

Metropolitan 50 Mile Still Going Strong at 35

by Rich Innamorato, R.D.

The Metropolitan 50 Mile has been searching for a new home—or its old home. This former Central Park ultra has been a nomad lately. Last year, the event was held at Alley Pond Park; this year it was Forest Park. Despite the road show, the event still carried on and celebrated its 35th running, thanks to the Metropolitan ultra community and the Broadway Ultra Society (BUS), who have become the current custodians of the event.

The 2007 race featured 60 starters in damp weather conditions. The route was demanding, with a three-mile circuit on rolling terrain. The 50-km “race within a race” is named after Kurt Steiner, a longtime official of New York Road Runners (NYRR) and a lovable character. The first to reach that mark was declared the winner.

Byron Lane has been the metropolitan area ultra star of the decade. He has won a score of ultras, and also has copped five consecutive New York Ultra Running (NYUR) Grand Prix titles. Byron won the 50-mile in 2006 and appeared to be defending his championship. He grabbed the lead at 25 miles and won the Kurt Steiner 50 Km in 3:51:11. Phil McCarthy was just 47 seconds behind.

Byron and Phil have gone head to head several times in the past, with Byron usually emerging victorious with a late race surge. But Phil seemed to acquire an upgrade in stamina by completing two 24-hour runs last fall, including a third-place finish at the U.S. championship in Texas. Phil took the lead back at 34 miles and kept pushing the pace. But Byron was still hot on his trail. The margin was just mere seconds at first, then a minute and then two minutes. Byron made one last kick at 46 miles, but this time Phil had an answer. Phil won the 50-mile in a personal best of 6:17:49. One hundred-thirty seconds later, Byron arrived, also with a personal best. Ryutaro Hirai, winner of the Johnny’s Eight Hour Run last summer, finished third in 6:49:01.

The women’s race was a tale of two runners: the young promising starlet and a veteran of many ultra treks. The 50-km division was no contest as Anna Fyodorova easily won by more than a half-hour in 4:06:48 clocking. Anna, just 25 from Brooklyn, ran the distance 11 minutes

faster a month before to surprisingly to win the U.S. 50-Km championship. Emmy Stocker from Connecticut placed second in 4:39:49, followed by Gail Marino in 4:48:16.

Alicja Barahona won the 50-mile in 8:26:29, finishing almost 20 minutes ahead of Hanna Ben-Shoan. Alicja has previously won countless times on the Met scene, but lately has become a “trek extraordinaire.” Her adventurous resume included the 240-km Marathon Des Sables, the 350-mile Iditasport in Alaska, winning the 145-mile Grand Union Canal in England, and winning a 555-Km in Niger. With such credentials, a 50-miler can be considered a virtual sprint.

Another highlight of the day that was almost half the field completed the 50-mile distance. It reminded me of those heralded days at Central Park in the 80s, when people from all over use to flock to run the Met. The objective is still to return to Central Park, but more important, to return in general for its 36th edition.

Metropolitan 50 Mile and Kurt Steiner 50 Km

New York, New York

April 1

Road loop

50 Miles

1. Phil McCarthy, 38	6:17:49
2. Byron Lane, 39	6:19:59
3. Ryutaro Hirai, 48	6:49:01
4. Tim Henderson, 37	7:10:57
5. Andrei Aroneanu, 52, NJ	7:11:18
6. Ray Krolewicz, 51, SC	7:39:36
7. Steve Escaler, 30	7:54:01
8. Bob Oberkehr, 52, NJ	8:05:20
9. Tom Triumph, 49, NJ	8:18:15
10. Frank Deleo, 54	8:22:06
11. Alicja Barahona, 53	8:26:29
12. Frank Pellegrino, 52	8:27:41
13. Jay Lustgarten, 46, RI	8:34:14
14. Hanna Ben-Shoan, 46, NJ	8:46:00
15. Rob Leder, 36, CT	8:53:05
16. Tim Ryan, 63	9:10:12
17. Harry Morales, 44	9:10:40
18. Admas Beliligne, 54	9:21:28
19. Al Prawda, 60	9:25:33
20. Lydia Redding, 52, NJ	9:27:02
21. Ruth Liebowitz, 65	9:32:40
22. Roger Byrom, 49	9:34:06
23. Bob Falk, 63	9:41:15
24. Alexander Stoichkov, 54, NJ	10:42:40
25. Steve Veliz, 33	10:52:36
26. Bruce Kacen, 59	11:13:40
27. Ojars Stikis, 71, NJ	11:31:50
28. Sam Soccoli, 75	11:33:40

50 Km

1. Byron Lane, 39	3:51:11
2. Phil McCarthy, 38	3:51:58
3. Chis Rice, 33	3:53:55
4. Anna Fyodorova, 25	4:06:48
5. Ryutaro Hirai, 48	4:07:56
6. Tim Henderson, 37	4:20:01
7. Andrei Aroneanu, NJ, 52	4:20:20
8. Ray Krolewicz, SC, 51	4:21:57
9. Dennis Hopkins, Jr., 27	4:33:01

10. Frank Colella, 44	4:34:24
11. Tom Kavanaugh, 46	4:37:02
12. Emmy Stocker, CT, 48	4:39:49
13. Steve Escaler, 30	4:45:52
14. Bob Oberkehr, NJ, 52	4:47:10
15. Gail Marino, 45	4:48:16
16. Spencer Ellis, 36	4:48:17
17. Robert Villani, 48	4:53:04
18. Jay Lustgarten, RI, 46	4:54:31
19. Michell Goodman, 30	4:55:50
20. Grant Mckeown, 58	5:02:15
21. Frank Deleo, 54	5:02:23
22. Alicja Barahona, 53	5:05:42
23. Hanna Ben-Shoan, NJ, 46	5:06:35
24. Tom Triumph, NJ, 49	5:07:17
25. Frank Pellegrino, 52	5:08:30
26. Nick Palazzo, 60	5:10:29
27. Larry Lewis, 49	5:16:03
Charles Olson, 41	5:16:03
Willie Williams, 46	5:16:03
30. David Amsterdam, 44	5:16:18
31. Michael Martin, 60	5:17:42
32. Rob Leder, CT, 36	5:25:00
33. Gilbert Gjersvik, 43	5:25:13
34. Al Prawda, 60	5:30:43
35. Helma Clavin, 63	5:31:03
36. Tim Ryan, 63	5:32:55
37. Chuck Ferrando, 33	5:36:37
38. Barbara Sorrell, 49	5:38:24
39. Lydia Redding, NJ, 52	5:38:26
40. Harry Morales, 44	5:39:41
41. Admas Beliligne, 54	5:40:19
42. Ruth Liebowitz, 65	5:40:57
43. Roger Byrom, 49	5:45:20
44. Bob Falk, 63	5:47:40
45. Don Han, 45	6:11:36
46. Alexander Stoichkov, NJ, 54	6:18:05
47. Trishul Cherns, 50	6:18:15
48. Steve Veliz, 33	6:30:40
49. Pat Delaney, 68	6:41:38
50. Ojars Stikis, NJ, 71	6:46:15
51. Bruce Kacen, 59	6:56:30
52. Sam Soccoli, 75	7:01:21
53. Douglas Bartocci, 45	7:45:13
54. Michael Dorovitsine, 48	8:08:02
55. Paul Davis, CT, 62	8:14:54
56. Michael Morrin, CT, 70	8:23:04

Freestate 100 Km and 40 Mile

Lawrence, Kansas

April 28

Trails

100 Km

1. Kyle Amos, 31	10:02:34
2. Phil Sheridan, 50	10:16:50
3. Tammy Stone, 46, CO	10:59:03
4. Gary Henry, 50	13:06:13
5. Chris Corbin, 29, OK	13:10:35
6. Patrick Perry, 42, MO	13:12:13
7. Gabe Bevan, 34, MO	13:54:35
8. Gregory Burger, 40	15:05:55
9. Steve Hughes, 58, IL	16:01:50
10. Charles Stroud, 63, MO	17:43:54
11. Kelvin Riley, 45	17:46:55

40 Miles

1. Michael Adams, 36	5:54:22
2. Alex Luedtke, 22, NE	6:12:43
3. Richard Stigall, 39	7:05:17
4. Lee Dougherty, 57, IL	8:10:03
5. Deanna Stoppler, 28, MO	8:15:18
6. Michael McKenna, 36, IL	8:17:55
7. Deb Johnson, 47	8:38:01

8. Lance Calvert, 36	8:56:26
9. John King, 34, MO	8:59:52
10. Josh McCain, 35, MO	9:00:40
11. Willie Lambert, 44	9:23:30
12. <u>Rachele Kugel</u> , 41, IA	9:26:49
13. Eric Williams, 25, MO	9:29:40
14. Wes Brown, 24	9:29:42
15. Phil Wright, 63, CA	10:50:20
16. Timothy Bowers, 43, MN	10:12:50
17. Steve Lower, 56	10:48:00
18. Ken Saveth, 47, OK	11:07:10

Dropped from 100 km to 40 Miles

Cody Jones, 22	8:15:17
<u>Gina Sheets</u> , 38, IN	10:06:10

A Winning Day at BPAC Six Hour

by Peggy Hillery, R.D.

The Buffalo Philharmonic Athletic Club Six-Hour Distance Classic was held this year under the direction of new race directors Sue Devlin and Peggy Hillery. What a beautiful day for these new directors to get their feet wet (metaphorically) in race directing. Sunny, with a cool breeze and a high of 61 degrees F met the 50 men and 20 women runners at the start for their 3.25-mile loops around the traffic-free Amherst Bike Path.

Paul Aufschlager, 43, started out as the leader of a pack of four male runners. Close behind were 48-year-old Ed Housel, 41-year-old Andrew Rice, and 44-year-old Brian Murray. A little shuffling of the runners on the second lap dropped Aufschlager to second behind Housel, followed by Murray and Rice. This configuration remained in effect for the next three laps, until between miles 16.25 and 19.5, when Murray began to make his move. First to be picked off was second-place Aufschlager, leaving Housel in the lead by one minute over Murray, followed by Aufschlager and Rice. Housel surged and built up his lead over Murray to two minutes on the next lap. On lap eight, going into mile 26, Murray turned on the jets and made up time; Housel had only a 25-second lead, and the nearest competitor was now eight minutes behind the leaders. Murray continued pounding out the miles and by the end of lap nine had not only passed Housel, but gained the lead by a considerable three minutes. Murray continued until there wasn't a second left on the race clock and finished victoriously with a course record of 45.18 miles. Housel was second with 42.25 miles.

The women's race was a different story. The entire race was between Becky Harman and Katie Stettler. Smiling, determined, and helping one another, these

two remarkable runners ran together for the entire six hours. Both finished strong and pumped out 41.71 miles. They were winners of the race, of their age groups, and for showing a great example to first-timers, just how unique ultrarunners are. It was heard at the end of the race, one girl said to the other, "We did good today." Yes, they did. Fantastic teamwork aided both women and their total miles mirrored that fact. Their nearest competitor was more than three miles behind. Thanks to our sponsors, Hammer Nutrition and Runner's Roost, and to the runners for a very enjoyable day.

BPAC Six Hour

Buffalo, New York

April 29

Road loop

1. Brian Murray, 44	45.18
2. Ed Housel, 48	42.25
3. Todd Baum, 49	42.25
4. <u>Rebecca Harman</u> , 37	41.71
<u>Katherine Stettler</u> , 42	41.71
6. Tracy Fournier, 32	39.00
7. <u>Lorrie Tily</u> , 46	38.62
8. Paul Aufschlager, 43	38.61
9. Jerome Wojnicki, 37	38.55
10. Andrew Rice, 41	35.75
Joseph Reynolds, 62	35.75
12. Tim Siragusa, 39	35.30
13. John Pepke, 41	35.14
14. James Miner, 58	34.96
15. Dave Weiss, 58	34.72
16. Brian Hooker, 27	34.27
17. Matt Duell, 37	33.58
18. Kenneth Rowe, 48	33.46
19. Joseph Mash, 18	32.50
<u>Christine Reynolds</u> , 37	32.50
Philip Lee Clark, 33	32.50
Donny Andreas, 40	32.50
Guy Robson, 47	32.50
David Goodsell, 55	32.50
Tom Perry, 62	32.50
26. Andrew Carney, 38	31.97
27. <u>Lori Bauza</u> , 49	30.79
28. David Johnson, 24	29.25
Carl Pegels, 74	29.25
John Fuhrman, 59	29.25
31. Daniel Lesch, 32	28.87
32. Richard Sanders, 57	27.18
33. Scott Perrapato, 51	26.00
<u>Tiffany Breniser</u> , 35	26.00
Chris Ankrum, 39	26.00
<u>Jane Jontz</u> , 46	26.00
PJ Peterman, 55	26.00

Fat Ass 50 Km Pittsburgh

Pittsburgh, Pennsylvania

April 21

Road loop

1. <u>Val Kunkle</u>	4:30
2. Jeff Gleason	4:30
3. Tom Neff	4:33
4. Scott Finnell	4:39
5. Dave Syiek	4:42
6. Steve Miller	5:05
7. John Edleman	5:10
8. Andy K	5:10

Fat Ass North Carolina

King, North Carolina

January 20

Hilly Country Roads

50 Km

1. Ray Krolewicz, 51, SC	4:28:55!
2. Scot Hayward, 43	4:49:01
3. Tom Gabell, 44	4:50:29
4. John Teague, 46	5:16:39
5. Jeff McGonnell, 46	5:21:35
6. Bill Keane, 62	5:43:32
7. Mark Long, 48	5:43:36
8. Alex Morton, 57, SC	6:55:15

50 Miles

1. Bill Johncock, 42	8:22:28
2. Tyler Peek, 41	8:59:20
3. Robert Crosby, 48, SC	11:46:25

Double Chubb 50 Km

St. Louis, Missouri

April 21

Trails

1. Tom Whalen, 41	3:46:23!
2. David Pokorny, 39	3:52:30
3. Joel Lammers, 44, WI	3:58:50
4. Rick Mann, 39, IL	4:16:06
5. David Scott, 46	4:32:16
6. <u>Christine Crawford</u> , 37, WI	4:32:37
7. <u>Becky Leahy</u> , 33	4:48:26
8. Rob Hills, 41	4:48:29
9. Don Frichtl, 50, IL	4:55:00
10. Mark Evans, 51, OH	4:58:51
11. Stuart Johnson, 47	5:02:37
12. Robert Edwards, 41	5:04:11
13. Jerry Frost, 51	5:08:49
14. Jeff Neumann, 44	5:09:51
15. <u>Renee VanHorn</u> , 38	5:10:58
16. <u>Deanna Stoppler</u> , 28	5:13:56
17. Tony Kramer, 60	5:16:05
18. Mike Fitzgerald, 38	5:18:52
19. Carey Smith, 33	5:29:52
20. <u>Gwen Heist-Hall</u> , 40	5:33:00
21. James Mercer, 37	5:40:58
22. Brad Martini, 44, IL	5:42:37
23. David Donald, 40	5:45:17
24. Jeremy Klein, 31, NE	5:55:58
25. Matt Tilley, 39	5:57:59
26. Ken DeBeer, 56	5:59:01
27. <u>Angela Fusello</u> , 28	5:59:31
28. Jeff Wells, 48	6:00:07
29. Greg Murdick, 30	6:08:03
30. Mark Stolzer, 51	6:26:58
31. Jim Huss, 44	6:34:40
<u>Noelle Morgan-Chilcoat</u> , 35	6:34:40
33. John Sieving, 42	6:38:50
34. Al Maiuro, 62	6:43:46
35. <u>Mary Giese</u> , 47	6:50:39
36. Jeremy Bolt, 37	7:01:43
37. <u>Sara Kniffen</u> , 32	7:02:14
38. Ray Brown, 56	7:06:05
39. John Quick, 49	7:19:36
40. <u>Carol Izadi</u> , 48	7:21:24
41. Russell Searight, 51	7:22:01
42. <u>Unknown Runner</u> , TN	7:27:09
<u>Raz Estridge</u> , 53, TN	7:27:09
44. Charlie Stroud, 63	7:27:13
45. Lee Hess, 57	7:33:29
46. Alan Tucker, 43	7:35:37
47. Carl Phillips, 57	7:40:39
48. Pete Friesen, 42	7:44:09
49. Dan Dalton, 40	7:44:11
50. Bob Kramer, 49	7:47:42
51. Rob Apple, 45, TN	7:52:18