

22. Rich Czarnowski	45	744
23. Christopher Frank	44	0
24. Wilfredo Rios	43	1340
25. Jerry Grabel	42	1320
26. <u>Eustratia Kourounis</u>	40	1092
27. Kevin Wizbicki	37	0
28. Richard Lulin	33	0
29. Nat Cirulnick	22	0

I guess we were owed the great weather that we had for the event this year — blue skies and just a little too much sun — especially after the torrential storms that we had during the first 12 hours last year!

We had a couple of real exciting events: a new event record of 134 miles 83 yards in the 24-hour by Nobuaki Koyago, and a tentative U.S. age-group record for men 60–64 in the 12-hour by Bob Messersmith with 67 miles 895 yards (pending USA T&F ratification). Bob came all the way from California to try and break the record! I'm pretty sure that the enormous number of volunteers cheering helped.

I think that this year's event was the best so far. Money was raised for the Jason Michaels Educational Fund (the race is in memory of Jason's dad, Joe Michaels). Jason was born with spina bifida, and any money that we can raise is a big help to him and his family.

This is a great event for someone looking to try their first ultra. It's held on an all-weather track, lots of food and beverages are supplied, lapcounters are responsible for just two runners each, and there are lots of enthusiastic volunteers around to help out.

This event could not be successful without the great volunteers from the Plainview-Old Bethpage Road Runners Club. Over 170 of them turned out to lend their support along with a few from other local running clubs and a brief visit from New York's one and only Richie Innamorato of the Broadway Ultra Society.

Mindy Lerner

Wichita Ultra 12 Hour

Wichita, Kansas May 22, 1993
1.0-mile loop, flat, certified
(with 50-mi splits)

1. Raul Flores, 37(6:37:08)	74.0 mi
2. Phil Hengen, 48, OH(7:43:01)	72.5
3. Scott Demaree, 42(7:03:15)	72.0
4. Randy Albrecht, 37(7:25:27)	70.0
5. John Zerger, 30(8:22:24)	66.0
6. Ted Zerger, 57(8:58:29)	64.0
7. Jim Perry, 44, OK(9:05:57)	61.0
8. James Bailey, 59, GA(9:34:27)	60.5
9. <u>J. J. Magness</u> , 32(10:26:48)	50.0
Jim Fuhr, 46(11:30:56)	50.0
11. Steve Strodt, 41	40.0
12. Clark Ensz, 45	31.1
Marc Friesen, 18	31.1
Fred Nagelschmidt, 69, CA	31.1
Jack Brown, 46	31.1
Lawrence Kenny, 35	31.1
Richard Golden, 46	31.1
17 starters	

When we set the date for the first ever

ultra in Wichita, we knew it had the potential to be hot and humid. As it turned out we didn't see the sun until late in the day so the temperature never got out of the mid-60s. However, the air was saturated and we even had intermittent light rain for several hours. Most of the runners agreed we were fairly lucky.

This was to be my return to ultras after three years off to build a business. I was hoping for 85 miles if the weather cooperated and 75 minimum.

Unfortunately, reality struck at about 44 miles as I trailed Raul Flores by about a mile and a half. It came in the form of minor leg cramps which gradually escalated to the worst cramping episode I have ever experienced. I slowed to a walk/jog routine, and actually managed to work my way back into a one-plus mile lead by 63 miles as Raul took an extended walk break himself. But in my 64th mile both my legs seized up at the same time and only a very slow, careful walk allowed me to continue. By that time

Raul had started running again so the issue was decided.

My main concern at this point was whether I could stay ahead of Randy Albrecht, who had been trailing me by about two miles for several hours. But Randy was having too much trouble of his own to move up.

However, steadily and quietly, Phil Hengen was piling on the miles, and passed me very near the 12-hour mark to take second. Phil's progress forced Raul, who had stopped just past 11 hours to complete one more lap to ensure victory.

Several local runners were attempting their first ultra, drawn by special shirts to be awarded for reaching 50 km, 50 miles, or 100 km. J. J. Magness battled blisters both in training and the race to complete 50 miles in her first try. Marc Friesen had never run farther than 13 miles in his life.

We're planning the second edition of this event to be bigger and better next April.

Scott Demaree

Cherns, Cunningham Top Field at Sri Chinmoy Seven-Day

Warm sunny weather greeted a field of 19 runners in the sixth annual Sri Chinmoy Seven Day Race. This was the first short multi-day held on the new one-mile loop at Wards Island Park, just a stone's throw from Manhattan. Last year the course was inaugurated by the Ultra Trio, races lasting go-as-you-please for 19 days. This year's Seven had returning race record holders Charlie Eidel and Suprabha Beckjord as part of a slightly older group. Carl Stelman from Red Hook, N. Y., and Ed Fishman from Hawaii, both multi-day novices, led the over-60 set, which also included trail runner Dan Baglione. For the ladies, local phenomenon Ruth Greher and the great Barbara McLeod from Canada were on hand, hoping to catch breezes from the swifter Dipali Cunningham and the five-time winner Beckjord.

The heat of the first day did not hamper the game plan of local favorite Trishul Cherns, the transplanted Canadian who is a fixture at nearly every ultra race in the area. Cherns, claiming the Seven was just a training run for the monster 2,700 to be held in the fall, will never back down if he's in good shape. He knocked off an easy 103 miles the first day, keeping clear of Charlie's 90 and the surprising fitness of Baltimore's Bruce Holtman. Suprabha and Barbara got out quickly for the ladies, but Dipali Cunningham was running the smoothest of all.

Day Two is when the race starts to separate. This time, the women hung close to the top men. Trishul began to establish a solid lead with his sleep deprivation tactics. Charlie had decided to give chase, but then

his knees and feet started to betray him. Faced with five and a half more days of the same, he turned in the towel and bade a quiet goodbye. A lackluster winter of training can ground any high hopes of survival. Training is easily remembered by the body and lungs; fitness can be the elusive linchpin to a multi-day spiral. Men's second place was secured by Bob Evinger, a position he never relinquished thereafter.

Suprabha has been in the multi-day wars for a long time. She has developed into one of the world's best at distances that scare the average ultrarunner. In this race she was faced with the challenge from the other women as well as the men. Barbara McLeod, who has never done very well in warmer weather, showed great staying power and closed within ten miles of the lead. Dipali, the speedster from Australia, has been developing her skills at the longer races. Her experience and skill, plus a very consistent training program of high mileage and fast-paced runs, paid off. By four days, it was apparent that Dipali's speed would triumph over Suprabha's steely determination. With thirteen hours left to the race, Dipali finally overtook the champion, who lay drained with fatigue in her tent.

In the men's race, Cherns easily withstood any challenge from Bob Evinger. By Day Four the lead was nearly 30 miles and Trishul was almost impossible to catch. Meanwhile, the trailrunners Fishman and Baglione were finding life past 30 hours almost appealing, and Carl Stelman was having a great time, shin splints and all. Most of the runners were having a good