

RACING AND ROMANCE

by Geoffrey Donovan

Mike Burke, a fixture at Oregon ultras, recently retired (from work, not running) and he's been using his extra free time to dream up new races. His first offering for 2009 was a six-hour run in Portland's Pier Park, which is tucked away in an infrequently-visited part of the city. Despite its low profile, the park has a beautiful one-mile loop, 90 percent of which is through a large stand of Douglas fir.

I had my own reasons for being drawn to Pier Park. When I first met my wife, she lived less than five minutes from the park, and I have fond memories of walking through the park

with her and my dog in the first doe-eyed phase of our relationship. So a combination of romantic nostalgia and a 25-minute drive made it an appealing way to start the racing season.

At 8:00 a.m., a group of 20 (17 in the six-hour and three in the three-hour) toed the line. The morning was cool and foggy, but the forecast called for a high of 53 degrees and sunshine later in the day, which is close to miraculous for western Oregon in February. The course was half-dirt and half-paved with a few small hills. As the day wore on, the hills became more in-

trusive, but any course that you share with baby strollers isn't that tough.

I hadn't raced since September, so my sense of pace was a bit rusty. However, the early going felt easy, and after the first lap I disconcertingly found myself in the lead, so I eased up a bit and ran comfortably for the next couple of hours. Just as I finished my 15th lap, I was caught by Pam Smith. Olga Varlamova, who was manning the start/finish area, was gleeful, and she shouted "Geoffrey's getting chicked!" The sun finally burned through the fog, and at 36 miles, Pam lapped me. ■

PIER PARK 6-HOUR PORTLAND, OREGON | FEBRUARY 8 1.01-MILE PARTLY PAVED LOOP

- | | |
|---------------------|----|
| 1. Pam Smith | 42 |
| 2. Geoffrey Donovan | 41 |

- | | |
|-------------------|----|
| 3. Dave Stevenson | 39 |
| 4. Joe Lee | 39 |
| 5. Cary Miller | 38 |
| 6. Ben Blessing | 37 |
| 7. Steve W. | 36 |
| 8. Benjamin Chan | 36 |
| 9. Steve Barrick | 34 |

- | | |
|---------------------------|----|
| 10. Lori Jensen | 33 |
| 11. Scott Glazer | 32 |
| 12. Jamie Gilbert | 32 |
| 13. Mercedes Watson | 31 |
| 14. Del Scharffenberg, 63 | 31 |

TOO MUCH FUN

by Ben Holmes, RD

The fifth annual Psycho Wyco Run Toto Run went way too smoothly, and was way too much fun. Year after year, our veteran Trail Nerd volunteers and awesome aid stations make it happen that way. As always, the challenging course and Mother Nature did their best to try to screw up an otherwise perfect day. The night before the run, a thin patina of snow and ice was sugar-coated onto the rocky and root-infested course. And in some sections of the course, this thin, slick crust barely covered some deep and very cold mud. Add to that the constant barrage of rolling hills, with some at over a 25-percent grade,

and you have all of the ingredients to make your average ultra-newbie think that they've bitten off more than they can chew. It always shows in the results. This year, out of 122 starters in the 50 km, there were only 77 finishers. One of those ultra-newbies would bite the course back, though. A 34-year-old Nebraskan by the name of Ivan Marsh bit back hard. He won the darn thing in a second-best record time of 4:22:31. Ivan put a sizeable lead on the rest of the field from the start, and never looked back. Local Trail Nerd, Rick Mayo, finished in second place in 4:41:18. Rick commented

after the race, "what planet is that guy[Ivan] from?" Matthew Becker was in second place for 20 miles, but had a tough time toward the end of his race and finished third overall, in 4:49:40. In the women's race, three local Trail Nerdettes took the top three honors. Katie Spaeth ran to an unopposed first place finish, in a time of 6:14:25. Masters runner, Jonette Killmar bagged second in 6:51:26. Samantha Kevern, in her first-ever ultra, took third in just over 7:00 and said, "this honestly was the most fun, most challenging, and most rewarding race I've ever done." ■

PSYCHO WYCO RUN TOTO RUN 50 KM | KANSAS CITY, KANSAS FEBRUARY 14 | TRAILS

- | | |
|-------------------------|---------|
| 1. Ivan Marsh, 34 | 4:22:31 |
| 2. Rick Mayo, 33 | 4:41:18 |
| 3. Matthew Becker, 34 | 4:49:41 |
| 4. Andy Emerson, 40 | 5:00:54 |
| 5. Todd Nott, 44 | 5:02:26 |
| 6. David Wakefield, 34 | 5:09:07 |
| 7. Nathan Sloniker, 17 | 5:27:44 |
| 8. Jim Kleveter, 36 | 5:31:02 |
| 9. Travis Liles, 30 | 5:36:26 |
| 10. John Ramsay, 25 | 5:36:26 |
| 11. John King, 36 | 5:42:06 |
| 12. Joe Winch, 52 | 5:47:13 |
| 13. Josh Pool, 28 | 5:48:08 |
| 14. Jon Hemphill, 27 | 5:52:20 |
| 15. Daryl Hultquist, 39 | 5:52:50 |
| 16. Dennis Shriver, 33 | 5:55:19 |
| 17. Scott Giddings, 39 | 5:57:19 |
| 18. Mike Prentice, 26 | 6:01:21 |
| 19. Rick Hoopes, 54 | 6:02:16 |
| 20. Craig Duhn, 33 | 6:02:55 |
| 21. Katie Spaeth, 27 | 6:14:26 |
| 22. Dave Krishock, 49 | 6:14:28 |
| 23. Mark Koester, 28 | 6:21:56 |

- | | |
|-------------------------|---------|
| 24. David Cowan, 31 | 6:23:55 |
| 25. Matt Foresman, 53 | 6:27:33 |
| 26. Sean Finnie, 27 | 6:28:34 |
| 27. Tom Hanley, 39 | 6:30:52 |
| 28. Steve Plumb, 38 | 6:32:19 |
| 29. Ken Plumb, 56 | 6:32:19 |
| 30. Larry Long, Jr., 40 | 6:46:17 |
| 31. David French, 40 | 6:46:31 |
| 32. Chad Wooderson, 34 | 6:47:11 |
| 33. Adam Clapper, 34 | 6:48:23 |
| 34. Jonette Killmar, 42 | 6:51:26 |
| 35. Garrett Parker, 17 | 6:54:58 |
| 36. Jeff Crouch, 31 | 6:55:45 |
| 37. Brad Bishop, 23 | 6:56:58 |
| 38. Samantha Kevern, 27 | 7:04:43 |
| 39. Joel Sartwell, 49 | 7:04:57 |
| 40. Dale Nielsen, 49 | 7:06:36 |
| 41. Allen Smelser, 56 | 7:07:07 |
| 42. John Kevern, 27 | 7:14:25 |
| 43. Mark Newman, 56 | 7:16:00 |
| 44. Travis Spears, 32 | 7:16:27 |
| 45. Emily Horn, 31 | 7:17:09 |
| 46. David Dawson, 34 | 7:17:20 |
| 47. John Maynard, 46 | 7:18:53 |
| 48. Marty Borchardt, 47 | 7:20:50 |
| 49. Terry Rider, 53 | 7:21:40 |
| 50. Jeremy Bolt, 38 | 7:24:11 |
| 51. Paul Grinvalds, 50 | 7:25:12 |

- | | |
|---------------------------------|---------|
| 52. Beth Seufferer, 38 | 7:25:17 |
| 53. Willie Lambert, 46 | 7:25:38 |
| 54. Pat Robinson, 45 | 7:26:27 |
| 55. Laurie Euler, 26 | 7:28:15 |
| 56. Steven Benz, 38 | 7:32:58 |
| 57. Derick Shackelford, 30 | 7:39:54 |
| 58. Jay Mooney, 33 | 7:46:19 |
| 59. Alex Riggs, 30 | 7:46:29 |
| 60. David Liss, 41 | 7:51:15 |
| 61. Henry Enlow, 42 | 7:52:15 |
| 62. Gregg Mrkvicka, 43 | 7:58:30 |
| 63. Amanda Scholz, 33 | 8:05:44 |
| 64. Bob Murphy, 50 | 8:08:11 |
| 65. Sara Kniffen, 34 | 8:09:00 |
| 66. Greg Corns, 43 | 8:09:18 |
| 67. Dan Hatcher, 48 | 8:09:39 |
| 68. Glenn Richey, 56 | 8:12:40 |
| 69. Wayne Nelson, 42 | 8:12:40 |
| 70. Jeff Hughes, 41 | 8:26:08 |
| 71. Bill Gray, 42 | 8:43:52 |
| 72. Chris Hoffman, 42 | 8:43:53 |
| 73. Greta Southall, 34 | 8:47:20 |
| 74. Mike Westermeier, 51 | 8:48:27 |
| 75. Les Martisko, 64 | 8:59:51 |
| 76. Courtney Lewis, 31 | 9:33:30 |
| 77. Bobbi Aschwanden-Thomas, 42 | 9:33:38 |