

The Final Numbers on the Skagerberg-Campbell Race

The Sept. UR featured a detailed report on the transcontinental race held earlier this year between Marvin Skagerberg and Malcolm Campbell. It was a competition involving a lot of miles, a lot of time, and a lot of statistics. Since it was a historic run (in as much as it was America's first cross-country race in 56 years), I thought it might be useful to put all the individual stage results in UR, for posterity's sake.

Readers who may be dreaming of someday racing across the U.S. themselves may be particularly interested to see a chart breaking down such a large project into its smaller component parts. Simply scanning down the column giving the daily mileages done provides one with a sense of the race's scope. It was a trip with stops in many towns along the way, yet the travellers didn't get to settle down for long in any spot. It was an amazingly short time, in fact, before all the place names began blurring in the minds of those of us in a support capacity. Sometimes I couldn't remember where we'd been just 3 or 4 nights earlier, unless I actually checked back in our itinerary to find out.

Campbell and Skagerberg averaged 273 miles a week. The six rest days they had meant that they did about 6 1/2 runs each week. The longest stages tended to come early in the race, and consequently the days through the Mojave Desert were much the longest in time as well. Campbell's worst stage came on Day 2, when after more than 40 miles he had the worst leg cramps I've ever seen anyone suffer, and he had to take a long break before walking the last 20 miles. He lost that day by an hour and 45 minutes. Marvin had perhaps his roughest time the very next day when he got chilled at dusk in the desert and wobbled into Barstow more than 2 hours behind Malcolm. The slowest pace for each man came a little later, on Day 9, when they both took over 11

1/2 hours to trudge 41.6 miles from Glendale, Nevada, to near Beaver Dam, Arizona. By itself, that would not have been the toughest stage, but it came at a point when the guys had averaged 53 miles a day for the preceding week. Running a transcontinental means dealing with the stress of accumulated fatigue, and this was their low point in that regard.

There were a lot of variations to the runners' personal patterns, but Malcolm generally did better the longer a stage was. Fitting in with that trait was the fact that the Englishman was a bit steadier in his pace. A day-to-day graph of Marvin's performance would show a little more in the way of jagged peaks and valleys. He was fastest in the end, though, when it counted the most.

Although the first two weeks usually saw the guys proceeding at a tempo of under 5 MPH, the last time either of them was that slow was on Day 29 when they had to crest the Continental Divide, going over Loveland Pass at 12,000 feet elevation. Their average speed to that point was 4.88 MPH.

After that, however, the rest of the way was technically downhill to the Atlantic. Their average was a sprightly 5.89 MPH over these last 2325 miles. Sort of an extended kick, you might say! As he approached the finish on many days, Malcolm would often ask for confirmation that he was hitting close to 6 MPH on a particular stage. On hearing that he was, he'd usually express satisfaction, commenting that 6 MPH is a good pace to hold in a 3500-mile race, no matter what your opponent is doing. It was a comment I fully agreed with. It's hard to do a lot better than that when you're logging over 40 miles day after day.

Nevertheless, after more than 3000 miles, both men unveiled their swiftest running in the unexpected mad dash across Pennsylvania. Despite the often hilly ter-

rain from Pittsburgh to Princeton, New Jersey, Campbell averaged 6.34 MPH during that stretch. Unfortunately for him, though, that's where Skagerberg earned the overall victory by doing 6.60 MPH to win this crucial segment.

A few notes to go with the chart: The stages did not always start or finish in a town, so the places listed in the chart are sometimes merely the nearest settlement to the day's stopping point. Meanwhile, the rest days (and the short mileage days that appear on the list occasionally) were built into the schedule for PR purposes, for planned dinners or the like. (For instance, the skimpy 11 mile jaunt on May 9th was a safety valve allowing for changes in case we hit heavy snows in the high Rockies and were forced to make course adjustments.)

The pace for Skagerberg is deceptively low on June 28th. That's the disastrous day he got lost for 90 minutes. Marvin was also the only one who got a late start. I was usually pretty firm about beginning the watches at 7 AM each morning, and Marvin lost a total of 14 minutes by missing the start by 3-6 minutes on 3 occasions.

It sounds like I was cruelly hard on Skagerberg (what with not waiting for him on those days, and failing to keep him from getting lost in Pittsburgh), yet he must have liked having me around as the official anyway. The only time I was gone was when I took off to run the H.C. Rogers 165-miler in West Virginia. Oddly, Marvin lost all 5 stages (by a hefty total of 2:44:04) while Dan Brannen was replacing me. Apparently, just as in other sports, sometimes the referee can make a big difference!

Finally, there's one oddity concerning Malcolm that is worth a perplexed shake of the head. He was the only competitor who went for a training run at any time during the race - following a short stage one day when there was than two weeks left in the race, Campbell actually went out in the late afternoon and did a 6-mile practice run....

Blimey!

Nick Marshall

ALS Lou Gehrig Race For Life

Day Date	Start	Finish	Total Miles	Stage Mileage	Stage times		Pace in MPH		Stage winner and margin	Stages won		Overall leader
					Campbell	Skagerberg	C	S		C - S	& margin	
1--Wed. April 10	Anaheim, CA	Chino	22.3	22	3:11:18	3:17:51	6.99	6.76	C 6:33	1-0	C	6:33
2--Thur. Apr. 11	Chino	Hesperia	64.1	86	16:53:19	15:08:19	3.80	4.23	S 1:45:00	1-1	S	1:38:27
3--Fri. Apr. 12	Hesperia	Barstow	50.5	136	11:51:33	13:55:17	4.26	3.63	C 2:03:44	2-1	C	25:17
4--Sat. Apr. 13	Barstow	Ludlow	46.7	183	11:36:04	10:37:14	4.03	4.40	S 58:50	2-2	S	33:33
5--Sun. Apr. 14	Ludlow	Kelso	55.5	239	13:02:00	13:54:21	4.26	3.99	C 52:21	3-2	C	18:48
6--Mon. Apr. 15	Kelso	Nipton	53.9	293	12:07:04	13:54:19	4.45	3.88	C 1:47:15	4-2	C	2:06:03
7--Tues. Apr. 16	Nipton, CA	Las Vegas, NV	51.0	344	10:54:19	10:15:31	4.67	4.97	S 38:48	4-3	C	1:27:15
8--Wed. Apr. 17	Las Vegas	Glendale	51.4	395	11:08:21	13:10:32	4.61	3.90	C 2:02:11	5-3	C	3:29:26
9--Thur. Apr. 18	Glendale, NV	Beaver Dam, AZ	41.6	437	11:31:37	11:42:17	3.61	3.55	C 10:40	6-3	C	3:40:06
10--Fri. Apr. 19	Beaver Dam, AZ	Hurricane, UT	37.4	474	7:43:08	7:16:18	4.84	5.14	S 26:50	6-4	C	3:13:16
11--Sat. Apr. 20	Hurricane	Cedar City	44.2	518	8:39:38	8:59:10	5.10	4.92	C 19:32	7-4	C	3:32:48
12--Sun. Apr. 21	Cedar City	Beaver	51.1	569	10:04:54	9:45:54	5.07	5.23	S 19:00	7-5	C	3:13:48
13--Mon. Apr. 22	Beaver	Meadow	47.9	617	9:33:33	9:51:50	5.01	4.86	C 18:17	8-5	C	3:32:05

14--Tue. Apr. 23	Meadow	Yuba Lake	43.9	661	9:17:44	8:07:39	4.72	5.40	S	1:10:05	8- 6	C	2:22:00
15--Wed. Apr. 24	Yuba Lake	Payson	48.7	710	8:56:35	9:38:31	5.46	5.05	C	41:56	9- 6	C	3:03:56
16--Thur. Apr. 25	Payson	Bluffdale	44.5	754	8:51:15	8:20:26	5.03	5.33	S	30:49	9- 7	C	2:33:07
17--Fri. Apr. 26	Bluffdale	Salt Lake City	23.2	777	4:17:21	3:41:01	5.41	6.30	S	36:20	9- 8	C	1:56:47
18--Sat. Apr. 27	*** Rest day ***												
19--Sun. Apr. 28	Salt Lake City	Heber City	43.4	821	9:20:59	7:53:22	4.64	5.50	S	1:27:37	9- 9	C	29:10
20--Mon. Apr. 29	Heber City	Current Creek	41.4	862	7:42:37	7:45:10	5.37	5.34	C	2:33	10- 9	C	31:43
21--Tue. Apr. 30	Current Creek	Myton	46.7	909	8:36:17	7:47:45	5.43	5.99	S	48:32	10-10	S	16:49
22--Wed. May 1	Myton	Vernal	39.6	949	7:04:05	7:07:30	5.60	5.56	C	3:25	11-10	S	13:24
23--Thur. May 2	Vernal, UT	Dinosaur, CO	33.5	982	5:35:59	5:14:20	5.98	6.39	S	21:39	11-11	S	35:03
24--Fri. May 3	Dinosaur	Maybell	56.8	1039	9:47:43	10:33:57	5.80	5.38	C	46:14	12-11	C	11:11
25--Sat. May 4	Maybell	Craig	30.2	1069	5:15:16	4:36:01	5.75	6.57	S	39:15	12-12	S	28:04
26--Sun. May 5	Craig	Steamboat Sprgs.	42.6	1112	7:27:31	6:52:11	5.71	6.20	S	35:20	12-13	S	1:03:24
27--Mon. May 6	Steamboat Spngs.	Kremmling	52.3	1164	9:21:28	9:37:49	5.59	5.43	C	16:21	13-13	S	47:03
28--Tue. May 7	Kremmling	Silverthorne	37.4	1201	7:10:44	6:29:16	5.21	5.76	S	41:28	13-14	S	1:28:31
29--Wed. May 8	Silverthorne	Georgetown	32.3	1234	6:28:02	6:30:32	4.99	4.96	C	2:30	14-14	S	1:26:01
30--Thur. May 9	Georgetown	Idaho Springs	11.0	1245	1:37:24	1:23:32	6.78	7.90	S	13:52	14-15	S	1:39:53
31--Fri. May 10	Idaho Springs	Denver	34.5	1279	5:40:01	5:13:01	6.09	6.61	S	27:00	14-16	S	2:06:53
32--Sat. May 11	Denver	Strasburg	34.9	1314	5:45:48	5:37:05	6.06	6.21	S	8:43	14-17	S	2:15:36
33--Sun. May 12	Strasburg	Lindon	50.4	1364	8:37:15	9:25:16	5.85	5.35	C	48:21	15-17	S	1:27:15
34--Mon. May 13	*** Rest day ***												
35--Tue. May 14	Lindon	Joes	41.5	1406	6:39:51	6:30:58	6.23	6.37	S	8:53	15-18	S	1:36:08
36--Wed. May 15	Joes, CO	St. Francis, KS	52.1	1458	8:47:12	9:08:48	5.93	5.69	C	21:36	16-18	S	1:14:32
37--Thur. May 16	St. Francis	Atwood	40.6	1499	7:07:15	6:44:45	5.70	6.02	S	22:30	16-19	S	1:37:02
38--Fri. May 17	Atwood	Norcatator	45.8	1544	7:56:48	8:36:18	5.76	5.32	C	39:30	17-19	S	57:32
39--Sat. May 18	Norcatator	Phillipsburg	47.9	1592	8:27:16	7:52:59	5.67	6.08	S	34:17	17-20	S	1:31:49
40--Sun. May 19	Phillipsburg	Lebanon	41.2	1633	7:31:12	7:10:08	5.48	5.75	S	21:04	17-21	S	1:52:53
41--Mon. May 20	Lebanon	Belleville	49.4	1682	8:28:37	8:51:11	5.83	5.58	C	22:34	18-21	S	1:30:19
42--Tue. May 21	Belleville	Idana	50.9	1733	8:57:50	9:46:01	5.68	5.21	C	48:11	19-21	S	42:08
43--Wed. May 22	Idana	Manhattan	47.8	1781	8:06:43	8:52:19	5.89	5.39	C	45:36	20-21	C	3:28
44--Thur. May 23	Manhattan	Topeka	49.5	1830	9:02:59	9:02:08	5.47	5.48	S	:51	20-22	C	2:37
45--Fri. May 24	Topeka	Lawrence	30.4	1861	5:06:34	5:10:42	5.95	5.87	C	4:18	21-22	C	6:45
46--Sat. May 25	Lawrence	Kansas City	37.1	1898	6:14:48	5:44:31	5.94	6.46	S	30:17	21-23	S	23:32
47--Sun. May 26	*** Rest day ***												
48--Mon. May 27	Kansas City, KS	Pittsville, MO	45.9	1944	7:21:31	7:43:20	6.24	5.94	C	21:49	22-23	S	1:43
49--Tue. May 28	Pittsville	Sedalia	43.8	1987	6:59:18	6:52:26	6.27	6.37	S	6:52	22-24	S	8:35
50--Wed. May 29	Sedalia	Centertown	47.2	2035	8:26:20	8:26:31	5.59	5.59	C	:11	23-24	S	8:24
51--Thur. May 30	Centertown	Linn	35.3	2070	6:30:27	6:08:40	5.42	5.75	S	21:47	23-25	S	30:11
52--Fri. May 31	Linn	Beaufort	45.9	2116	8:33:02	8:33:02	5.37	5.37	C	:05	24-25	S	30:06
53--Sat. June 1	Beaufort	Eureka	35.4	2151	6:04:01	5:45:29	5.83	6.15	S	18:32	24-26	S	48:38
54--Sun. June 2	Eureka	St. Louis	26.2	2177	4:38:03	4:03:56	5.65	6.44	S	34:07	24-27	S	1:22:45
55--Mon. June 3	*** Rest day ***												
56--Tue. June 4	St. Louis, MO	Pocahontas, IL	40.5	2218	7:21:55	7:10:14	5.50	5.65	S	11:41	24-28	S	1:34:26
57--Wed. June 5	Pocahontas	St. Elmo	42.7	2261	7:15:15	7:29:31	5.89	5.70	C	14:16	25-28	S	1:20:10
58--Thur. June 6	St. Elmo	Greenup	41.0	2302	7:33:48	6:44:27	5.42	6.08	S	49:21	25-29	S	2:09:31
59--Fri. June 7	Greenup, IL	Terre Haute, IN	43.9	2345	8:01:07	8:00:03	5.47	5.49	S	1:04	25-30	S	2:10:35
60--Sat. June 8	Terre Haute	Belleville	51.7	2397	9:32:14	9:14:26	5.42	5.59	S	17:48	25-31	S	2:28:23
61--Sun. June 9	Belleville	Indianapolis	18.0	2415	2:52:27	2:39:02	6.26	6.79	S	13:25	25-32	S	2:41:48
62--Mon. June 10	Indianapolis	Lafayette	55.3	2470	9:23:03	9:29:14	5.89	5.83	C	6:11	26-32	S	2:35:37
63--Tue. June 11	Lafayette	Kentland	49.1	2520	9:11:56	9:34:03	5.34	5.13	C	22:07	27-32	S	2:13:30
64--Wed. June 12	Kentland	Lowell	35.0	2555	6:43:07	6:45:01	5.21	5.19	C	1:54	28-32	S	2:11:36
65--Thur. June 13	Lowell, IN	Chicago, IL	27.0	2582	4:14:21	3:59:48	6.37	6.76	S	14:33	28-33	S	2:26:09
66--Fri. June 14	Chicago, IL	Michiana, MI	46.2	2628	7:51:17	8:11:20	5.88	5.64	C	20:03	29-33	S	2:06:06
67--Sat. June 15	Michiana	Hartford	48.5	2676	7:40:59	8:10:34	6.31	5.93	C	29:35	30-33	S	1:36:31
68--Sun. June 16	Hartford	Battle Creek	55.1	2731	10:08:18	10:08:36	5.43	5.43	C	:18	31-33	S	1:36:13
69--Mon. June 17	Battle Creek	Jackson	42.6	2774	7:16:11	8:39:09	5.86	4.92	C	1:22:58	32-33	S	13:15
70--Tue. June 18	Jackson	Ypsilanti	44.1	2818	7:28:55	8:20:22	5.89	5.29	C	51:27	33-33	C	38:12
71--Wed. June 19	Ypsilanti	Dearborn	28.8	2847	4:56:20	4:56:20	5.83	5.83	C	:00	34-33	C	38:12
72--Thur. June 20	*** Rest day ***												
73--Fri. June 21	Dearborn, MI	Toledo, OH	48.1	2895	8:09:29	8:18:29	5.90	5.79	C	9:00	35-33	C	47:12
74--Sat. June 22	Toledo	Fremont	37.3	2932	6:01:11	6:21:50	6.20	5.86	C	20:39	36-33	C	1:07:51
75--Sun. June 23	Fremont	Kipton	47.2	2979	8:03:28	7:33:38	5.86	6.24	S	29:50	36-34	C	38:01
76--Mon. June 24	Kipton	Parma	34.0	3013	5:47:06	5:43:26	5.88	5.94	S	3:40	36-35	C	34:21
77--Tue. June 25	*** Rest day ***												
78--Wed. June 26	Parma	Edinburg	46.3	3060	6:53:04	7:06:22	6.73	6.52	C	13:18	37-35	C	47:39
79--Thur. June 27	Edinburg, OH	Fallston, PA	52.5	3112	8:05:43	7:58:24	6.49	6.58	S	7:19	37-36	C	40:20
80--Fri. June 28	Fallston	Pittsburgh	34.0	3146	5:17:25	6:41:49	6.43	5.08	C	1:24:24	38-36	C	2:04:44
81--Sat. June 29	Pittsburgh	Greensburg	27.3	3174	4:09:50	3:56:50	6.55	6.92	S	13:00	38-37	C	1:51:44
82--Sun. June 30	Greensburg	Ligonier	20.2	3194	2:53:19	2:40:58	6.99	7.53	S	12:21	38-38	C	1:39:23
83--Mon. July 1	Ligonier	Everett	53.6	3247	8:47:24	8:43:19	6.10	6.15	S	4:05	38-39	C	1:35:18
84--Tue. July 2	Everett	McConnellsburg	26.7	3274	4:14:25	3:54:44	6.30	6.83	S	19:41	38-40	C	1:15:37
85--Wed. July 3	McConnellsburg	Gettysburg	45.8	3320	7:22:28	7:00:04	6.21	6.54	S	22:24	38-41	C	53:13
86--Thur. July 4	Gettysburg	Lancaster	52.9	3373	8:10:15	8:01:49	6.47	6.59	S	8:26	38-42	C	44:47
87--Fri. July 5	Lancaster	Exton	38.0	3411	6:07:11	5:50:45	6.21	6.50	S	16:26	38-43	C	28:21
88--Sat. July 6	Exton	Philadelphia	29.9	3441	4:29:04	4:11:43	6.69	7.13	S	17:21	38-44	C	11:00
89--Sun. July 7	Philadelphia,PA	Princeton, NJ	38.1	3479	6:05:23	5:43:51	6.26	6.65	S	21:32	38-45	S	10:32
90--Mon. July 8	Princeton	Morristown	37.0	3516	5:58:37	5:52:41	6.19	6.29	S	5:56	38-46	S	16:28
91--Tue. July 9	Morristown, NJ	New York, NY	37.8	3554	6:13:25	6:13:53	6.07	6.07	C	:28	39-46	S	16:00
92--Wed. July 10	New York	New York	5.8	3559	53:26	53:26	6.51	6.51	-	tie	39-46-1	S	16:00

final standings: 1. Marvin Skagerberg, 47, United States; total time---647:08:05; pace per mile---10:54.44; average speed---5.501 MPH
2. Malcolm Campbell, 50, Great Britain; total time---647:24:05; pace per mile---10:54.71; average speed---5.499 MPH