:23:41
Tommy Barlow, 36, UT	23:26:39	22:15:55	23:40:01	26:44:16	96:06:51
Sean Bowman, 40, CA	23:44:40	22:48:39	24:57:42	29:30:10	101:01:11
Christopher Dempsey, 39, VA	24:38:44	19:45:48	26:33:37	32:01:30	102:59:39
Otto Lam, 42, NJ	26:44:40	22:24:37	27:17:22	32:01:30	108:28:09
Philip Sanderson, 48, CA	27:33:22	22:30:58	28:20:28	31:22:23	109:47:11
Raymond J. Mullenax, 50, ID	28:39:25	23:00:24	26:45:07	31:51:56	110:16:52
Anabel Pearson, 46, TX	27:02:56	23:39:24	28:28:35	34:35:32	113:46:27
Andrea Koolman, 41, CA	27:32:26	23:06:35	29:45:16	34:18:36	114:42:53
Henry Peck, 59, MD	28:49:34	26:21:12	29:16:20	32:55:31	117:22:37
Bryce Rhodes, 39, NV	28:27:07	27:23:22	29:17:54	32:33:29	117:41:52
Larry Pearson, 55, TX	28:14:46	26:09:00	29:05:29	34:35:32	118:04:47
Cal Mitchell, 55, ONT	28:04:48	27:49:08	29:06:24	33:26:42	118:27:02
James Holland, 40, TN	28:39:55	26:47:51	28:54:44	34:43:47	119:06:17
Berton Keith, 55, TX	29:46:15	27:38:10	29:08:15	32:42:17	119:14:57
Joan Hellman, 45, AZ	29:17:25	26:55:30	29:42:08	33:31:12	119:26:15
Deby Kumasaka, 52, WA	28:58:51	27:04:09	29:29:51	34:46:27	120:19:18
Dan Boyle, 52, CA	29:30:03	28:04:44	29:20:10	34:22:42	121:17:39
Jody Koehler, 45, TX	29:01:12	27:44:26	29:46:12	35:39:37	122:11:27

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. The Grand Slam consists of the four oldest 100 mile runs: Western States, Vermont, Leadville, and Wasatch. Ian Sharman holds the men’s record with 69:49:38. The women’s record is held by Ann Trason with 79:23:21.

Fuchs's time! McQuivey worked his way up into the top five at Lambs Canyon, where he was 16 minutes behind Fuchs, in fourth place. By Upper Big Water, McQuivey was in third place, and by Ant Knolls he was holding on to a solid second place into the finish. In fact, at Pole Line Pass until just before the finish (nearly six hours) Fuchs and McQuivey were together, arriving and departing each aid station, shoulder to shoulder. The third-place finisher was Nicholas Gaitan with a time of 22:01:26. Gaitan was consistently in third or fourth place throughout the race. By Pot Hollow, he was solidly in third place, and he stayed there until the finish.

The first-place female finisher was Darcy Piceu, who finished with a time of 23:15:25. Piceu was consistently in second place until reaching Rock Springs, where she moved into first. From there until the finish, Piceu held the lead position to finish first. This was Piceu's fourth Wasatch finish and the second time she has won the women's race.

In second place was Annie Rutledge, who finished with a time of 23:35:06. Rutledge also had a consistent run, initially holding third place to Rock Springs and then assuming second place from Pot Hollow to the finish. The third-place finisher among the women was Hannah Green with a time of 24:48:06. Green hammered out a great run, holding on to first place until Pole Line Pass, three-quarters of the way through the race. At Rock Springs, she was in second place, and by Pot Hollow, she was in third place, which she held to the finish.

This year, 19 runners qualified to become members of The Royal Order of the Crimson Cheetah in which runners must finish the Wasatch Front 100 Mile Endurance Run within 24 hours. Runners achieving this remarkable achievement are recognized at the award ceremony and receive the red coral belt buckle.

TEN TIME FINISHERS

The Wasatch Front 100 Mile Endurance Run awards a prestigious ring to 10-time finishers. This year two runners received the 10-times finishers ring:

- Dan Brenden, 33:46:52
- Alex Bennett, 35:13:20

It's important to note that both Brenden and Bennett tried for their tenth last year but didn't make it. Both succeeded in 2016. Congratulations on such great perseverance.

TWENTY TIME FINISHERS

Two runners completed their 20th finishes at Wasatch. This amazing accomplishment goes to:

- Tom Remkes, 32:37:19
- Max Bliss, 34:40:19



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UPCOMING RACES

<p>25 and 50 km</p>	<p>LITTLE LOST</p> <p>Register & Details: my.racewire.com/event/3952</p>	<p>1/14/17</p> <p>7:00 AM</p> <p>5295 US Hwy 441 SE Okeechobee, FL</p>
<p>118 MILE ENDURANCE RUN</p> <p>"how badly do you want it?"</p>	<p>LOST 118 MILER</p> <p>Register & Details: my.racewire.com/event/3807</p>	<p>2/11/17</p> <p>7:00 AM</p> <p>4276 US Hwy 441 S Okeechobee, FL</p>
<p>116 miles</p>	<p>CROSS FLORIDA ROUTE 40 ROMP</p> <p>Register & Details: my.racewire.com/event/3907</p>	<p>3/11/17</p> <p>7:30 AM</p> <p>6241 Harmony Lane Yankeetown, FL</p>

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THE SPIRIT OF THE WASATCH

The Spirit of the Wasatch is an award presented each year to honor that individual

whose actions reflect the high standards of the Wasatch Front 100 Mile Endurance Run. This year Dana Miller received the award for

his outstanding contribution to the race as a participant and volunteer. Over the years (30 years and 20 finishes) with grace and dignity he has participated as a runner with many first place finishes. Then, as the years passed, finishing as a Crimson Cheetah, then as a sub 30-hour finisher, and then as a finisher. Through all these years and acclamations, he is a consummate gentleman, never seeking attention, rather looking for ways to contribute to the race. His presence is always felt and appreciated as he serves as a volunteer, mentor and crew to runners. At the end of this year's post-race ceremonies, Dana was found to be quietly cleaning up the pavilion into the night, nearly the last to leave.

The committee was honored to present Dana Miller with The Spirit of the Wasatch award. 🏆

Near mile 46 heading down the ridge of Bald Mountain overlooking Little Dell Reservoir with Grandeur Peak and Mount Wire in the distance.

📷 Stephen Hjerstedt



Wasatch Front

Kaysville, UT // September 9

🏃 4,4* // 100 Miles

Elevation gain/loss: 26,882 feet / 26,131 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	Trevor Fuchs, 35, UT	21:13:58	49	Ryan Shurtleff, 38, UT	27:40:21	105	Zac Zimmerman, 38, UT	31:01:52	159	Cole Morley, 26, UT	33:42:45
2	Chris McQuivey, 35, AZ	21:14:01	50	Justin Popov, 33, OR	27:41:19	106	Brandon Sack, 31, WA	31:02:11	160	Jackie Achter, 37, UT	33:46:28
3	Nicholas Gaitan, 28, UT	22:01:26	51	Michael Moody, 38, UT	27:47:43	107	Hyperphil Lowry, 50, UT	31:10:04	161	Dan Brenden, 65, AZ	33:46:52
4	Matthew Van Horn, 45, UT	22:19:17	52	Jeff Davis, 34, TN	27:54:51	108	Andrew Poland, 30, CO	31:16:08	162	Ryan Anderson, 42, ID	33:47:00
5	Ryan Guldan, 33, CO	22:33:47	53	Christian Hampshire, 39, UT	28:08:34	109	Phil Sanderson, 48, CA	31:22:23	163	Ken Ward, 59, OR	33:50:22
6	Scott Shine, 33, CO	22:45:34	54	Taylor M Scalley, 42, UT	28:10:58	110	Mark Christopherson, 48, UT	31:23:19	164	Dan Kadmas, 48, UT	33:52:09
7	Joseph Taylor, 44, UT	23:05:57	55	Tyler Hall, 44, UT	28:13:07	111	David Whittekiend, 50, UT	31:26:42	165	Wai Law, 49, NY	33:53:34
8	Shane Hughes, 37, UT	23:07:07	56	Michael Campian, 34, UT	28:20:12	112	Matthew Teague, 22, CO	31:29:00	166	Rob Hansen, 42, UT	33:54:39
9	Luke Garten, 33, CA	23:07:20	57	Mark Tiedens, 47, CA	28:24:17	113	Scott Kunz, 34, TX	31:33:31	167	Ron Ely, 45, MD	33:57:18
10	Nathan Peters, 26, UT	23:09:38	58	Wendy Wheeler-Jacobs, 49, OR	28:25:39	114	Lauren Morin, 25, UT	31:38:18	168	Justin Brown, 42, UT	34:04:31
11	Robert Kain, 37, UT	23:12:11	59	Bryce Mildon, 36, UT	28:27:25	115	Pam Reed, 55, WY	31:38:52	169	Kathy Milligan, 53, UT	34:05:39
12	Darcy Piceu, 41, CO	23:15:25	60	Michael Bergquist, 44, UT	28:28:10	116	Stacey Pearson, 30, UT	31:49:02	170	Matthew Mouritsen, 52, UT	34:06:15
13	Daniel Gardiner, 31, UT	23:24:55	61	Chase McMillan, 35, UT	28:31:21	117	David Halbleib, 40, OR	31:50:09	171	Betsy Johnson, 40, UT	34:12:56
14	Brian Peterson, 34, UT	23:27:20	62	John Fitzgerald, 29, CO	28:31:45	118	Christian Sorensen, 40, UT	31:51:06	172	Ryan Shaw, 34, CA	34:15:22
15	Annie Rutledge, 36, NV	23:35:06	63	Keira McMahon, 41, CO	28:34:55	119	Raymond Mullenax, 50, ID	31:51:56	173	Rachel Kinney, 32, NM	34:17:13
16	Jared Campbell, 37, UT	23:39:11	64	Nathan Younger, 36, UT	28:35:08	120	Christopher Dempsey, 39, VA	32:01:30	174	Andrea Koolman, 41, CA	34:18:36
17	Jake Milligan, 33, MT	23:40:44	65	Isaac Erickson, 35, UT	28:37:00	121	Otto Lam, 42, NJ	32:01:30	175	Dave Martin, 59, UT	34:18:58
18	Erik Syrstad, 38, UT	23:46:06	66	Justin Anderson, 38, UT	28:37:19	122	Chris Erickson, 34, UT	32:03:27	176	Dave Briggs, 47, NV	34:19:15
19	Brian Harward, 42, UT	23:50:57	67	Joshua Landvatter, 32, UT	28:41:12	123	Clark E. Hirschi, 52, UT	32:04:05	177	Kip Schossow, 52, ID	34:22:21
20	Jadd Martinez, 34, CA	24:20:35	68	David Fuller, 51, UT	28:46:13	124	Katey Martin, 43, UT	32:08:12	178	Dan Boyle, 52, CA	34:22:42
21	Hannah Green, 25, CO	24:48:06	69	Chip Durooss, 39, UT	28:53:50	125	Joey Ryan, 37, SC	32:08:44	179	Jeffrey Holdaway, 57, VA	34:25:32
22	Alex Docta, 31, UT	25:12:14	70	Michael Shoup, 42, CA	29:02:15	126	Elizabeth Goossen, 29, UT	32:11:34	180	Lina McCain, 50, CA	34:29:35
23	Sky Grah, 26, UT	25:21:35	71	Carter Williams, 38, UT	29:03:15	127	Joseph Smith, 44, UT	32:12:30	181	Gary Wang, 48, CA	34:31:50
24	Chris Hauth, 46, CA	25:30:47	72	Steven J. Newman, 43, UT	29:06:16	128	Justin Petty, 44, UT	32:12:43	182	Anabel Pearson, 46, TX	34:35:32
25	Steve Frogley, 39, UT	25:43:52	73	Rick Grah, 29, CA	29:06:38	129	Ed Thomas, 57, SD	32:15:45	183	Larry Pearson, 55, TX	34:35:32
26	Craig Lloyd, 43, UT	25:55:07	74	Nikolay Anikevich, 33, WA	29:07:13	130	Jeffrey Bethers, 31, UT	32:18:00	184	Natalie Baldo, 45, AB	34:36:36
27	Mark Moran, 49, OR	25:57:19	75	Chris Shane, 36, WA	29:09:31	131	Dirk Manley, 46, CA	32:18:50	185	Chris Avery, 53, AZ	34:39:02
28	Kyle a Markisich, 32, UT	26:14:26	76	Di Wu, 33, CA	29:09:47	132	Obed Leduc, 37, UT	32:22:40	186	Max Bliss, 48, NY	34:40:19
29	John Evans, 53, UT	26:17:31	77	Mark Vogel, 43, WY	29:12:25	133	Justin Faul, 36, NC	32:23:39	187	Liz Koop, 40, CO	34:42:13
30	Ken Zemach, 47, CA	26:27:17	78	Jacob Anderson, 33, UT	29:17:23	134	Stanford Pete Petersen, 56, UT	32:24:54	188	Karen Helfrich, 49, UT	34:42:42
31	Cody Reeder, 45, UT	26:34:55	79	Rich McDonald, 40, UT	29:20:20	135	Deanna McLaughlin, 60, UT	32:27:57	189	James Holland, 40, TN	34:43:47
32	Amie Blackham, 37, UT	26:37:14	80	Jon Meikle, 37, UT	29:24:34	136	Jacob Buckner, 29, UT	32:32:40	190	Steve Ebert, 46, UT	34:45:12
33	Erik Nelson, 41, UT	26:38:46	81	Sean Bowman, 40, CA	29:30:10	137	Bryce Rhodes, 39, NV	32:33:29	191	Meghan Cogswell, 37, CO	34:45:35
34	Brian Hopton-Jones, 29, TX	26:39:43	82	Ian Golden, 39, NY	29:38:05	138	Tom Remkes, 54, UT	32:37:19	192	Deby Kumasaka, 52, WA	34:46:27
35	Jeffery Hart, 48, UT	26:39:54	83	Jason Brock, 40, UT	29:41:08	139	Constance Wannamaker, 43, TX	32:40:06	193	Michael Langford, 43, UT	34:46:35
36	Curt Bentley, 39, UT	26:41:39	84	Steven Gottfredson, 41, UT	29:42:10	140	Berton Keith, 55, TX	32:42:17	194	Jesse Vincent, 34, UT	34:50:04
37	Tommy Barlow, 36, UT	26:44:16	85	Aaron Jensen, 39, UT	29:43:53	141	Tom Morton, 39, MA	32:44:54	195	Adam Hall, 37, UT	34:51:04
38	Andrew Wellman, 39, CO	26:48:18	86	Tom Zoehrer, 44, CO	29:47:40	142	Andrea Risi, 44, CO	32:47:49	196	Ellen W Hatch, 29, NM	34:51:59
39	Zachary King, 30, CO	26:49:27	87	Christian Lewis, 38, UT	29:50:07	143	Justin Walker, 36, OK	32:51:42	197	Jim Skaggs, 57, UT	34:53:30
40	Josh Fuller, 28, WY	26:54:08	88	Alicia Perry, 41, UT	29:50:44	144	Henry Peck, 59, MD	32:55:31	198	Marci Pearson, 36, UT	34:53:44
41	Ian Farris, 34, UT	26:57:14	89	Leslie Semler, 35, MN	29:51:33	145	Todd Newman, 39, NV	32:55:55	199	Moir Flannery, 43, UT	34:54:21
42	Troy Allen, 31, OH	26:59:29	90	Jeremy Howard, 40, ME	29:55:33	146	Lincoln Weis, 47, GA	33:10:20	200	Alisha Strobel, 39, WY	34:55:28
43	Brayden Iwasaki, 34, UT	27:00:35	91	Shane Martin, 49, UT	29:56:47	147	Jill Bohney, 52, UT	33:17:59	201	Dan Ruch, 30, UT	34:57:04
44	Gary Davis, 42, UT	27:11:12	92	Scott Wesemann, 44, UT	29:57:04	148	Lance Pearce, 35, FL	33:18:50	202	Tony Christensen, 52, UT	34:59:24
45	Chad Pexton, 45, UT	27:25:48	93	Erin Clark, 39, UT	30:07:33	149	Carolyn Luckett, 49, UT	33:26:42	203	Ryan Grover, 37, UT	35:05:56
46	Matthew Johnson, 43, UT	27:29:25	94	Daniel Barnett, 53, UT	30:11:12	150	Cal Mitchell, 55, ON	33:26:42	204	Alex Bennett, 44, UT	35:13:20
47	Troy Frost, 50, OR	27:29:30	95	Benjamin Jensen, 33, UT	30:16:45	151	Andrew Barney, 43, UT	33:28:01	205	Danny McDowell, 40, UT	35:13:30
48	Jeremy Suwinski, 37, UT	27:29:39	96	Isaac Jackson, 36, UT	30:20:25	152	Vince Molosky, 37, FL	33:28:57	206	Jeffrey M. Conner, 35, NV	35:13:49
			97	Eric Wiesner, 33, UT	30:31:33	153	Courtney Foley, 40, UT	33:30:33	207	Erin Donnelly, 33, BC	35:18:57
			98	Robbie Asbell, 41, UT	30:34:21	154	Goy Hellman, 45, AZ	33:31:12	208	Shannon Scott, 28, NC	35:20:37
			99	Scott Wetzel, 41, UT	30:40:07	155	Juan Hardcastle, 48, UT	33:33:18	209	Colleen Ford, 54, UT	35:25:02
			100	Duane Reed, 39, UT	30:44:14	156	Marcia Rasmussen, 57, CA	33:33:38	210	Shalise Morgan, 41, UT	35:39:25
			101	Hannah Taylor, 37, CO	30:51:57	157	Gina Crosswhite, 44, WA	33:33:45	211	David Koehler, 45, TX	35:39:37
			102	John Maack, 55, UT	30:56:37	158	Bryan Toll, 55, OR	33:41:15	212	Jody G Foote, 53, CA	35:42:31
			103	Wayne McGilvery, 48, CA	30:59:42				213	Dawn Aoki, 59, UT	35:43:49
			104	Melanie Clayton, 43, UT	31:01:52						

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