

the 50-km, ran with his father in a "go as you please" manner.

Within hours of finishing, as they lounged about in the dining area of the upscale Queen's Landing Hotel and felt the cooling breezes wafting up from the marina on the Niagara River below, the 103 tired finishers' thoughts gradually turned from regrets about slow times and painful finishes to more anticipatory and optimistic hopes for the next race. See you all then.

Niagara Ultras

Niagara, Ontario June 27, 1998
Roads

100 km

1. Victor Hickey,41	8:03:00
2. Ryne Melcher,19	9:27:30
3. Bob Gracie,50,PA	9:34:29
4. <u>Bonita Neglia</u> ,48	9:53:55
5. Les Michalak,47	10:08:47
6. Tony Martin,34	10:14:48
7. Claude LeTourneau,51,PQ	10:16:39
8. <u>Karin Westfahl</u> ,51	10:28:23
9. <u>Ghislain Beaulieu</u> ,54,PQ	10:30:31
10. Rob Apple,36,OH	10:39:37
11. Bruce Purdy,41,MI	10:44:13
12. Serge Samson,47,PQ	11:08:16
13. Fred Davis,50,OH	11:15:36
14. Kazue Shinno,31,NY	11:20:16
15. Luc Thibodeau,46,PQ	11:22:54
16. Charles Upshall,53	11:23:37
17. John Sacco,45	11:46:37
18. <u>Kelly Rintoul</u> ,17	12:21:49
19. Howard Parker,48	12:25:18
20. Frank Philippe,31	12:29:49
21. Fred Jepson,48	12:35:53
22. <u>Caroline Nestor</u> ,29	12:54:35
23. Jim Moses,63	13:03:04
24. <u>Monica Scholz</u> ,31	13:09:44
25. Esmond Mah,48	13:42:26
26. Bruce Hilton,60	14:00:27
27. Art Scammell,39	14:11:21
28. Joe Harrison,54	14:16:13
Jack Judge,47	14:16:13
30. Richard Lulin,50,PQ	not given
34 starters	

50 km

1. Brian Teason,37,FL	3:12:26!
2. <u>Cathy Kuenehan</u> ,28	4:01:59
3. Michael Schiavone,42,NY	4:02:21
4. Akio Shinno,35,NY	4:04:43
5. <u>Deanna Lindsay</u> ,39	4:06:21
6. John Snyder,43	4:20:42
7. <u>Stephanie Grahame</u> ,26	4:21:18
8. Mark Rosasco,39,MD	4:27:43
9. Paul Hufmann,47,MA	4:28:10
10. Ian Ross,52	4:33:59
11. John Caouette,36	4:42:31
12. Bob McCluskey,50	4:47:59
13. Jeff Redovtey,36,MI	4:54:32
14. <u>Carole Rosasco</u> ,39,MD	4:56:24
15. Bill Mallett,53	4:57:18
16. Ross Inglis,28	5:00:56
17. Tim Krug,54,PA	5:05:10
18. Nabil Khairallah	5:15:30
19. <u>Beth Garver</u> ,NY	5:15:51
20. Kurt Reffle,44	5:21:17

21. Gord Duncan,51	5:21:34
22. Anton Struntz,43,MD	5:22:30
23. Patrick Hyde,41,NY	5:23:54
24. George Mende,56	5:30:37
25. Grant Campbell,39	5:31:49
26. William Broomfield,55,NY	5:31:51
27. <u>Marie Moncrieffe</u> ,36	5:32:52
28. <u>Marg Potter</u> ,60	5:32:53
29. Andrew MacLeod,50	5:33:56
30. <u>Bernice Goy</u> ,54	5:37:40
31. Tom Dembinski,49,OH	5:49:09
32. Randy Hargest,34	5:52:35
33. Wayne Bailey,48	5:54:17
34. Brian Elwood,57	6:10:35
35. <u>Jan Monyak</u> ,40,VA	6:11:47
36. Mike Monyak,39	6:11:48
37. David Goodsell,46,NY	6:16:10
38. <u>Cheri Clifford</u> ,37,OH	6:39:10
39. Robert Clifford,45,OH	6:39:11
40. Gene Turnipseed,65,WI	6:41:16
41. <u>Karen Hundley</u> ,56,WI	6:41:17
42. Ed Alexander,53	6:55:17
43. Donald Lang,63,CA	6:56:59
44. Art Weaver,47	7:01:18
<u>Kerri Weaver</u> ,44	7:01:18
46. <u>Lynn Friedman</u> ,43,TX	7:02:57
47. Lawrence Friedman,61,TX	7:02:58
48. <u>Dian Pleet</u> ,51	7:04:14
49. Alan Steggle,59,OH	7:14:30
50. Jess Heroux,52	7:41:29
51. Don McNelly,77,NY	7:46:10
52. <u>Rachel Vaughan</u> ,44	7:46:11
53. <u>Sharon Kerson</u> ,56,CA	7:47:20
54. <u>Valerie Millar</u> ,42	7:50:08
55. Norm Frank,67,NY	7:50:40
56. Taylor Harthun,9	7:59:27
57. Gord Harthun,43	7:59:28
58. Jim Reeve,55,MI	8:10:56
59. Rick Marlowe,45,OH	8:11:08
60. Hunter Goin,68,IN	10:46:38
61 starters	

50 miles

1. Steve Webster,44,MI	6:17:24
2. <u>Daniele Cheriak</u> ,36,NY	6:29:12!
3. Lou D'Angelo,36,PA	7:21:52
4. Doug Barber,51	7:37:15
5. Ed Mark,37	7:52:24
6. John Hawkins,37	8:19:10
7. <u>Sandra Bocock Powell</u> ,41,VA	8:31:16
8. Fred Brooks,45	9:06:56
9. Egor Egan,40,NS	9:24:40
10. Vincent Croce,54,NY	9:45:44
11. <u>Ruta Mazelis</u> ,39,OH	10:29:23
12. <u>Aimee Runge</u> ,32	10:31:30
13. <u>Helen Malmberg</u> ,52	10:44:44
14 starters	

Kansas UltraRunners' Society 24 Hour Ultra Marathon

Wichita, Kansas

April 25, 1998

	miles
1. David Dinkel,49	81.42
2. Phil Sheridan,41	76.51
3. Dennis Haig,38	57.68
4. Tony Bridwell,32,OK	55.42
5. Arland Wallace,45	52.48
6. <u>Janice Harms</u> ,38	51.99

7. David Seres,27,TX	50.03
Earl Blewett,33,OK	50.03
<u>Jeannie McDaniel</u> ,49,OK	50.03
10. Craig McIlvain,48	48.56
11. <u>Jodee d'Avignon</u> ,51,OK	40.22

As with all of our other events, such as previous year's 24/48 and Flat Rock 50 Km, there was plenty of good natured entertainment provided by R.D. Eric Steele and the merry band of KUS pranksters, as well as plenty of good vittles provided by the Stone Soup Kitchen. There were scattered groups of children playing throughout the camp area and spouses of the runners and some of the runners, themselves, involved in various discussion groups, lining the sides of the course near the lapcounting table. There was music, there was a dog—and there was Dave Dinkel.

Although we had a somewhat smaller field of entrants this year than what we are used to, we were ecstatic to see a handful of other familiar faces to our events, including Phil "Skippy" Sheridan, Dennis "I'm on my way to Leadville" Haig and Earl "Does anyone have a thermometer?" Blewett. Aside from all of the KUS regulars in attendance, we saw runners enter from three different states this year to round out the field of participants to eleven.

Mother Nature was kind to us again, despite some of the forecasts given for weekend rain late Friday night. Other than a few clouds that appeared late Saturday and hung around until finish time Sunday, the event was unblemished by moisture. The wind and heat, however, weren't as enjoyable as the blue sky.

Temperatures peaked Saturday afternoon in the high 80s, 15 degrees above the average for that time of year. With a hot southern wind in the face of the runners, it wasn't long before we heard all about it. One by one paces slowed, water bottles were filled, and we began looking for more salt tablets. By mid-afternoon it was obvious that the heat was a problem.

Jodee d'Avignon was the first to clock out at the 40.22-mile mark and was followed not long after by Craig McIlvain with 48.56. Mother and son team Jeanie McDaniel and David Seres both logged 50 before politely saying that they had seen enough. Pulling over at the 50.03-mile mark with Jeanie and David was Earl Blewett, who had graciously bestowed upon us some zesty little cheese snacks all the way from Canada. Janice Harms and Arland Wallace turned in their coat checks at 51.99 and 52.48, respectively. Tony Bridwell separated from the course with 55.42 leaving Dennis, Phil and Dave Dinkel to fight it out.

Sometime after dark, hours after all of the playgroups had dispersed and the conversations had become hushed, Dennis Haig signed off, peaking this year with 57.68 miles. Just behind him was our "Flat Rock Guru," Skippy Sheridan who, with

sights on Old Dominion in the near future cried "uncle" with 76.51. That left only Dave "Blue Flame" Dinkel to wrestle the night and the ever growing chance that this could indeed be his year—it was.

On the anniversary of his seventh straight KUS event, Dave Dinkel wound up alone on the course by 8:00 a.m. Sunday morning to finish hobbling with 81.42 miles in 24 hours. Dinkel, who kept a steady Clydesdale pace in contrast to Phil Sheridan's quarterhorse-like strides, had a remarkably strong finish, sharing smiles with everyone when he was told there was still time left for another lap. After seven KUS events and a constant show of support for the organization, Dave won one for the ripper. He was one of our first registered members and has continued to be among the most dedicated. He deserved this one and we salute him!

Although our numbers weren't huge this year, there was still a lot of work put into this event, and none of this would have been possible without the help of many unselfish people who donated at least part of their weekend to the cause. So, piles and piles of thanks go out to Stacy Sheridan, Anne Friesen, Chad "Wicki" Flint, Mike and Marge Hickman, MaShona Steele, the families and spouses of all of the runners and Camp Hiawatha. Most of all, we'd like to thank all of the participants for spending their weekend with us. See you in September at The Rock!

Eric Sharpe

Mile High Ultra Challenge 6-12-24 Hour Trail Run

Littleton, Colo. June 6, 1998
Dirt roads, 4-mile loop

24 hour	miles
1. <u>Barb Marquer</u> , 42, WY	122.25
2. Jeff Berino, 40	117.06
3. Dale Perry, 41	100.05
4. Dana Roueche, 41	100.01
5. Ray Nyce, 47	96.05
6. Kevin O'Neill, 41, UT	93.29
7. <u>Terri Taraska</u> , 34	93.18
8. John Hobbs, 53	93.06
9. Ken Eielson, 49	89.06
10. Scott Snyder, 43	80.00
11. <u>Jeanie Grooms</u> , 42	64.00
12. <u>Jode Sprague</u> , 39	56.00
Marshall Ulrich, 46	56.00
14. <u>Laurel Meyers</u> , 43	48.00
15. Bob Fulkerson, 43	44.00
16. Joe Hunter, 53	28.00

12 hour	miles
1. Randall Dunn, 43	66.14
2. Dennis Werth, 56	64.00
3. David Huber, 47	61.71
4. Christopher Barnes, 30	57.16
5. <u>Molly Barnes</u> , 28	54.18
6. Bob Whitney, 45	41.41

7. Matthias Schoeck, 28, WY	38.08
8. Steve Vanderhoof, 40	35.39
John Bosco, 39	35.39
10. <u>Barbie Kelly</u> , 38	34.96
11. Kevin Deckard, 35, WY	34.66
12. Doug Foos, 41	32.77
13. Seth Hunter, 17	32.52
14. <u>JoAnn Beine</u> , 42	32.06
15. Dick Huff, 38	31.61
16. <u>Ashley Johnson</u> , 14	28.18
17. <u>Sue Wood</u> , 38	28.01
18. <u>Jenni Roueche</u> , 13	25.72
19. <u>Sarah Bronfenbrenner</u> , 23, WY	24.01
20. Joe Campbell, 52	24.00

The fifth edition of Colorado's Mile High Ultra Challenge came to a successful conclusion on Sunday, June 7 after 24 hours of racing at Chatfield State Park. The Ultra Challenge saw many athletes shatter their personal bests. In addition, many were suitably humbled by the mind-numbing nature of a 24-hour at mile high altitude.

The Mile High Ultra Challenge has perhaps the most unique format in the world of 24-hour racing. The course is neither on the road nor the track, but on a four-mile circuit of lovely dirt road extending two miles out and two miles back. Undulating hills that are at first a pleasant diversion from the flats become monsters after the opening laps. Still, the course is fast.

Of all the competitors, Barb Marquer went home with the most miles, 122.25. This total places her in the all-time top 20 North American women who have ever taken on a "round the clock" run. More amazing was the fact that this was her first 24-hour. With more experience and the confidence that this run must have given her, who knows what she will do at the National 24-Hour Championships later this year?

Marquer was challenged early on by speedsters Marshall Ulrich of Badwater 146 fame and Jeff Berino, a race hardened veteran with a fistful of 100-mile belt buckles. Ulrich and Berino ran in their own world, content that it was only they who would compete for victory this day. Certainly no neophyte, especially a woman, could challenge them over the "king of distances," the 24 hour.

Early leaders Ulrich and Berino did in fact dominate the race for the first 50 kilometers. However, their early speed began to fade soon thereafter. Marquer, like a finely tuned ultra machine, kept closing in with an assault by inches and an unwavering succession of 36-minute laps. At 50 miles, Ulrich still led with a split of 7:25. Berino hit 50 in 7:48 with Marquer just steps behind. Marquer then boldly made her move, passing Berino, who then shut his engine down. By 52 miles Marquer had a 12-minute lead on Berino! Ulrich watched his lead dwindle between mile 52 through 56. At mile 56 he sat down. He was in the classic "ultra-funk." Was he a victim of the distance and a too-fast early pace? Or, as

many will cynically contend, was he quitting before the lead woman passed him?

Whatever the reason, Ulrich did not resume the race. He sat and watched his full lap lead over Marquer disintegrate in the next 36 minutes. Ulrich, once the definition of "I'll never quit. I'll run until I put my face into the pavement" philosophy of ultrarunning, was now reduced to a sorry mess of a man who could not deal with the prospect of 15 more hours of competition. Grabbing his gear, he headed home vowing to never run an ultra again.

Marquer forged on, lap after lap, unrelenting and unafraid of the hours remaining. Her private aid table was strewn with bottles of Metabolol and Cytomax that she guzzled with the glee of a sailor pounding down brews on shore leave. She pushed through 100-km in a personal best of 9:51 and did not flinch. Berino trailed at 100-km by 20 minutes. Was it over? Knowledgeable fans knew that with 14 hours remaining, anything could happen and probably would. Marquer was inexperienced; Berino ultra experienced. How long could she last?

The answer seemed clear as she opened a lead of almost an hour over Berino by 72 miles and maintained it through 92 miles. Then, the tide began to slowly, imperceptibly turn. Marquer had a horrid spell from 92 to 96 miles. Berino sensed blood. While Marquer went through 100 miles in 18:25—her first 100—Berino went through in 19:00. He had cut her lead to just 35 minutes in just eight miles! Was this the end for Marquer?

Five hours to go. Who would tough it out—Berino or Marquer? Both Marquer and Berino kept the lap from 100 to 104 miles at an hour even. Then, from mile 104 to 108 Berino surged with a 54-minute lap to Marquer's 60. Berino had chopped off another six minutes. At 108 miles he was within 29 minutes of the leader, with three hours of racing yet to go.

That would be the closest Berino got. On lap 28, from 108 to 112 miles, he slowed dramatically, covering the lap in one hour and 16 minutes to Marquer's one hour and three minutes. Had his engine exploded? Had his will been broken? Or, was he simply saving himself for Western States three weeks hence? Regardless, Marquer forged on through her final three laps with ever increasing speed. Her last three four-mile laps were all done in less than an hour. Smiling, undaunted by the distance, she triumphed with one of the greatest performances at altitude by a North American woman: 122.25 miles in 24 hours at a "Mile High."

The Rocky Mountain region has waited many years for a new 24-hour female contender to emerge. The last was Randi Bromka of Aspen, Colorado, who put an outstanding 138-mile 24-hour on the record books. Will Marquer continue to improve? Will she crack 130 miles or better on a sea-level course? Time will tell.

Scott Weber (R.D.)