

## Review and ranking of 34 100-mile courses

During my running career thus far (2004-2017), I have started 99 100-milers on 34 different courses including several fixed-time race courses where I reached 100 miles. In all, as of 2017 I've finished 89 races of at least 100 miles. I thought it would be interesting to average my finish times on each course and sort them from slowest to fastest. The resulting list is sorted roughly from toughest course to easiest for me. Others may sort this list differently, perhaps because they have more or less difficulty with heat, cold, climbs, or altitude. This is MY ordered list. I'm not analyzing finish rate, or how fast the winners finish, I'm analyzing how tough they are to me personally as an older guy and the features of a course that make them tough for me. No, I haven't attempted Barkley or Hardrock yet so they aren't in the list. For each, I'll give a brief review of the course.



### 1. Mogollon Monster



Average time	Finishes	Best Time	Place
35:11:00	1	35:11:00	19th

Mogollon Monster 100 runs below and on top of the Mogollon Rim in central Arizona. The Mogollon Rim rises about 2,000 feet for a span of 200 miles across Arizona and into New Mexico. The course runs on sections of the Highline Trail shared by the very tough Zane Grey 50-mile race. I've run and finished Zane Grey 50 four times and after that fourth time vowed that I wouldn't return because it hammers me. But I was up for a tough challenge. I believe this was the toughest 100-mile course I have run. The distance is actually 106 miles raising the toughness factor. The climbs were grueling. During the night I experienced hypothermia and during the day heat exhaustion. But I pulled out of it and finished. The toughest part was the last ten miles. At about mile 95 there is the worst gut-wrenching climb followed by the roughest, nastiest, rocky, long descent. The finishing rate was only about 50%.

**2. Plain**



Average time	Finishes	Best Time	Place
32:01:30	2	31:45:00	5th

The Plain 100 is one of the toughest 100-mile races in the country, in the Cascade Mountains of Washington. It is very tough for these reasons: 1. The race is actually about 106 miles. 2. There are no course markings. Racers must use maps, directions, and navigation skills. 3. There are no aid stations, it is a self-supported race. 4. The trail conditions can be very challenging because of dust that permeates shoes and socks. 5. There are three massive climbs (and descents) of nearly 5,000 feet and a total of 21,000 feet elevation gain. 6. Usually it gets pretty hot. 7. It has had a very high DNF rate. Before I ran it there were only 18 finishes in the first nine years of the race, a stunning 15% success rate. The course consists of mostly well-maintained single-track motorcycle trails. There are also some stretches of dirt road and one 3-mile section of pavement. The care put into the motorcycle trails by a biking club is impressive. Switchbacks are reinforced with a lattice of concrete covered with dirt. There are many miles of V-shaped trails which are tough on the feet and legs. Most runners do not finish in their first attempt. I was the very first runner to finish twice in my first two attempts. I love the challenging course and the adventure running format.

**3. H.U.R.T**

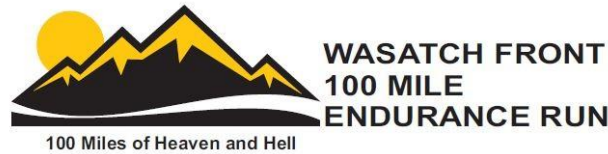


Average time	Finishes	Best Time	Place
DNF mile 73	0	67.5 – 22:53	25th

H.U.R.T. 100 is held in Hawaii, above Waikiki. I ran this race very early in my ultrarunning career and was in over my head. I didn't finish this race. The course is a 20-mile loop, with out-and-backs to two of the three aid stations. Between each aid station would be a serious mountain climb and descent. So each loop would have three difficult climbs. For 100 miles, you need to complete five loops. There are roots. Not just a root or two, but hundreds in a just a short stretch of trail. They looked like a spider web covering the trail. When I made the mistake of stepping on a root, my foot would always slip. I kept making the same mistake until my brain finally got the message: "Don't step on the roots." The strategy was to dodge the roots, step in-between them. Stepping on rocks was also a dangerous exercise. They were almost as slippery

as the roots. Avoiding mud was a silly strategy and I quickly concluded not to worry about the mud. For most of the course you are buried in the tropic forest but the beauty is outstanding. This is a very difficult course because it is tough to get in a good running rhythm.

#### 4. Wasatch Front



Average time	Finishes	Best Time	Place
30:39:14	4	28:28:47	48th

The Wasatch Front 100 in Utah is well-known, one of the four races in the Grand Slam of ultrarunning. The race is a hometown course, typical of the rugged trails in the Wasatch Mountains. I know the trails well but have not yet had a good race at Wasatch. It normally gets pretty hot in the afternoon which affects me poorly and by nightfall I have always have had a rough time for at least several hours, sometimes through the entire night, caused by the shift to cold weather and effects of altitude. Because of my rough times there, it isn't among my favorites, but I sure love to run with so many local friends. Despite my challenges, I have always finished. But I actually have more fun either pacing or running up on the course during the night greeting and helping friends.

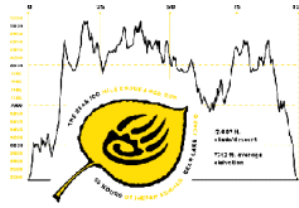
#### 5. Capitol Reef



Average time	Finishes	Best Time	Place
33:53:41	1	33:53:41	10th

This race runs on the Aquarius Plateau, the highest plateau in North America. What makes this race so tough is the altitude (all but 12 miles above 9,000 feet), boulder-ridden trails, and constant route-finding even with course markings everywhere. While this race has far fewer climbs than mountain races, the other factors slow me down and makes this race tough for me. I was not prepared to go this slow and didn't have all the clothes I needed for the freezing night. If I were to run this race again, with the course knowledge and better preparation, I could approach running it closer to 28 hours. As of 2016, this 100-mile races has been discontinued.

**6. The Bear**



Average time	Finishes	Best Time	Place
29:31	7	26:30:45	27th

The Bear 100 runs in Utah and finishes in Idaho at Bear Lake. It started as an Idaho loop course in the early years and now is a point-to-point course. I’ve written up many details of this race in the chapter: [Streaking the Bear](#). This is among my top favorite races and courses.

**7. Grand Mesa 100**



Average time	Finishes	Best Time	Place
32:12:19	1	32:12:19	11th

Grand Mesa 100, in Colorado runs on a high plateau above 10,000 feet. The course layout is very confusing and many runners made wrong turns. Course marking are rough or vandalized. At mile 43, you descended down 5,000 feet in nine miles, off the mesa. Some years that section can be very rough and overgrown. Much of it is a series of boulder-ridden stream beds. The last 25 miles involves several miles on cattle trails or questionable trails across fields. The first year I didn’t finish the race because of a terrible rain storm for nine hours and I was poorly prepared with rain gear. I returned the next year and finished it but had stomach issues that stopped me for several hours. Altitude, weather, and trail conditions make this a tough race.

## 8. Bighorn



Average time	Finishes	Best Time	Place
29:09:36	7	26:45:31	25 <sup>th</sup>

This race warns to be extremely challenging due to the rugged terrain of the Bighorn Mountains of Wyoming. The course is an out and back with elevation gains of 18,300 feet. The course features three major climbs and runs in and out of forests and fields full of wildflowers. As for its beauty, I believe it is probably one of the most scenic 100-miler in the country. It features a late-morning start and three other race distances that all converge to finish around the same time the next day. Each year course conditions are totally different depending on the snow pack from the previous winter. One year my feet were wet for about 70 straight miles. On another year the course had to be changed because of deep snow still on the course. I love the challenges but this course usually can beat up your feet. The last five miles are always hot and exposed on a dirt road back into town, but it can be run very fast if you still have energy. During one year, I blasted down the last huge climb with great speed and finished very strong, passing my mentor, Phil Lowry with about 50 yards to go after he had been ahead of me by several miles for most of the race. On another year, I broke my hand at about mile 30 from a fall but still made it to the finish. This is among my favorite 100s.

## 9. Bryce



Average time	Finishes	Best Time	Place
29:44:03	2	29:37:01	46 <sup>th</sup>

Bryce 100 is held on the next major ridge line to the west of Bryce Canyon National Park. While the race is not held in the national park, along the way runners are able to view many similar rock formations and run a few miles through hoodoos. It runs above and below what are called the Sunset Cliffs that face to the west. Much of the course is above 9,000 feet, so altitude is a major factor why it is tough on me. In recent years the altitude has been shutting down my stomach during the night as I get chilled. During the night you are up on the rim high and it also gets cold. The course is deceptively tough but the beauty is first-class. The aid stations are few and very far apart. I ran this race in its first year. My finish time was a bit of an outlier because I had a rough time at night due to the altitude and actually quit for more than an hour and then took my time finishing. I reached the 50-mile turn-around at 12:04. I believe on a good day

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a more typical finish time for me would be 26-27 hours. Here is a video I made to [preview much of the Bryce 100 course. I returned a ran this race again in 2016 but had the same struggles and only finished a few minutes faster.](#)

### 10. Squaw Peak



Average time	Finishes	Best Time	Place
29:32:20	1	29:32:20	1st

I received permission from the race director to run this 50-mile course twice during the race. I hope that someday a 100-mile distance will be official. If it was, here is where I would rank this course for me. The 50-mile course is a tough mountain loop course and my best time on it has been just under 11 hours. Running with twice would involve climbing nearly 20,000 feet. When I ran the course twice in 2015 for 100 miles, I ran the first 50-miles self-supported and had no one pushing me so didn't run terribly hard, I was just interested in finishing the 100. I suspect if I was racing the course and had no issues, my time would be around 27 hours. I attempted to run another double in 2016 but the weather was very hot and I didn't continue after the first 50 miles.

### 11. Trashed Trail



Average time	Finishes	Best Time	Place
31:10:55	1	31:10:55	2nd

Trashed Trail 100 was held above Henderson, Nevada in 2017. That may be the only year it will be held. Shorter distances are run their each year. The course was a figure 8 run twice for about 102 miles. There was about 16,000 feet of climbing along the way. What made this course tough was the rugged, rocky trails along the way with miles of deep sandy wash to slow things down. The year I ran it, the wind was fierce, making for very tough conditions.

## 12. Virgil Crest



Average time	Finishes	Best Time	Place
32:42:34	1	32:42:34	17th

The Virgil Crest 100 runs above the town of Virgil, New York, through the Greek Peak ski resort, where I used to ski in the 1980s. This was my third mountain 100-mile race in the four weeks. While this should be listed higher in toughness for me according to my finish time, it was an outlier because I had pretty severe heat exhaustion during the last ten miles that cost me about three hours. The heat and humidity slammed me on the second morning. I just had a bad race, but I loved the course. The course is a 50-mile out-and-back course with a tough mountain loop thrown in the middle, taking you up to the top of the ski mountain, not just once but four times during the 50-mile out-and-back. In all during the entire 100 miles, there were 20 significant climbs for nearly 20,000 feet of climbing along the entire way. Most of the course runs through beautiful green forest, some of it is almost dark enough for a flashlight during the day. The trails are soft and fast. I ran the first 50-mile out-and-back in 12:48 on a rain-soaked course. On a good day, I believe a 26-hour finish would be more typical for me. But the heat and humidity make this a pretty tough race for me.

## 13. Cascade Crest



Average time	Finishes	Best Time	Place
28:43:24	4	27:40:20	47th

Cascade Crest 100-mile Endurance Run is held in the Cascade Mountains near Snoqualmie Summit just an hour from Seattle Washington. This is among my top favorite races and courses. The theme for the run is “Tall Trees, Tough Trails.” The trees are amazing, there are long climbs, but the trails aren’t too technical. There is plenty of single-track and weather has always been pretty ideal. I have yet to have a really good race there and I know I can run it faster, but I’ve always had a wonderful time despite my challenges. I grew up in Washington, and while in high school could be found each Saturday in the winter on the ski slopes at the resorts of Snoqualmie Pass. One very cool feature is a two-mile run through an old train tunnel in the middle of the night.

**14. Kodiak**



Average time	Finishes	Best Time	Place
29:28:30	2	29:42:00	17th

Kodiak 100 is run in the San Bernardino Mountains at Big Bear Lake, California. I would classify this as one of the easier mountain 100s. It has about 16,000 feet of climbing along the way and is run most of the way at 7,000 feet. It has two steep climbs of about 3,000 feet and one of 2,000 feet. What keeps its difficulty down are the miles of dirt roads and quite a few miles of pavement thrown in. The finishing rate was only about 62%, pretty low. My time was rather slow for me due to problems with course markings, the heat, and because I ran this two weeks after a difficult year at Wasatch 100. The course is actually about 103 miles, increasing its difficulty rating. The next year it was ran in reverse direction and my time improved by only 27 minutes.

**15. Tahoe Rim**



Average time	Finishes	Best Time	Place
27:28:22	6	25:43:00	18th

Now in my list we start reaching the “easier” 100-milers for me. The Tahoe Rim Trail 100 is held in the mountains on the north-east side of beautiful blue Lake Tahoe. The course is laid out on state park and state forest land, climbing ridges overlooking beautiful Lake Tahoe and various reservoirs. Much of it runs on the remarkable Tahoe Rim trail. The surface is mostly very runnable, soft single track. There is about 19,500 feet of climbs, aided by many switchbacks. Most of the course runs between 7-9,000 feet elevation. This race has a low finisher rate because it is a 50-mile loop course that is run twice. Many runners take the easy way out and quit after the first loop. A feature added after the first few years, is a tough climb up a ski resort black diamond slope. In 2009 the race was the 100-mile National Championships. I was the Grand Masters (age 50 and over) Champion and received a bunch of nice awards. I was also was only the second person to finish the race five times and earn the 500-mile belt.



**16. Leadville**



Average time	Finishes	Best Time	Place
26:15:46	1	26:15:46	60th

Leadville 100 in Colorado is one of the classic races in the Grand Slam of ultrarunning. I ran it when the field wasn't as big, before it gained fame through the book "Born to Run." The course is actually pretty easy, with lots of dirt roads and fast trails. It does feature two monster climbs up above 13,000 feet over Hope Pass. But if you have trained for altitude, this race is one of the faster ones. The altitude is what makes it harder and the unreasonable cutoff times can be very challenging for slower runners. I ran it very well in 2007, pretty early in my ultrarunning career. But since the race was sold to a corporation, quality has decreased and the field has exploded with ill-prepared runners making it crowded. It has lost any remote mountain feel. I may not return.

**17. Coldwater Rumble**



Average time	Finishes	Best Time	Place
27:22:22	2	25:43:17	13th

The Coldwater Rumble 100 runs in Goodyear Arizona, near Phoenix on various desert trails in Estrella Mountain Regional Park. The 100-mile course was in a huge 20-mile figure eight with an aid station in the middle and another one on the bigger loop. The course was run clockwise on the first loop and then alternating directions from then on. To reach 100 miles, you needed to run the course five times. I had mistakenly thought that the race difficulty would be similar to Javelina Jundred but quickly corrected myself within the first mile. We climbed into the foothills of the Sierra Estrella Mountain range. The trail is pretty rough at times and heat can be an issue. I ran this race a second time and cut my time by more than three hours.

### 18. Monument Valley



Average time	Finishes	Best Time	Place
25:50:30	1	25:50:30	5th

Monument Valley is a region in southern Utah/northern Arizona that features a cluster of enormous sandstone buttes that tower as much as 1,000 feet above the valley floor. Much of the area is included in the Monument Valley Navajo Tribal Park with its impressive views that rival any national park. Monument Valley 100-mile race was held in this spectacular park. Miles and miles of sand are the major difficulty factor for this race. There are several big climbs, but they are nothing compared to the sand running. In its first year there was much confusion about course layout and a difficult section to navigate during the night. In 2015, I led the race for the first 17 miles. As of 2016, this 100-mile race has been discontinued.

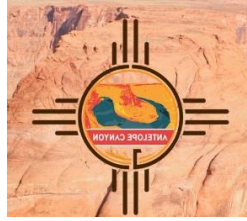
### 19. Grand Canyon



Average time	Finishes	Best Time	Place
28:38:58	1	28:38:58	15th

The Grand Canyon 100 in Arizona presents spectacular viewpoints outside the park on the North Rim, that tourists miss and opened my eyes to a section of the canyon I had never seen before. In 2015 the days before, the first 13 miles were hit by an unusual snow storm making the course slow for those miles climbing up and down forested dirt roads. The majority of the miles is a winding soft single-track that is easy to follow along the rim of the famed canyon with amazing viewpoints. Altitude is an issue and increases the difficulty. I was delayed by about three hours of stomach issues. As of 2016, this 100-mile race has been discontinued.

## 20. Antelope Canyon



Average time	Finishes	Best Time	Place
DNF - 91	0		DNF

Antelope Canyon 100 is run in and around the spectacular and unusual city of Page, Arizona. If you like running through slot canyons, on slickrock next to cliffs, across miles of open desert, this one is probably for you. There isn't a lot of climbing in this race but there are miles, and miles of sand in the first 40 miles to slow you down. The remaining miles were 10-mile loops around Page on a generally easy single-track trail. I didn't finish this race in a moment of mental weakness when the weather got very poor with rain and snow. I reached 90 miles at about the 24-hour mark and was delayed during the night with an hour of stomach issues. As of 2016, this 100-mile race has been discontinued.

## 21. Vermont

### Vermont 100 Mile Endurance Run

Average time	Finishes	Best Time	Place
25:18:19	1	25:18:19	79th

Vermont 100 is also one of the classic races in the Grand Slam of ultrarunning. The race is run near Woodstock, Vermont, and runs up and down beautiful rolling hills by gorgeous ranches and farms and through a few small rural towns. The course is a huge loop, laid out in a "shamrock" formation, consisting of 70% dirt or jeep roads with the rest on forest trails (there are a couple miles of pavement). The course both climbs and descends about 15,000 feet. Many of the dirt roads are very hard and feel like pavement. The wooded trails are wonderful, soft and technical at times. An endurance horse ride is conducted pretty much on the same course, at the same time. The course is fast and could be run the entire way. However, I had great difficulty because of the heat and humidity. During the night I had to rest along the trail and I remember a couple runners coming by me who asked, "Should we check his pulse?" I ran this race early in my ultrarunning career and haven't returned because of heat.

**23. Moab**



Average time	Finishes	Best Time	Place
24:02	2	23:33:33	1st

The Moab 100 course in Utah is laid out on the Monitor and Merrimac Loop, a popular trail for mountain bikers. The 5.37-mile course is a loop with an out-and-back tail, like a lollipop. The route goes clockwise around the loop on odd laps and counter-clockwise on even laps. It first passes by the ruins of the historic Halfway Stagecoach Station. It then ascends up and down over a small ridge via a rutted jeep trail with scattered rocks. With huge Courthouse rock on the left and gigantic Mill-Courthouse Mesa on the right, the route crosses through several deep sandy washes and then climbs up a slickrock ramp to the base of the Mesa. The views along the way are terrific. It is a fast course but the slickrock sections really pound on tired legs. The field is usually on the small side and services provided are minimal for the entrance fee. I won the race in 2008.

**24. Javelina**



Average time	Finishes	Best Time	Place
24:19:07	2	23:46:59	35th

This desert 100-mile race is run in McDowell Mountain Park near Fountain Hills, Arizona. The course is a loop format that runs on the 15.5-mile Pemberton Trail. It consists of six loops in alternating directions and then you run a shorter loop to bring the distance up to 101.4 miles. I reached 100 miles on the course at about 23:25. This is a fast course if the weather is nice and not too hot. The heat eventually slammed me and I wasted at least an hour in the final stages but still finished well. Because it is a loop course, the finishing rate is low and many runners take the easy way out and go home with a 100K buckle. Out of the 250 starters that year, only 125 finished. The race is usually held near Halloween and under a nearly full moon, so many run it in amusing costumes.

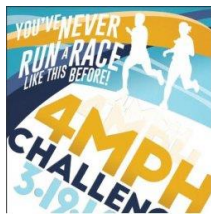
## 25. Salt Flats



Average time	Finishes	Best Time	Place
23:27:37	5	21:36:36	2nd

Salt Flats 100 starts and runs on the famed Bonneville Salt Flats Speedway in Utah. It is very unique. After the speedway, the course then runs along the foothills of various “islands” above the salt and up and over five significant passes. There are some views that are amazing. There is a very tough ten-mile stretch across mud flats that can be very tiring and slow. This is an “easier” 100, but not a flat run. It has a very generous cutoff time, so is great for first-timers or slower runners. In 2013 I finished in less than 24 hours just 5 days after running 107 miles at a fixed-time race. In 2014 I was leading the race until about mile 44.

## 26. 4mph Challenge



Average time	Finishes	Best Time	Place
24:50:00	1	24:50:00	3rd

4mph Challenge is held along the shoreline of Whiskeytown Lake in northern California. For this race you must maintain at least a 4 m.p.h. (15-minute-mile) for each six-mile segment. If you don’t finish six miles in 90 minutes, you are out. Once you finish the segment you wait for the clock until 90 minutes and off you go again for the next segment. Each segment includes a 200-foot climb and the year I ran it, it included an unavoidable deep creek crossing so your feet were wet the entire time. The unusual format makes this difficult. Even at 90 miles, you must still be running, walking won’t be fast enough. I really enjoyed the format but it was much more difficult than expected.

**25. Rocky Raccoon**



Average time	Finishes	Best Time	Place
24:41:04	5	21:07:58	42nd

Rocky Raccoon 100 in Texas is the site of my first 100-mile finish so it has a special place in my heart. The course runs in Huntsville Stake Park, north of Houston, Texas. The 20-mile course runs all over the park, making its way around Lake Raven. The loop is run five times to reach 100 miles. The course had been changed in recent years to eliminate two out-and-backs, replacing them with more forest single-track. I really enjoy the new course much better. Most of the course runs through forest on a nice soft surface but there are lots of roots in places. This is a fast course and I've believed I could break 20 hours on it, but haven't quite made it. In 2012, I didn't realize that I came into the race with a tibia stress fracture and during the entire race my bone kept cracking more. I finished very slowly, over 28 hours and then couldn't run for six months.

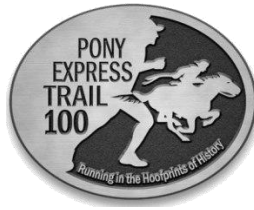
**27. Buffalo Run**



Average time	Finishes	Best Time	Place
21:57:57	3	20:27:00	3rd

The Buffalo Run, held on Antelope Island in the Great Salt Lake, Utah, started as a 25K and 50K race. Later a 50-mile race was added. In 2010, race director Jim Skaggs gave me permission to test out a possible 100 distance by running the 50-mile course twice. I started the evening before the main race, used a crew during the night, and then used the 50-mile aid stations during the day. I was the first person to run 100 miles on the island. The next year the 100-mile race became official. The course is fast but depending on the weather, the night can be brutally cold, especially if there is a wind. But so far each year the weather has cooperated. One of these years it will be an epic cold-weather run. In 2011 I can brag that I came in 3<sup>rd</sup> while Karl Meltzer came in 2<sup>nd</sup>. No, it wasn't a battle to the finish. He came in several hours before I did.

**28. Pony Express Trail**



Average time	Finishes	Best Time	Place
23:53:17	7	20:53:02	1st

The Pony Express Trail 100 is held on the historic Pony Express Trail in western Utah. I am the founder and the race director. I ordered this race easier in the list as far as toughness, but I ran this race several times very early in my ultrarunning career so had slower times then. Breaking 20 hours on this course has been well within my reach. I described this race in great detail in the chapter: [Birth of the Pony Express Trail Run](#). I believe this course is likely the fastest all-dirt point-to-point 100-mile race in the country.

**29. Pickled Feet**



Average time	Finishes	Best Time	Place
25:08:53	3	22:22:00	2nd

Pickled Feet 48/24/12/6 hour run is held at Eagle Island State Park, near Boise, Idaho. They also provide a 100-mile option. It runs on a mostly flat, smooth dirt road trail on a 2.5-mile loop. The scenery during the loop is great – rural farm land, by a small lake, and along a river. I run the 48-hour option one year and the 100-mile option two other times. Because this race is mostly dirt road or uneven trail, it is more difficult than loop courses that are rock-free or paved. On one of my years there I had stomach problems and ended up stopping for 6 hours before deciding to finish.

### 30. Pigtails Challenge



Average time	Finishes	Best Time	Place
20:49:51	2	20:34:00	2nd

The Pigtails Challenge is held at the Lake Youngs watershed near Renton, Washington. I had expected a park, but discovered that the 9.4-mile loop trail runs around the perimeter of a very protected reservoir that supplies drinking water for Seattle. Along the trail, there is only one place where you can get a glimpse of the lake. The perimeter trail is mostly a wide multi-use trail that is popular for running during the mornings and evenings. It is non-technical and well-maintained. Because of the wet weather, gravel is added frequently and this year the trail was well-graveled but still very fast. The trail rolls, with about 700 feet of climbing during each loop. I ran the 150-mile option, but had a good 100-mile split time. The sea-level altitude really helps. I returned in 2016 and ran the [100-miler](#), finishing in 2<sup>nd</sup>.

### 31. Jackpot



Average time	Finishes	Best Time	Place
20:50:13	2	20:51:31	6th

Jackpot 100 is held at Cornerstone Park near Las Vegas, Nevada. This race is a loop-format race on a 2.38-mile course with dirt road and pavement surfaces. There is a mild climb to run up twice each loop to mix things up but the course is pretty fast. Each lap includes about seven 90-degree turns to slow things down. The course the year I first ran it was probably a little short, 2.30 each loop so that made the 100-mile distance a bit easier. I returned the next year and beat my time by three minutes in 14 hours of rain. The course was again a bit short.



### 32. Crooked Road



Average time	Finishes	Best Time	Place
22:45:00	1	22:45:00	1st

Crooked Road is a 24-hour race held in Virginia with a 1.18-mile loop course, mostly dirt, with just a little bit of rolling along the way. This is a very good course to run high mileage. The year I ran it included high chilly winds at night which caused me to stop often, but I still came away with the win.

### 33. Across the Years



Average time	Finishes	Best Time	Place
22:03:57	8	19:40:00	1st

Across the Years a fixed-time race in Arizona, but I reached the 100-mile distance each year I ran there. The first year I ran the 24-hour race. I next ran the 48-hour race for three years, and this past year ran the 72-hour race. The race used to be held at Nardini Manor, in Buckeye, Arizona, west of Phoenix. We would do loops around the property on a nice soft surface. In 2010 I won the 48-hour race with 187 miles. The following year the race was moved to Camelback Park, the spring training baseball facility in Glendale, Arizona. The course changed to a hard dirt surface with some pavement. In 2011 I reached the 100-mile mark faster, but at the 150-mile mark I experienced bad leg pain which turned out to be a stress fracture. I limped to a 2<sup>nd</sup> place finish with 175 miles. For those two years, my 24-hour split would have won the 24-hour race.

**34. Northcoast**



<b>Average time</b>	<b>Finishes</b>	<b>Best Time</b>	<b>Place</b>
21:48:00	1	21:48:00	5th

North Coast 24-hour is one of the premier 24-hour events in the country. It is held at a park in Cleveland, Ohio, on the shore of Lake Erie, on a 100% paved trail. The track is a 0.9 mile track and has a gentle hill going up on one side of the course. The hill really never bothered me, and was a welcome change. But the wind was another matter. A fierce wind came off Lake Erie nearly the entire race, so each loop you had both a headwind and a tailwind to deal with. During the night I even took shelter for a while in a portopotty. Later I became so cold that I had to rest for about 45-minutes in my car. But I still reached 100 miles and in 24 hours reached 107.7 miles, finishing very strong.