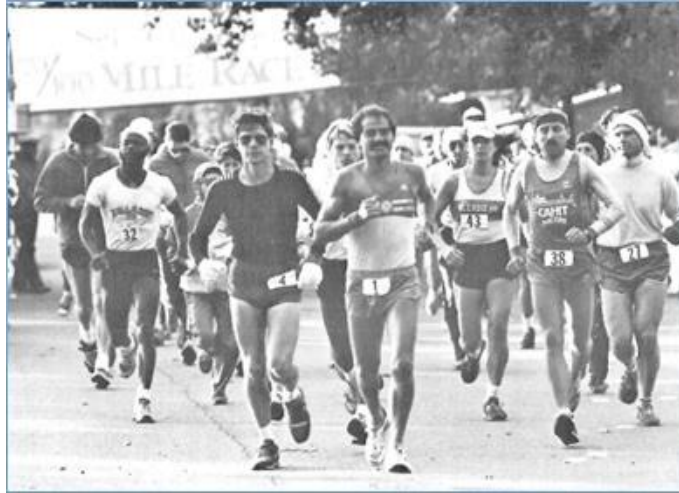


Swift Endurance Legends

The fastest 100-mile ultrarunners during the 1970's, 80's and 90's

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Preface

I am always drawn toward the stories of the early pioneers of ultrarunning. I think it is important to take time to appreciate the history and accomplishments of the runners who paved the way before us. The birth of the 100-mile trail race has been attributed to Gordy Ainsleigh, who in 1974 wanted to see if he could run a 100-mile horse endurance course in California, the Western States Trail Ride, on foot, instead of riding a horse. He was successful, finishing in 23:42, proving that a person could run 100 miles in the mountains in less than a day.

But ultrarunning, including 100-mile races, did not start there.



Gordy Ainsleigh on left

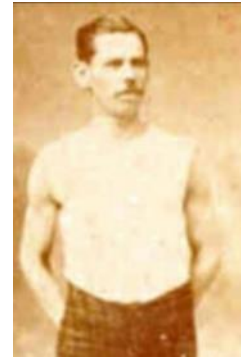
Ultrarunning and 100-mile races in America Before 1974



Ultra-distance races (longer than a marathon—26.2 miles) had existed for many years before 1974. In 1974 they were alive and well in the eastern United States and other countries. These races were run on roads, tracks and trails. For example, the JFK 50 which runs on trails in Maryland came into existence in 1963. In 1973, the year before Gordy Ainsleigh ran Western States without his horse, there were 1,724 runners who ran in the JFK 50-miler, which was the largest ultramarathon ever run in the country. It was also a larger race that year than the Boston Marathon. In 1973 the first 100K race was held in America on the dirt road C&O Canal towpath in Maryland. Elsewhere, in 1974, the Lake Waramaug 50-mile and 100K races started in Connecticut. This road race began to attract the elite runners in the country who wanted to try running further than a marathon. In 1973 the oldest track ultra was established at Fort Meade, Maryland.

In 1974, a 100-mile race was competed on a track at Queensboro Community College in Queens, New York.

But even longer ago, the “pedestrians” of the 19th century were competing in stadiums such as Madison Square Garden in New York seeking to reach 100 miles and further. In February 1882, Charles Rowell of England set a world best for 100-miles in Madison Square Garden of 13:26. He also reached 150 miles in 24 hours, 258 miles in 48 hours, and 300 miles in 58:17. In October 1882, an American, John Hughes, reached 100 miles in 13:57 but was suspected as being drugged up with stimulants. John Dobler of the US probably ran the fastest legitimate 100 miles time by an American in the 19th century when in 1880 he ran in London and reached it in 14:52. (Milroy, *North American Ultrarunning: A History*).



Charles Rowell



Ultrarunners in 1977 in New York

Some isolated 100-mile races and solo stunts were performed early in the 20th century. In July 1909, Sydney Hatch, a two-time Olympian entered a 100-mile road race held at Riverview Park, Chicago. He reached 50 miles in 6:45 and won the 100-mile race in 16:07. Soon after that, the quest to race 100 miles in America went into hibernation for many decades. Various races of distances much longer than what we now know as a marathon were contested in the 1920s along with a 1928 stage race across America with 199 starters. The winner had a total running time of 573 hours. This event was repeated in 1929. As the depression and then World War II arrived, ultrarunning in America essentially ceased for a season. (Milroy, *North American Ultrarunning: A History*).

In the late 1950s the London to Brighton race (52 miles) and Comrades in South Africa (54 miles) started to be a catalyst of influence for the reestablishment of ultrarunning in America. In 1958 legendary American, Ted Corbitt, established a 30-mile race, the Cherry Tree marathon which he won in 3:04. Ted went to run London to Brighton in 1962. His run started an upsurge in American ultrarunning that would be dominated by Ted in those early years.

The term “ultramarathon” (“ultra” for short) was used as early as 1964, but it started to be used more widely in 1977 after Jim Shapiro published a fascinating article that was reprinted in newspapers across the country. Jim explained, “One of the world’s most grueling athletic events is also one of its least known. It’s the ultramarathon, a 50-miler or 100-kilometer race – far longer than a standard marathon.”¹ In those early years newspaper reporters often referred to these races as “hikes” and wrote that the runners “hiked” because they just could not conceive the possibility that a person could run that distance.

In 1969 a 100-mile race, the RRC 100 was held on a track at Walton-on-Thames, England. Ted Corbitt finished 3rd, with a time of 13:33:06 (John Tarrant of England set a world best of 12:31:10). In 1970, the first modern American 24-hour race was held on an indoor track in Los Angeles, California. Lu Dosti ran 127 miles, passing the 100-mile mark at 17:30. A woman, Miki Gorman, covered 100 miles in that event in 21:04, becoming the first woman in history to run 100 miles in less than 24 hours. In 1971 Jose Cortez set a blistering fast American 100-mile record of 12:54 on a road course, a record that would stand for

¹ Jim Shapiro authored the book *Ultramarathon* in 1980 that tells the history of ultrarunning in the decades before 1980. It is now a rare book, but for those who love running history, it is a must-have. Another book that covers the very early history is Tom Osler and Ed Dodd’s *Ultra-Marathoning*, published in 1979. Andy Milroy, the world authority on the history of ultrarunning, made an eBook available in 2012 called, *North American Ultrarunning: A History* which is very extensive and interesting.

years. 100-mile races continued in 1972 when Ken Young won in Sacramento on the road with 14:14:39. (Milroy, *North American Ultrarunning: A History*).

There was another breed of 100-miler races that had been taking place in Columbia, Missouri for more than a decade: Racewalking. In 1967 Bill Clark started the 100-mile racewalking championship on a track in Columbia. That year a 60-year-old lumberjack from Montana, Larry O'Neil, became the first American racewalking "Centurion" since 1878. Larry completed 100 miles in 19:24, walking on average 11:40 miles. To become a "Centurion" you must cover 100 miles in under 24 hours in a sanctioned race using racewalking rules. Since that day, as of 2016, there have been 83 others who became Centurions in a US event. In 2016 you could see racewalkers such as Uli Kamm and Yolanda Holder doing their ultrawalking in running events.



Early Road and Track 100-Milers after 1974

Since 1974, more runners became attracted to the idea of running 100 miles, and by 1978 the terms "ultramarathon" and "ultrarunning" had firmly emerged and was finally becoming a national sport. During those early years, it truly did take a unique individual to be daring and crazy enough to attempt 100 miles. Prior to 1978, running 100 miles was still pretty much a novelty. There were only about 15 Americans who had run 100 miles in under 20 hours. 1978 was truly the year when the 100-miler became established for real when 26 Americans ran 100 miles in 20 hours or less in 8 different races. Nick Marshall put it this way, while the "100-mile boom" didn't occur in 1978, "the fuse was lit."

In 1977 the only 100-mile races held in America was the first official Western States Endurance Run. In 1978, runners reached 100 miles in seven races:

- Unisphere 100 Mile, Flushing Meadows, Queens, New York
- Woodside 100 Mile/24 Hour, Woodside, California
- Hawaii Kai 100 Mile, Oahu, Hawaii
- Western States 100, Squaw Valley, California
- Glassboro 24 Hour, Glassboro, New Jersey
- Fort Meade 100 Mile, Fort Meade Maryland
- Columbia 100 Mile, Columbia Missouri – racewalk track championship, winner in 18:57.

During 1981 about 250 runners finished 100 miles in a race in North America. In 1990 that had doubled to about 500 runners.

Consistent time recording standards took a while to become consistent across the races. For example, in 1978 the second 24-hour race in modern American history took place in New Jersey. But because the lap recorders failed to record the lap time for every single lap, the American record set there by Park Barner of 152 miles was not officially recognized. To some, it is as if it never happened.

During the 1970s, without the Internet, it was difficult to know what was going on in ultrarunning. Some races received brief articles in newspapers, but news was mostly by word-of-mouth between the runners. In 1978, Nick Marshall of Pennsylvania saw the need to bring the ultrarunning community together. He started to publish an annual publication named *Ultradistance Summary*. He collected race summaries from across the country and kept track of finish times, preserving this early history during the late 1970s into the 80s. His summaries included his own entertaining snarky commentary that helped highlight many of the interesting personalities of the runners.

Ultrarunning magazine put out its first issue in 1981. Many doubted the magazine would prevail. Andy Milroy observed, "*Ultrarunning* has demonstrated an admirable staying power. Over the long haul, it has

been the most essential and uniting glue in our sport.” Certainly without wide Internet use during these early years the magazine contributed significantly to the growth of the sport.

Trail 100s did not truly take off in popularity until the 1990s. In the early 1980s road and track 100s were in the spotlight, and New York City was the center of the 100-mile universe – on loops. 100-mile races were put on by the famed New York Road Runners Club starting in 1978. They were held for several years on a 2.27 mile loop at Flushing Meadows-Corona Park, the site of the 1964 World’s Fair. On other years these 100 mile races were held at Shea Stadium, home of the Mets, in Queens, New York. TAC (“The Athletics Congress,” the predecessor for the USATF) sanctioned the races as the USA 100-mile Championship. In the early 1980s, road/track ultras really started to explode across the country.



Yiannis Kouros running a 11:56 100 at Flushing Meadows in 1986

To enter the 100 Mile race in Queens, runners needed to have finished two other ultramarathons. In those early years, the 100-mile finishing rate was low, 7 out of 22 in 1978, 16 out of 29, and 13 out of 38 in 1981. Women runners were few. In 1981 Nancy Sheehy was the only woman entrant. She became the first woman 100-mile finisher ever at Queens and finished in 22:05. She said she kept falling asleep on her feet but would wake up when she heard herself snoring. (In 1971, Natalie Cullimore ran 100 miles in 16:11 in California. Pat Smythe was the first woman finisher of Western States 100 in 1978.)

The achievements of women 100-mile runners started to emerge by the mid-1980s. Only in recent years had women even been allowed to run in key marathons and ultramarathons. A few elite women runners demonstrated that they could indeed run 100 miles very well, and yes, even beat most of the men. Despite their achievements, they had to constantly persist forward with determination, dealing with unequal treatment, and without access to the same privileges offered to the elite men in the sport. Because of the newness of women in the sport, records were “soft” for many years and were constantly broken and rotating between the pioneer women ultrarunners until Ann Trason emerged in the early 1990s and set new standards for most of the distances.

The 2.27 mile course at Flushing Meadows, used for 100-mile races, was a loop around Meadow Lake. At night officials would place candles in bags around the lake at where there weren’t street lamps. “There’s no fence around the lake, we worried that when runners lost concentration after 60 miles, they might fall into the lake.” One runner explained that he hallucinated. “I saw all kinds of things on the lake. I saw the War of 1812. I saw Admiral Perry there.” In later years the loop at Flushing Meadows was reduced to a one-mile loop.



Shea Stadium finish at home plate

In 1982 when the race was moved to Shea Stadium, home of the Mets, it consisted of one-mile laps. Each lap started and ended at home plate. The runners followed the warning track to the center field gate, then circled the parking lots returning the way they left with the loud speaker system booming. The score keepers set up shop in the visitor's dugout. The race started at 6 p.m. but the bright stadium lights made night seem like day. The winner would usually finish by 7 a.m., the next morning. The 1983 race grew to 77 entrants.

Fueling during a 100-miler in those days was similar to more modern races. One description included, "All runners drink water and electrolyte replacements during the race. Some drink colas or other heavily sugared drinks to replace lost body sugars. The choice of food during the race is limited only by the imagination, and diets range from fried chicken to candy to fruit and vegetables." They were also smart enough to eat coke, baby food, pudding, and boiled potatoes.

At the 1982 race, the runners were surveyed and asked why they ran ultras. Replies included, "I love to see how far my body can go without being injured," "I hate to run, with ultras there is more to hate," and "because they are there." When asked about their greatest fears for the race, responses included, "death," "getting to the race on time," and "staying awake." (Marshall, 1982 *Ultradistance Summary*, 29,31).

The race fans would cheer for runners who stood out as different. For example, Nathan Whiting ran in street clothes, unmatched shoes, a green baseball cap, and long hair. Park Barner would wear brightly colored socks and at times toeless sneakers.

Hawaii was a very early adopter of the 100-mile race and other ultras in the late 1970s and early 1980s. In 1976, "Primo Ultramarathon and Relays" began at Hawaii Kai on the eastern tip of Oahu, using a four-mile paved road loop. It started as a 50-miler and by 1978 expanded into solo distances of 50K, 50-miles, 100K, and 100 miles. A massive 40-mile relay was also held with teams of 10 runners. In later years it was renamed to the Hawaii Festival of Running. The 100-miler attracted some elite 100-mile runners. In 1981 the running Festival had more than 6,000 runners, mostly participants in the relay. The running festival still existed in 2016.



In 1984, in an effort to better foster American ties with other countries, a governing body was organized, the International Association of Ultrarunning (IAU). This organization would help extend the life of road and track ultrarunning for more years by introducing international competitions. This attracted elite runners to compete on roads and tracks, but it never had much influence on trail 100s. Dan Brannen was the secretary of the organization worked tirelessly to improve the sport.

To establish World and American "best performances," (later called records) a clearing house was needed to validate and record race results. Ken Young, an ultrarunner, and early computer "geek" traveled thousands of miles to libraries across the US and Canada and collected running data from their microfilm archives. He created computer programs to record and analyze results. In 1973 he founded the National Running Data Center which became the authoritative source for results and records.

These races had challenges. Measurement of courses outside of a track in those days was problematic. There were many poorly-measured ultras. Certain organizations like the New York Road Runners Club were respected for their careful measurements and Ted Corbitt introduced calibrated bicycle measurement. In the early 1980s certification of road ultra courses was required by the National Running Data Center in order to officially recognize records. In 1982 the National Running Data Center began a program of

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independent remeasuring of courses where apparent national records had been set, even some that had been certified in the past. The center reported, “The remeasurements that have been carried out under this program to date have not shown a single example of a ‘long’ course.” They imposed a variation standard of only 0.1% in 1984. Prior to 1984 Lake Waramaug 50 in Connecticut was discovered to be nearly a half mile short because the shortest possible legal route was stricter. Some previous age records and PRs were lost. Trail ultra distances were in particular suspect.

Before 1980 the Western States course was likely only about 89 miles. (So, in 1974, Gordy Ainsleigh didn’t technically run 100 miles in under 24 hours.) More miles were added in 1980 after pushing a surveyor’s wheel over the course. After the 1984 race, the course was wheel measured by Pierre LaPlant using a mountain bike and was found to be only about 93.5 miles. Many argued, “what difference does it make?” Western State conducted their own measurements which were pretty consistent with LaPlant’s findings. More mileage was added in 1985 to bring it close to 100 miles. Western States Endurance Run president, Curtis Sproul explained, “The objective of run management is to offer to the participants a rugged mountain course that is 100 mile long within an acceptable margin of error.” (UR 5/85, 15). The finish rate the next year dropped from 61% to 42%.



Lap counters at tables

Without electronic chipping in those days, keeping track of lap counts was difficult. In some races a recorder was assigned to each runner. Race leaders sometimes had two recorders. Ken Loveless commented in 1980, “Timers really develop a fascination for watching the runners after a while. Lap recording is the best way to get close to the event and really enjoy it. But they must be treated well and not be overworked, with lots of relief and sleep and food. They are the most important people in putting on a track ultra.” (Marshall, *Ultradistance Summary*, 1980.)

Runners had a special bond with either lap counters. John Vonnhof explained in 1985, “You search out that one special face, your lap counter, waiting for the nod, the raised hand, some word of encouragement, some form of acknowledgement from this vital person that this lap is counted, one more toward your goal toward 100 miles. This person is part of you that remembers and tells you when to walk, when to run, if your pace is consistent, how far you have come and have yet to go. You, yourself cannot remember. Your lap counter remembers for you.” (UR 5/1985, 9)/

Because all these recorders were needed, runner fields were limited. In 1981 there was an attempt to use a computer to help with lap counts at a 50-mile race in Greensburg, Pennsylvania, but due to technical problems, it managed to transform the 50 into a 49-miler, stopping some runners short causing great disappointment. By 1989 computers started to be used in other races. At 1991 Olander Park 24 Hours, they used a method where each runner attached tags to their bibs with an oversized safety pin and after each lap they gave one to the timer who scanned the barcode into the computer. The system worked well and “only” needed four volunteers to manage the tags for 101 runners instead of dozens of volunteers doing it manually with scoring sheets. In the 1993 race, a TV monitor was used for the first time, displaying the last 25 runners completing a lap. Every 15 minutes the standings would be printed out and put on a leader board.

The Sri Chinmoy Marathon team made a large impact on road and track ultras in the early 1980s. Sri Chinmoy came to the US in 1964 from India, attracted a spiritual following, and established a “marathon team” in 1977 with a belief in “transcendence,” man’s innate urge to go beyond himself and challenge the frontiers of his mind and body. This team put on hundreds of races throughout the world with key ultras put on in New York City. This team was impressively dedicated at races, manning lap counting tables through the day and long nights, supplying aid stations with mountains of food, and singing songs throughout races. They were directly responsible for promoting interest in 100-mile, 24-hour, 6-day, and 1,000-mile races during the early 1980s where the fastest ultrarunners in the country and world came to compete.



Sri Chinmoy Event at Flushing Meadows

By the early 1980s fixed-time races grew in popularity across the country. The year 1983 was called a “revolutionary year” because 24 hours, 48 hours, and 6-day races that ran in circles, started to pop up all over the country, with more than 30 loopy fixed-time events held that year. Many runners started to excel with this format to successfully reach 100 miles. In 1981 about 70 runners reached 100 miles by using this format. In 1990 about 180 runners reached 100 miles in a 24-hour race. But the majority of ultrarunners still felt these type of races were “loopy.” One runner wrote that he believed these events were “reserved for masochists” that they “degenerate into a scene with the majority of the competitors parading ghostlike and crippled around the track for what probably seems to be an eternity. Maybe that’s where St. Peter sends bad ultrarunners.” (UR 11/85 19) A 24-hour participant explained, “There’s a lot of time to think during a 25 hour race. Your emotions range from exultation to despair, from feelings of strength and confidence to exhaustion and panic. Sometimes you think, ‘What am I doing out here? Why am I into this madness?’” (Marshall, 1983 *Ultradistance Summary*, 29).

Weather had its impact on many road 100s. For example, in 1985 the Sri Chinmoy 24 hour race was held during bad storms due to Hurricane Gloria with 50 mph winds. Despite the terrible weather, Yiannis Kouros would reach 100 miles in 11:53 and set a world record of 178 miles. In 1980 at Miami, Florida, one of the earliest 48-hour races ever held in the United States had to be cancelled on the second day due to a terrible storm and tornado warning stopping Park Barner’s attempt at a world record.

Cheating reared its ugly head in ultrarunning in the early 1980s. In 1980 an elite 100-mile runner was disqualified for cutting the Metropolitan 50 course in Central Park. Allegations were raised at other races and it was suspected that he had been cheating races for years by cutting courses, skipping loops at night but still getting them recorded, and by other means. Also in the early ‘80s a woman who was seeking a record brought her own person to record laps at a track race. The race director discovered that her laps were being inflated and disqualified her.

In 1985 a runner was disqualified for clocking unbelievable laps at Birmingham 50, including a lap late in the race of about seven miles averaging 5:32 pace. The runner firmly denied cheating but was not seen on the course by competitors disqualified. Gary Cantrell, a few months after that event, commented that cheaters existed in the sport and “arrived [to races] well prepared to cheat. With small fields and sprawling courses, most ultras are easy prey for those willing to sacrifice self-respect for the respect of others. No matter how insignificant our sport is, some motivation exists for people to cheat. We know because it happens. For some, the hunger for success can be satisfied only by records and wins. For a few of those, the hunger is satisfied no matter how the result is achieved. As painful as it is, race directors must now acknowledge the possibility and make plans to catch cheaters.” (UR 5/85, 27).

Nick Marshall observed in 1981, “There’s a tendency for organizers to avoid the subject, or even pretend it can’t happen, simply because it is such a messy area to deal with. Nevertheless, it does happen on occasion and is should be faced squarely.” The same was true decades later when in 2018 Kelly Agnew of Florida

and Utah was discovered to be a notorious serial cheater in the sport, faking laps on loop courses to get course records and wins.

Self-promotion also became part of the sport in the 1980s and would be repeated in the decades to come. Some runners would claim to be the best in the sport, invent various solo stunt running events, achieve invented world records, and then use it for gain and fame even though they never truly competed with the best in the sport. One example was Stan Cottrell who was featured in a 1981 issue of Runner's World who claimed to be a world-class "ultramarathoner" without running in any ultra-distance races. In 1979 he claimed that he set a 24-hour world record of 167 mile in a solo run and tried to get it listed in the Guinness Book of World Records but was rejected. In 1980 he claimed to have ran across America in a record 48 days setting the fastest known time at that point. The attention he received disturbed many in the sport who saw through the exaggerations and misstatements. Over the years his claims and similar assertions by others taught the sport to be cautious of claims by those who demonstrated strong motives for fame and gain. (In 2016 Georgia Supreme Court ruled against Cottrell who sued five people for defamation over comments on the Internet accusing him of being a "scam artist". During the original 2013 trial, one of Stan's 1980 crew testified that he took rides during this "run" across America. Over the years, Stan did use his fame for a lot of good will with his "friendship" runs.)

Early Trail 100s

In 1974 Gordy Ainsleigh ran the Western States Trail Ride (Tevis Cup) in less than 24 hours. The course was later discovered to be significantly short of 100 miles by many miles, but his feat captured the imagination of other ultrarunners. During the next two years, two other runners attempted to duplicate Gordy's run. Ken Shirk finished in 24:30. For the 1977 Ride, it was decided to add a 100-mile run too. The four horse inspection stations were utilized as aid stations and the veterinarians would check the runners as they came through. 1977 was the only year when the Run was held concurrently with the Ride. Two runners finished in 28 hours and that helped to consider extending the final time the next year to 30 hours.

JULY 25, 1977 WESTERN STATES 100-MILE ENDURANCE RUN									
PL	NAME	TIME	STATUS	REMARKS	PL	NAME	TIME	STATUS	REMARKS
1	ALANNE	24:00	FINISH		11	JOHN	28:00	FINISH	
2	JOHN	24:30	FINISH		12	JOHN	28:30	FINISH	
3	JOHN	25:00	FINISH		13	JOHN	29:00	FINISH	
4	JOHN	25:30	FINISH		14	JOHN	29:30	FINISH	
5	JOHN	26:00	FINISH		15	JOHN	30:00	FINISH	
6	JOHN	26:30	FINISH		16	JOHN	30:30	FINISH	
7	JOHN	27:00	FINISH		17	JOHN	31:00	FINISH	
8	JOHN	27:30	FINISH		18	JOHN	31:30	FINISH	
9	JOHN	28:00	FINISH		19	JOHN	32:00	FINISH	
10	JOHN	28:30	FINISH		20	JOHN	32:30	FINISH	
21	JOHN	33:00	FINISH		22	JOHN	33:30	FINISH	
23	JOHN	34:00	FINISH		24	JOHN	34:30	FINISH	
25	JOHN	35:00	FINISH		26	JOHN	35:30	FINISH	
27	JOHN	36:00	FINISH		28	JOHN	36:30	FINISH	
29	JOHN	37:00	FINISH		30	JOHN	37:30	FINISH	
31	JOHN	38:00	FINISH		32	JOHN	38:30	FINISH	
33	JOHN	39:00	FINISH		34	JOHN	39:30	FINISH	
35	JOHN	40:00	FINISH		36	JOHN	40:30	FINISH	
37	JOHN	41:00	FINISH		38	JOHN	41:30	FINISH	
39	JOHN	42:00	FINISH		40	JOHN	42:30	FINISH	
41	JOHN	43:00	FINISH		42	JOHN	43:30	FINISH	
43	JOHN	44:00	FINISH		44	JOHN	44:30	FINISH	
45	JOHN	45:00	FINISH		46	JOHN	45:30	FINISH	
47	JOHN	46:00	FINISH		48	JOHN	46:30	FINISH	
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51	JOHN	48:00	FINISH		52	JOHN	48:30	FINISH	
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61	JOHN	53:00	FINISH		62	JOHN	53:30	FINISH	
63	JOHN	54:00	FINISH		64	JOHN	54:30	FINISH	
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91	JOHN	68:00	FINISH		92	JOHN	68:30	FINISH	
93	JOHN	69:00	FINISH		94	JOHN	69:30	FINISH	
95	JOHN	70:00	FINISH		96	JOHN	70:30	FINISH	
97	JOHN	71:00	FINISH		98	JOHN	71:30	FINISH	
99	JOHN	72:00	FINISH		100	JOHN	72:30	FINISH	

Hand-written 1977 results

Planning for the 1978 Western States Run got serious. The Western States Endurance Run Board of Governors was formally organized and the key participants were horse endurance riders. Because of the difficulty experienced in 1977 with both runners and horses on the same trail, especially with single-track sections, the run was moved to the month before the ride. In a 1978 Runner's World magazine, an advertisement was included that read: "Western States 100-mile Endurance Run. An experience only for ultramarathon veterans. Course: rugged, uncertified over mountains, through streams, with snakes and bears. All entries must pass physical exam. No one under 18. 30-hour time limit." The entry fee was \$10. (Hattiesburg American, 7/30/1978). Belt buckles were given to those who finished in under 24 hours. Weather was good in 1978 but there was snow in the high country to run over. There were 63 starters (including five women) and 30 finishers, 15 under 24 hours. There were 21 aid stations, including six medical checkpoints.

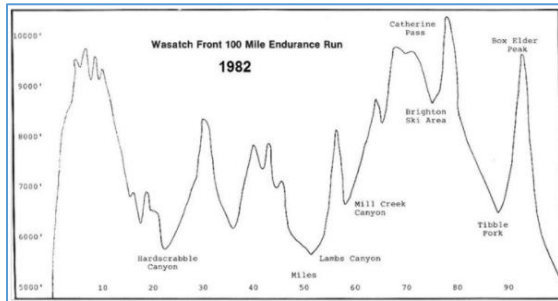
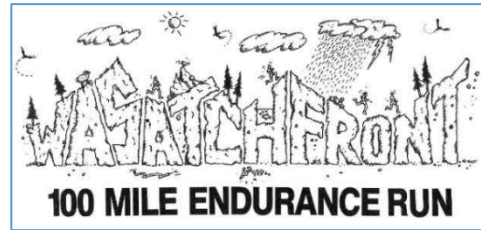
In 1979, Western States was off and running with 143 starters and 96 finishers. Runners still had not figured out how much to carry. Bill Minturn carried two quarts of water with him. Bill recalled taking a wrong turn following footprints to a log cabin where an old prospector sat behind a barbed-wire fence and yelled, "Get out of here! You're not supposed to be in here." Vandals removed yellow trail ribbons and many runners got lost during the night that year.

Many road ultrarunners could not understand the fascination with running 100 on trails where fast times could not be achieved. One Western States official explained that the event was designed to be an adventure rather than a statistic.

Swift Endurance Legends

In 1979, Old Dominion 100 in Virginia was organized by Pat and Wayne Botts. It ran concurrently with the Old Dominion 100-Mile Endurance Ride. The inaugural run began with 45 starters, with only two having experienced running 100 miles before. Eighteen runners finished under the 24-hour cutoff.

In 1980 the Wasatch Front 100 began as a much more difficult race than Western States. For several years shorter trail races had been conducted in the Wasatch Mountains on trails that would later be utilized by the 100. Richard Barnum-Reece came up with the idea for a 100-miler and enlisted Steve Baugh to help. They consulted with the Western States 100 organizers to learn from their experience so far and the first race was conducted on September 27, 1980 with five runners including the race organizers. The runners with maps thought they would stick together but ultimately all became separated. In the end only two runners finished in 35:01. In the very early years of the Wasatch Front 100, the course was not marked and it involved some miles without trails. Few finished. It was described as an “endurance contest” not a race. For the 1981 race, runners were encouraged to carry a snakebite and first aid kit. A pre-race letter included, “Tentatively, we have 3 Army Reserve ambulances that are to be stations at various access points along the course. Don’t rely on this.” (Dana Miller, Wasatch History)



In 1981, 178 runners finished one of the three trail 100-mile races that existed that year, Western States, Old Dominion, and Wasatch Front. Western States started to get enough interest that it introduced a lottery entry system that year, but it still was the only trail 100 getting much attention.

Setting course cutoffs took a while to get right. For its first five years, Old Dominion 100 in Virginia imposed a difficult 24-hour cutoff. In 1983 when only 9 of the 66

starters could finish in time, the race started to allow more time. In 1981 the Wasatch Front 100 had a 30-hour cutoff and no runners finished that year. (No runners made it past mile 53).

Learning how to perform well in trail 100s was “on-the-job training.” After 1981 Western States Endurance Run, 136 runners responded to a survey. The top reasons for success were: hill training, training mileage, knowledge of the course, mental toughness, and heat training. The top reasons for those who did not finish included, dehydration, fatigue, leg cramps, knee injuries, missed cutoffs, blisters, and nausea. About 75% of the runners used pacers. The most popular items eaten were bananas. Other things included fruit, baby foods, bagels, baked potatoes, brownies, sandwiches, and candy. Clothes worn included cotton shirts. (UR 5/85, 21).

By 1985 the finish rate for the key 100 mile races was still overall about 50%. Western States with its increased popularity was attracting runners who were not ready to run 100 miles. Wasatch Front, the most difficult 100-miler at that time, had the highest finish rate that year (66%) because the cut-off times had been increased and it mostly attracted well-prepared runners.

Swift Endurance Legends

Course markings were few or non-existent at first for the early new 100s, they were just given directions. The local runners who knew the trails, did the best. For 1981 Wasatch Front 100, runners were given four pages of course directions that required bringing a compass and no aid stations were provided. For the first Leadville 100 in 1983 with 44 starters, nearly the entire field took a wrong turn, but “only” two required Search and Rescue to find them. The race committee decided to mark the course the next year and give all runners whistles.



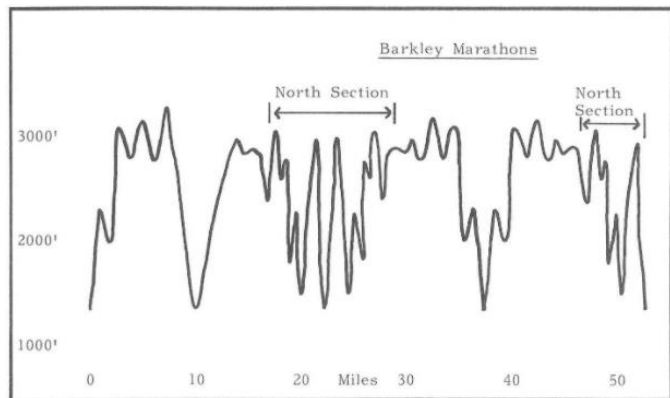
Western States

Getting unified rules across the early trail 100s was a problem. For example during the 1985 Old Dominion 100, the eventual winner went far off course and received a car ride from the race director back to his mistake point. The race director gave another runner who was nine miles off course a ride back and even bumped him nine miles ahead on the course to make up for the blunder. Such practices were eventually stopped. It was suggested that a race director advisory board was needed to solve some problems but that never developed.

The Barkley Marathons

Gary Cantrell and a buddy, Karl Henn became intrigued by Frozen Head State Park in Tennessee. In those mountains was Brushy Mountain State Prison, where Martin Luther King Jr.’s convicted assassin, James Earl Ray had been imprisoned. In 1977 Ray escaped with five others and spend 54.5 hours of freedom in the rugged mountains, traveled an estimated 15 miles, hiding from planes and helicopters. He would sleep a few hours during the day and travel at night, but was caught about eight miles from the prison. He was muddy, exhausted, scratched up, and very hungry. Cantrell and Henn went up into that wilderness in 1985 to backpack the “boundary trail” constructed by the CCC decades ago. When they showed the rangers their route around the park, they were told that they wouldn’t be able to make it. They did and told the rangers that they had some friends who would probably like to run the trail.

In 1986 Cantrell and Hann established the Barkley Marathons. For the early years, the race was 50-55 miles or so, with about 25,000-27,000 feet of climbing. There was a 24-hour cutoff for the first couple years. Thirteen unlucky runners started that first year, including Cantrell, but no one went more than 20 miles. Cantrell called it “a rousing success all around.” (Ultrarunning, 5/86, 14-15).



A rough profile for the 1986 Barkley

About a dozen unwise runners showed up for the second year in 1987 to run what one returning runner described as, “Gary Cantrell’s excuse for a trail run.” Two runners, including elite 100-mile runner, Tom Possert, went out for loop 2, but when they came to a new section added that year which soon was called ‘Hell,” they declined to go through it again and took the loser’s way back to the finish. In 1988, Possert was back and finished in under 24 hours, but then received the sad news that he had by mistake missed a one-mile section during the second loop and didn’t finish. Ed Furtaw did finish that year in 32:14 within the extended cutoff for what became known as the “fun run.” It wasn’t until 1995 that Mark Williams finished the full 100 miles of Barkley in 59:28:48.

Shorter Ultramarathon Races



Knickerbocker 60K in Central Park

Races like the Metropolitan 50 (1971-present), and Knickerbocker 60K (1978-present) that were held in Central Park attracted elite runners who later progressed to the 100-mile distance. The course for these races was run on asphalt with four mile loops and a one-mile out and back. They were held on weekends when car traffic was not allowed in the park. The Metropolitan 50 was often the road 50-mile National Championship and other years pretty much was the unofficial championship because it was so competitive.

One runner described races in Central Park: “That park is crowded, not with race participants, but with people on training runs, joggers, walkers, bikers, skateboards, rollerskates, and UFOs. Dealing with these hordes during the late stages of a race presents an interesting problem.” Another commented, “The crowds of joggers and the constant short hills and turns on the course keep one alert. There is also the contrast between natural scenery and dramatic city walls, the sense of being in the center of a great city.” (Marshall, 1983 *Ultradistance Summary*, 22).



In the mid-1960s, a 72-mile relay race was established running all the way around Lake Tahoe. The Sierra Nevada Track Club set a four-man relay record of 7:22. In 1966 a seven-man team from Visalia Track Club circled the lake in 7:17. By 1970 it became a big event with 42 seven-man teams and was called the 72-mile Lake Tahoe Cross Country Relay. A team from Pacific Coast Club of San Francisco lowered the record to 6:50, besting a standard set by the US Olympic team in 1968. By 1975, ultrarunners got the idea to run the course solo and an annual race was started and would attract many early ultrarunners. The race was held on a Friday to avoid weekend traffic. There were no aid stations, so crews were required to provide support. In 1976 Don Choi set the solo course record of 9:45. In 1978, 36 runners finished the race. In 1982 Rae Clark lowered the record to 9:06, a record that still stood in 2016.

The Strolling Jim 40-miler (1979-present) was established on hilly roads in the scenic hills of Bedford County, Tennessee. It was named after first Tennessee Walking Horse which became a world champion breed. The race was the brain-child of 24-year-old Gary Cantrell, later of Barkley fame. For that first year they used streamers to mark the course and set out water jugs every five miles. But crews were also used to drive along and provide support. Gary said, “The course is mostly hills and I believe for a runner to finish the race it will be less what’s in the legs and more of what’s in the mind.” Over the years road races have come and gone, but Strolling Jim 40 remained as a competitive ultrarunning race in the south. Andy Jones set a blistering course record of 3:59 in 1991 which still stood in 2016.



Gary Cantrell

Gary’s masochistic inclinations were developing in the years before putting on the Barkley Marathons. In 1981 he put together “The Idiot’s Run” in Shelbyville, Tennessee consisting of 76 miles and 37 significant hills. He was surprised when a number of runners expressed interest. He said, “Is there no run so tough as to discourage these maniacs? If we had a 250 miler through Hell with no fluids allowed I think we’d get 10-15 people.” A dozen runners showed up for The Idiot’s Run and only two finished. (Marshall, 1981 *Ultradistance Summary*, 36). By 1983 he extended the length to 108 miles and eliminating flat sections of the course, gaining experience adjusting courses each year to make them harder.



American River 50 start

American River 50 (1980-present) between Auburn and Sacramento, California (trail and pavement) started with 195 runners going downhill from Auburn to Sacramento with 159 finishers. In 1982 the direction was reversed because runners didn't like running into the sun, finishing in the heat, and being seen walking into Sacramento for the finishing miles. It quickly grew in popularity and became the premier 50-miler in the West. Many of the future elite 100-mile runners first made their marks at American River 50. By 2016 the field grew to more than 700 runners.

Lake Waramaug 50-mile and 100K in Connecticut started in 1974. The course was fast on a 7.59-mile paved road loop around the lake. For many years it was the unofficial national championship for the 100K distance. In the early days the race started at the Inn on the lake. The 50-milers would run 6.5 laps finishing across the lake. In 1980 a number of 50-milers were transported back to the Inn riding in the back of a garbage truck. During the mid-1980s the Inn's owner died and the new owner did not want to work with the race so the start shifted to the state park, north of the lake.

Elite American ultrarunners of the 1980s flocked to a key race venue to compete each year of 50-miles or 100K. This race was in Chicago, with the start in between two out-and-back 5-mile "loops" through a park and along the Lake Michigan shoreline. This race became one of the largest ultras in the country. It was flat as a pancake, giving spectacular views of the Lake Michigan and Chicago's skyline. This race was the AMJA (American Medical Joggers Association) Ultras and for several years was the RRCA (Road Runners Club of America) National Championships. World and American Records were set in this race held yearly. In 1980 Barney Klecker set a world record on the course for 50 miles with 4:51.



Marcy Schwam running AMJA Ultra

Both Lake Waramaug and AMJA Ultras used the format allowing runners to receive both a 50-mile finish and a 100K finish if they went the distance. However these dual events tended to discourage runners to go on and finish the internationally recognized 100K distance. Too many runners took the easy way out and stopped at 50 miles. Nick Marshall observed, "We are not likely to achieve any equality of competitive standards with the rest of the ultradistance world as long as this is the case." New ultrarunners liked having this option available but the experienced ultrarunners wished this practice would be discouraged because they believe it diluted good performances at both distances. (Marshall, *1982 Ultradistance Summary*, 60).

In 1982 an ultrarunner explained to the New York Times why people were running ultras, "Years ago, we thought the marathon was the ultimate. People would run a marathon and pass out, and they said a 75-mile race was impossible. But now we know it's not. I don't know what is impossible. That's what we're figuring out. It's a grand experiment."



During the early '80s in Rae Clark of California organized a yearly race running single and double crossings of the Grand Canyon in the fall. (Eventually that race was not allowed in the National Park.) In Nov 1981, nine runners completed a double and many more finished the single crossing. In Oct 1982 the race exploded to 50 runners running the double crossing and an astonishing 116 running the single crossing. Clark ran the fastest double crossing that year in 7:58. There were four start times. Runners were warned, "The cost to haul you out should you be injured or just plain tired out could run between \$75-100. You are on your own once you begin. The trail is not maintained on the north rim part. It will be leaf strewn, washed out, rocky, and in some parts very dangerous. One section, the cliffs, is blasted out of rock and has a very sheer drop off. The last climb out can be exhausting. You must climb out if you want to go home." (Marshall, 1982 *Ultradistance Summary*, 71).

The 1982 race got the attention of the National Park Service and after that year they issued a request that no organized races be held in the canyon. The race continued for a time, but was scaled back to only double crossings. In 1985 there were 23 starters. Two water stations were set up on the South Kaibab trail for final climb out. Other races were being held in National Parks around that time including a three-day stage race run on the Wonderland Trail around Mount Rainer.



From a world perspective, the 100-mile distance wasn't the ultrarunning focus during the 80s and 90s, but the 100K distance was. By 1985 there were about one hundred 100K races held around the world. In the late 1980s that distance became recognized internationally for competition. Many of the elite ultrarunners concentrated more on the road 100K distance than the 100-mile distance. In 1987 the first 100K World Championship was held in Belgium. In 1990, the world 100K championship came to the United States, at the Edmund Fitzgerald 100K in Duluth, Minnesota. It attracted many of the legends of the sport. That 1990 race event has been coined by many as the "Greatest 100K road race in history." This race included twelve runners

profiled later in this book.

International Ultras

As American ultrarunning was still in its infancy, the premier ultras were competed internationally. Several of the elite ultrarunners from America were invited to participate. They had great experiences competing against the best in the world on these various stages and did very well.

London to Brighton 52-miler began as an official race in 1951. From the 1960s through the 1980s London to Brighton was the premier road ultramarathon race in the world. Entry was restricted to highly qualified runners who could finish in at least 8:25. During the late 1970s to the 1980's the field was between 100-175 runners. The course began at Big Ben in London and went to Brighton Beach, about 52.5 miles away. Women first ran officially in 1980. Many of the elite early ultrarunners runners from the USA were able to run in it. Ted Corbitt won the race three times in the 1960s. Other American runners who won included Allan Kirik and Sandra Kiddy.





Comrades Marathon

Comrades Marathon, held in South Africa, was first held in 1921. It is considered the oldest ultramarathon still held. It is about 55 miles long on roads of the ZwaZulu-Natal Province over “The Big Five” set of hills. The direction of the race alternates each year, “up and down runs.” Women and non-whites weren’t allowed to run until 1975 and American runners were banned from competing there until apartheid was lifted in 1991. This road ultra was also the largest during this era. In 1970 it had about 1,000 runners and by 1989 it grew to more than 10,000. Many of the elite American ultrarunners went to compete during the 1990s and did very

well. Ann Trason won twice, in 1996 and 1997.

Spartathlon traces the footsteps of Pheidippides, an Athenian messenger in 490 BC. The 153-mile race, held in Greece, started officially in 1983. The start is at the Acropolis in Athens and runs through ancient towns including Corinth to Sparta. There are 75 checkpoints along the way with strict cut-offs. In 1983 there were 16 finishers and in 1990 there were 35 finishers. Ray Krolewicz was the first American finisher in 1984.



In 1989 an international crisis arose in ultrarunning when runners from several countries, including Barney Klecker of the U.S., the American 50-mile record holder, disregarded the South African boycott imposed by the International Association of Athletics Federations (IAAF) and competed in a special 50-miler in Stellenbosch, South Africa. Yiannis Kouros from Greece also competed. Klecker knew about the boycott but wanted to compete against the best, including Bruce Fordyce of South Africa. He didn’t believe that the IAAF had a right to ban a runner from a country for political reasons. TAC did consider suspending him, but no formal action was ever taken, and Klecker voluntarily sat out of completion for more than a year. With the end of apartheid, the boycott was ended in June, 1991.

Transition to Trails

During the 1980’s, the fastest 100-miler runners were nearly exclusively from the East. The number of ultra-distance races available in the East attracted many of the fastest marathoners to test themselves at the races nearby. Many of the eastern runners were interested in competing on the trails but there still were still few trail 100s. But eventually the mountains of the west would cause a shift.

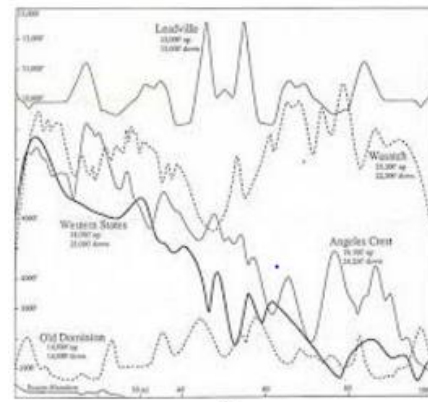
As can be expected, there was an attitude division among some runners about trail ultras vs. road/track ultras. During the early 80s, one runner from the West wrote “Many ultrarunners never venture off the cozy track or the familiar macadam to experience running as were designed to do it.” Because the one trail 100-miler in California, Western States, was the largest 100-mile race in the country, this runner prematurely tried to convince readers that California was now the center of the ultrarunning universe. Another trail runner, John Coffey, stated in 1981, “Trail racing appears to be the new wave in super-distance runs. I maintain it’s a reflection of the adventurous spirit which pushes people to run ultra distances that has them seeking out bizarre and unusual courses. You just can’t get bored on varied terrain.” In contrast, another runner, Stan Wagon reflected about running 70 miles on trails, “I didn’t see another runner in the last 40 miles. Somehow, I don’t think ultramarathoning will ever catch on in a big way. Churning through the later miles at walk/run, it seemed exceedingly boring.” (Marshall, 1981 *Ultradistance Summary*, 40).

Some desired ultramarathons to be more commercialized and receive vast media coverage. In 1982, Sally Edwards co-founder of Fleet Feet proclaimed controversially that ultrarunning was a “dying sport.” Nick Marshall observed, “While there is some tendency to lust after big numbers, with the flattering headlines and higher visibility they would bring, most of us would agree that factors such as those were

inconsequential in what originally motivated us to explore this new running territory past the marathon.” (Marshall, 1983 *Ultradistance Summary*, 3). Sally was wrong, the sport wasn’t dying, but soon some media coverage arrived. In 1984-85, Western States 100 was featured on ABC’s Wide World of Sports which did draw more runners to trail 100s.

Some of the very elite runners struggled that they were not getting much recognition for their accomplishments in this niche sport compared to runners of shorter distances. Nick Marshall commented in 1980, “I’m greatly irritated by a few big shots who have a tendency to whine that they aren’t accorded any special treatment as befits their star status... We ultramarathoners get more publicity than we deserve. On a per-capita basis, we have always been a tiny, tiny segment of the running public, yet our sport has consistently garnered reasonably frequent coverage in the press even so.” (Marshall, *Ultradistance Summary*, 1980. 50).

More trail 100s came into existence during the 1980s: Wasatch Front (1980), Leadville (1983), Angeles Crest (1986), and Vermont (1989). At the end of the decade, in 1989, about 600 runners had completed a 100-mile trail race during that year. In 1986 ESPN televised a segment on Leadville 100. The following year NBC taped coverage of Leadville 100 using at least six roving ground cameras and one helicopter camera.



During the 1980’s road/track 100s were still king but interest in shorter ultra road races was eroding. As early as 1981, ultra-historian Nick Marshall pointed out, “Runners are leaving the roads with wild abandon. Apparently, there is an eagerness not only to test oneself against ever-increasing volumes of mileage at a single encounter, but to also spice up the adventure with as many natural obstacles as possible. Hills and rocks and nature must make it more fun. Huh?” During the 1980s the number of 100-miler finishers doubled from about 250 to 500 per year. However for the 100-mile distance, a strong shift to trails did not occur during the 1980s. In 1981, about 57% of the 100-mile finishers used roads/tracks to reach 100 miles. In 1990 that only decreased to about 54%.

One strong motivating factor for the 1980s elite road ultrarunners was to chase after records – World and American, overall and age records. During the mid-80s TAC (The Athletics Congress), the running governing body at that time and predecessor of USATF (US Track and Field), foolishly contributed to the shift away from roads/tracks to trails. Those in charge, without a good understanding of ultras, started imposing silly restrictions on road/track ultras in efforts to preserve the sanctity of records. Some records were not recognized or even stripped for unfair reasons. Restrictions made it harder to find venues that would be acceptable for setting records. Road races started to disappear.

An ultra subcommittee was formed to help advise TAC, but it was staffed by short-sighted, road-biased ultrarunners who tried to impose long-standing road rules on trail ultras, such as the “no pacing allowed” rule. In 1984 TAC voted to disallow Bernd Heinrich’s American record of 156 in a 24-hour race became some race officials came out on the track during the last hour to run near him. Trail race directors such as Norman Klein with Western States, had no intention of letting TAC dictate unreasonable rules to trail 100s and countered that pacers were for safety and reduced risk. Road purists argued firmly against pacers, “Any race should be restricted to those who are official entrants. While athletes in all sports have fan and supporters, these outside individuals are not allowed to involve themselves on the field of play.” (Over the years, pacers became a staple for 100-mile trail races which turned out to be an important way to introduce more runners to the sport.)

During the late 1980s the TAC Ultra Subcommittee, still road-focused, considered whether a trail championship should be established, but they still felt that it would require the trail ultras to conform to

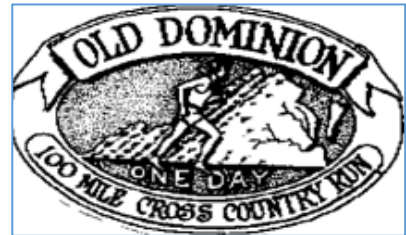
various rules and procedures that grew up out of road competitions. They consulted a few prominent trail runners, knew they were at an impasse, and concluded that TAC should not get involved in trail running. In the meantime, road ultras continued to dwindle.²

Trail 100s were a haven to get away from TAC restrictions, a place to enjoy the experience. It was a place where elite runners didn't worry about World and American Records and instead went after wins and course records. New runners who didn't care about records of any kind flocked to the trails and were welcomed by race directors.

Nathan Whiting put it best in 1993, "Records belong to tracks and short, flat road courses. To many runners, these 'track and field' type events are not what ultrarunning is all about. It's a journey, an adventure, a chance to bruise bones, enjoy the scenery, and reach a new distance. In many instances the important records are course records, especially after a race is run for a few years. A race record can only be set once a year. It often requires special knowledge, strategy, and doggedness to get a course record." (UR 11/1993 38)

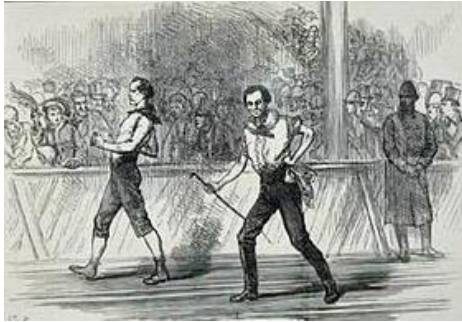
In 1987 the shift to trails started to be noticeable. The average age of runners in the premier road ultras was going up and finish times going up with them. Younger runners were either sticking with marathons or migrating directly to trail ultras. One runner suggested, "We need more exciting [road] courses. Trails and point-to-point adventures are attracting big fields. In a crowded, flat urban area, these are hard to create." (UR 4/88 26) In New York there were still eight races of twelve distances on flat loops. These were seen by many of the younger generation as boring. In 1988 the premier road 100 in New York City drew fewer entrants than past years and was very poorly managed, contributing to the lingering life left in the road 100.

Another very unwise action was taken in 1989 by the Old Dominion 100 race committee. They decided to reduce the race's cutoff time back down to 24-hours in an effort to reduce the field instead of using a lottery. This decision catered only to the elite runners and slammed the door on entry-level runners, older 100-mile runners, and most female runners from running in the only premier trail 100 in the East. They cut off their own lifeblood for the future of eastern 100-mile runners. Actions like that chased the new eastern runners out of the 100-mile sport, or they looked toward the trail 100s in the West. (This decision was reversed in a few years.) Vermont 100 began in 1989. Starting that year, the Grand Slam of Ultrarunning allowed a Vermont finish instead of Old Dominion.



² Eventually USATF trail national championships were established but even decades later, they get very little attention from the vast majority of runners. Even nearly 30 years later, there are still silly USATF rules that are applied to these trail championships which are different from normally accepted everyday rules for trail ultras. In 2009, I won my age-group in the 100-mile national championship and received nice awards, but I knew it really didn't mean much. At times there have been discussions and efforts to somehow get true trail championships established that would attract the best ultrarunners in the country, but with all the independent race directors and lotteries involved, this just hasn't come together.

Multi-Day Races



During the 1870s and 1880s, the six-day “wobble” was a popular spectator sport as athletes circled indoor tracks including Madison Square Garden in New York for days. Most of these men were walkers (pedestrians), not runners. In 1888, American James Albert became the first to run over 1,000K in a six day event and reached 621.75 miles a record that would stand for decades. Popularity waned in the mid-1880s but a few were held in Philadelphia, Pennsylvania until 1903. Watching indoor cycling races took their place.

In May, 1979, Don Choi, of San Francisco, California revived the multi-day ultramarathon when he organized the first modern 48-hour race on a track in Woodside, California with 20 runners either running 24 or 48 hours. Don set the first modern-day American record of 204 miles. Another early 48-hour race was held the next year in Miami Florida but had to be cancelled the second day due to a terrible storm and tornado warnings.

In 1983 the first multi-day indoor race in more than 50 years was held in a college fieldhouse at Haverford Pennsylvania on a 251-yard dirt track. On this track Ray Krolewicz of South Carolina became the premier 48-hour runner in the country setting American Records and reaching 222 miles in 1984. In 1985 Across the Years in Arizona introduced a 48-hour race. Also that year the first multi-day race was held in the South, at Atlanta 48 Hour. Surgeres France became the premier world location for 48-hour racing on a 300-meter track. It formally started there in 1986 with eleven men and one woman. In 1997, 51-year-old Sue Ellen Trapp set a 48-hour World Record on that track reaching 234 miles, a record that would stand until 2006.



Runners in Haverford Fieldhouse running by lap counters



Don Choi, the father of the modern multi-day race

On July 4, 1980 the first 6-day race was held since 1903. This event was put on by Don Choi on a track in Woodside, California and called “Spirit 80 6-Day.” Thirteen runners participated including future Western States 100 legend, 21-year-old Tim Twietmeyer. This young tobacco-chewing runner reached 100-miles in 22:41 and was an oddity to the older runners because he ran in a dress shirt and listened to rock music from a portable radio as he ran. Don Choi won his own event reaching 401 miles.

Two months later, the “Edward Payson Weston Six-Day Go-As-You-Please Invitational Track Race” was organized by Ed Dodd at Cooper River Park in Pennsauken, New Jersey. This race was named after the greatest pedestrian from a century earlier and “go-as-you-please” was historically used to designate that your pace could be either walking or running. Don Choi won with 421 miles establishing himself as the premier 6-day runner in those early years. By 1985 he had finished 18 6-day races, more than anyone in the world.

In November 1981, England took America’s lead and introduced the first 6-day race held in England since 1903. Many other 6-day races were established in the United States by the mid-1980s including races in El Cajon, California, Boulder, Colorado, and Randall’s Island, New York. By 1984 eleven Americans had surpassed 400 miles and eight runners in the world had gone over 500 miles in modern six-day races, including Stu Mittleman who extended the American Record in 1984 to 577 miles in Boulder. Also in 1984

Yiannis Kouros set a World Record of 635 miles, also at Randall's Island, the first person in modern days to go over 600 miles in six days, besting the very old record set in 1888.

In 1985 Gary Cantrell commented, "The subject of pain helps us find out who has that special ability necessary to succeed at multiday running. It isn't just speed. It isn't just mental and physical toughness. It is durability—the capacity to absorb punishment without adverse effects. The great multiday runners suffer no less from the pain and fatigue. They just don't let it affect their performance. How they do this is a mystery." (UR, 3/85, 8). A runner said, "It makes you appreciate life's simple things. I promise when I'm done I'm not going to ever complain or moan again about anything. Nothing in life can be this hard."

In 1985, the first 1,000-mile race ever held in North America was put on by Sri Chinmoy at Flushing Meadows, Queens New York with twelve runners. The runners had 16 days in order to reach 1,000 miles doing loops on the one-mile course. Don Choi won this historic race and finished in 15 days, 6:14. In 1986 Stu Mittleman shattered the 1,000-mile World Record in 11 days, 20:37. Yiannis Kouros broke that in 1988 with ten days, 10:30.

Other Long Ultra Formats

Many of the early non-loop ultras used crews to drive along with the runner to provide support instead of using established aid stations. Long point-to-point races existed for years in England and other countries. Races sprang up in the 1980s in the United States to mimic other races in Europe that were run on roads between towns.

In 1980 a race was established to run from the Liberty Bell in Philadelphia to the Boardwalk in Atlantic City, a distance of nearly 100K. The first year's field was small, but it grew to be a very big race. Similar races sprang up, such as the 166-mile "Mr Rogers Fun Run" that ran from Wheeling, West Virginia to Charleston, West Virginia. In 1978 a 50-mile race began in Wyoming going from the Laramie courthouse to the state capitol in Cheyenne using Interstate 80 with 6,000 feet of elevation change along the way. In 1982 a "Cross Florida Run" was held from Yankeetown on the Gulf of Mexico to Ormond Beach on the Atlantic Ocean for 116 miles. Runners had to deal with the challenge of repeatedly hopping on and off a sloping roadway to avoid car traffic. Another dangerous run with traffic was held that year, a 76-mile race around Pittsburgh on heavily traveled roads, most without good shoulders, in terrible windy conditions. One runner commented, "I have to thank the Lord I'm still alive after that nightmare." Also that year a 60-mile race across Massachusetts was held and a 56-mile race across Rhode Island was contested. It was pretty common for runners to go off course and get lost. In 1985 Gary Cantrell organized the Last Annual Volunteer State Road Race of 207 miles from Knoxville and Nashville.

In 1985 the Alaska Mountain and Wilderness Classic was held going from Mentasta to McKinley. For this wild race, no support crews were allowed and there was no established route. The pre-race instructions included, "You should have some sort of reliable signal device. An ELT or radio is ideal. Alternatives include flares, whistles, signal blanket, or smoke bombs. The race organization is not a babysitter. We cannot and will not offer any rescue or even first aid services. You may wish to contact a pilot to fly over your route on a specified date to check up on you, an expensive proposition." (Marshall, 1985 *Ultradistance Summary*, 58).

Contrast that race with a three-day stage race, New York Pioneer Memorial 3-Day 100-Mile Trek that started in 1981. No, not a race in the Adirondack Mountains, a race in multiple parks in Queens and Brooklyn and tracks and roads.



Scoreboard keepers for the 1,000-mile race

Swift Endurance Legends



Sydney to Melbourne

In Australia a famous Westfield Sydney to Melbourne race was established from 1983-91 with a distance of more than 600 miles. It was billed at the “World’s Toughest Ultra.” The race provided crews and cars, received intense media coverage in the country, and brought out large spectator crowds. Yiannis Kouros won the race five years. In the U.S., in 1984 the Death Valley 100 was run with the same crew format during December of that year. Runners had to contend with high winds and a sand storm. Badwater 135 grew out of that and was established formally in 1987, going from Death Valley to the top of Mount Whitney

Stage races also started to be established. Runners wanted to try to run well past 100 miles, but did not want to deal with sleep deprivation battles as is experienced in the multi-day 24, 48, or 6-day races. Instead fixed distance or fixed time stages would be run each day with mandatory rest stops each night. A very early example was the C&O Canal race established in the 1970s. This race ran along the Chesapeake and Ohio Canal from Georgetown to the canal’s end at Cumberland, Maryland, for a distance of 300K, or about 186 miles. Runners would run 100K each day and the winner was the one with the lowest total running time.

In 1982 a 500-mile stage race across Michigan was held. Runners were required to stop each night for eight hours. In 1984 a 150-mile race across Illinois was held, 50 miles per day. A 166-mile 4-stage race was also held that year running between the capitols of Nevada and California, Carson City, to Sacramento. In the mid-80s staged races were established to run across Virginia, first on roads and later on trails. Such races across states sprang up all over. In 1991 a run across Colorado was sponsored, a distance of 310 miles. Runners had to contend with car traffic on I-25 or frontage roads. New strange cell phones were provided for each crew along with RVs. A 258-mile race across Ohio was held multiple years, without stages, between Cleveland and Cincinnati.

In 1985 the first Trans America stage race was held since 1929 from California to New York. Two runners participated and finished in a “photo finish” with total times just 16 minutes apart for 647 hours in 86 stages and 3,559 miles. By the early 1990s the Trans America stage races got more attention and consisted of 64 stages. Runners would sleep over night in sleeping bags and cots in churches, community centers, or out in the open. For the first race of the 1990s, 13 out of 28 runners made it, nearly 3,000 miles.



Start of the 1991 Trans Am race

Horse Endurance Ride Roots



First Ride 1955

The early trail 100s, Western States 100, Old Dominion 100, and Vermont 100, all have their roots in horse endurance rides. The Western States Trail Ride was established in 1955 when four riders proved that they could go from Lake Tahoe to Auburn in a day on the same historic trail used by gold miners in the 1850s. Originally the ride was named “100 Miles One Day Western States Pony Express Ride,” but later was renamed “The Tevis Cup.”

By 1960, the ride was the premier annual riding event in the country with 42 starters. Movie star, Clark Gable was one of the judges that year. In order to compete, horses had to pass veterinary physicals located at inspection stations along the way with up to a one-hour mandatory rest times at three of them.

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Sterling silver belt buckles were given to finishers if their horse was determined to be fit at the finish. During a few early years, finishers were not allowed to finish in under 17 hours total.

Unlike other endurance sports in those early years, women were very prominent in it, and were pretty much equal competition with the men. In 1961, the winner was a woman, Drucilla Barner. In 1962 the winner was disqualified because his horse was judged “lame” at the finish. The second and third place horses finished in a “dead heat.” The horse that was in the best condition after the finish was awarded the Tevis Cup. A 14-year-old boy finished that year. In 1964 Nick Mansfield completed his 10th finish on “Buffalo Bill” and was given a special award. The all-time course record was set in 1967 with 11:18 riding time.

By the mid-1970s other rides were started patterned after this ride which was recognized as the toughest endurance ride in the world. A 250 rider cap was eventually established. In 1971 there were 76 riders and horses that did not finish for various reasons: Lamé horse, thrown off horse, lost horse shoe, disqualified (switched rider), fatigue, horse pulse rate too high, missed cutoff, and rider quit. Tragically, over the years, horses have died falling off of the cliffs. Others have slipped, survived, and returned another year to complete. It was rare and is a freak accident when it occurred. No rider has ever lost their life. Only the fastest riders finished before dusk. Riding at night was a highlight of the entire experience because the temperatures cooled and the horses had renewed energy. Flashlights were carried but usually not used because the horses could see much better than their human riders. As they trusted their horses, they avoided dangerous situations.



Gordy Ainsleigh rode in the 1971 and 1972 ride, finishing in mid-pack. He would at times run ahead of his horse for miles. In 1973 his horse was injured before the first checkpoint and he dropped out. He ran the course on foot the following year, in 1974.

In Vermont, in 1936, the Green Mountain Horse Association 100 Mile Ride was established as a “three-day grueling test.” The goal of this competition was to finish as close to 17 hours without going under. On the first two days you needed to cover 40-mile loops between 7-8 hours. If they went over eight hours, they were disqualified. On the third day they rode a 20-mile loop that needed to be completed in 3-4 hours.



This wasn't a race, but rather a test of the horse's condition and stamina. The format evolved from the U.S. Army Cavalry's test rides of 300 miles. The first of those was held in 1919 on a course in Massachusetts. The cavalry covered 60 miles on each of five days at a rate of 17 miles per hour. The Vermont 100 ride required riding about six miles per hour. In 2016 the ride was in its 80th year.

In 1989, the Vermont 100 Mile Endurance Ride and Run was established, use many of the same roads and trails established by the original Green Mountain Horse Association 100 Mile Ride. A concurrent 100-mile trail ride was conducted with a one-day 100-mile.

While this is a different event than the original 100-mile ride, they share the same tradition and local Vermont heritage, originating from the same town.

In 1974 the Old Dominion 100 Mile Endurance Ride was established patterned after the Western States Trail Ride in California. The ride began and ended in Leesburg, Virginia. In 1979 the Old Dominion 100

Endurance Run was added, run concurrently with the horse ride for many years. Because of the difficulty accommodating both riders and an increasing field of runners on the same day, in the 1990s, the running race eventually moved to another day.

For more details on these horse endurance rides, see [Ultrarunning's Endurance Ride Roots](#).

The New Era of Trail 100s Takes Hold

By the mid-1990s, road/track 100-milers took a backseat to trails. Joe Uhan put it well in Ultrarunning Magazine: “The magnetic pole of distance running allure flipped in a geologic instant in the nineties, and with the snap of a finger, the continent’s talent shifted with it, pouring efforts and race entries to the trails.” (UR 1/2014 19).

By the end of the 1990s, the road 100-mile race became extinct. The 24-hour races took their place as the source for those wanting to run 100 miles on roads/tracks and go after records. Interest in fixed-time races also dwindled. By 2000 less than 10% of those reaching 100 miles in races, did it on roads or tracks. Trail 100s became king. By the mid-1990s, road ultrarunners were bemoaning that trail running had greatly hindered and eroded the amount of American road talent in the sport. One veteran road ultrarunner stated in 1998, “While the trail running wave of the 90s has been great for our sport, it has left road ultrarunning virtually capsized in its wake.”

Around 1992 when some of the elite road 100-milers started to make appearances at trail 100-milers, course records started to be shattered. Some of the early elite 100-mile runners like David Horton, Eric Clifton, and Ray Scannell quickly embraced trail 100s, while others stayed mostly on roads and dabbled with the flatter trail 100s like Vermont 100. It truly took a gifted runner to be elite on both road and trail 100s during those early years. Eric Clifton explained in 1996 that running trail 100-milers was “still in the freak show category, so you don’t have the fastest people gravitating to it.”

As the 1990’s began, the most popular trail 100s (Western States, Leadville, and Wasatch) were all firmly established and dealing with growing pains to keep the quality high and to take care of their courses. At 1990 Western States 100, three runners were disqualified because their crews drove to a checkpoint where crew access was not allowed. At least one runner was awarded a finishing medal and then it was promptly taken away. Debates surrounded on the harshness of the penalty.

During the 1990s, trail 100-mile finishes doubled. By the end of the decade, during 1999 about 1,100 runners finished one of the seventeen trail 100-mile races. That was up from about 550 trail 100-mile finishers in 1990, in eight trail 100 races. In 1999 only about 110 runners reached 100 miles using roads or tracks. That was significantly down from about 300 runners in 1990. In 1998 an elite road 100-miler proclaimed, “The days of top-flight national 100-milers on the road have gone away.”

During the 1990s ultras sprang up that were increasingly tough, seeking to be the “world’s toughest.” Hardrock 100 appeared in 1992 and shocked some of the first-time participants how difficult and dangerous it was. One runner said he was lucky that he didn’t die. An Ultrarunning Magazine editorial stated, “Do it at your own risk. There is no honor in being the first to die at the Hardrock, just as there is no shame in settling for an ‘easy’ challenge such as Western States.” (UR 9/1992 3) The next year Hardrock made improvements including: marmot-proof course markings with reflective tape, and waterproof maps.



Growing pains continued with trail 100s. With hundreds of runners on the trail competing so hard to reach the finish line, care for the trails became a serious problem. One back-of-the-pack runner observed at Western States that he saw “literally hundreds of trees and bushes festooned with crap-covered toilet paper every hundred yard or so, that looked like the aftermath of a confetti parade.” (UR 9/1994 63) Other logistical problem taught lessons. In 1994 a runner strayed off course in Western States during the night

but the next aid station thought he had passed through. They closed up shop, and left. When the runner came through, there was no aid station, no water or food, no one looking for him. He spent the night on someone's lawn.

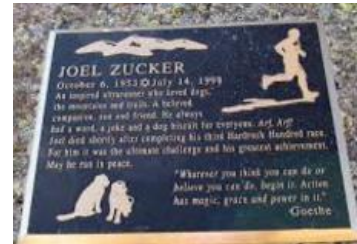


Runner Frank Bozanich stopped to get his vital signs checked at one of five medical checkpoints during 1979 Western States 100

In 1991 Eric Clifton challenged the ultrarunning community to consider if medical weigh-in checkpoints were really needed during 100-mile races. They had been originally used when 100-mile trail races were new and affects were unknown, but by 1991 100-milers were well established and affects understood. He said, “A weight station’s actual safety value is dubious. It may inform medical personnel that a runner may be getting into dehydration trouble, but this is something the runner already knows and could simply tell them. All runners know what it is like to run out of fuel and water; they do not need a scale to tell them. The medical checks were a good idea initially, but the sport has progressed beyond them” (UR 1/1991 33) This issue would continue to be debated for years and mostly stay in place during the 1990s, giving medical staff something to evaluate runners, and for most runners, it was something to be annoyed with.

Safety on the trails hit home in 1994 when an ultrarunner, Barbara Schoener, was killed by a cougar while training on the Western States course. A week later the cougar was found, trapped and killed. The ultrarunning community was stunned and educated better on safety precautions. Western States went on as planned that year.

Care for one's health was emphasized when three-time Hardrock 100 finisher Joel Zucker died 36 hours after finishing Hardrock from a cerebral hemorrhage, mostly likely from high blood pressure that was untreated. A memorial for him was placed on the course.



In the mid-1990, the prominent 100-mile races started to be politicized with conflicts as Richard Fisher started to bring the Tarahumara runners from Mexico to run in these races. Many years later the Tarahumara were the subject of the best-seller book in *Born to Run*. Several Tarahumara were very successful at Leadville 100, but Fisher continually levied complaints on various race committees and other runners about unfair treatment against the Tarahumara runners that he was promoting (or as many believed, exploiting). He brought several of these runners to the 1995 Wasatch Front 100 without going through the registration process, expecting that the race would just let them run, and he even had an article published in the local newspaper announcing that they would be running. The race stuck to the rules and announced at the prerace meeting that registration was required, bandit runners would not be in official results and would be banned from entering the race for life. Four Tarahumara runners still ran without registration.

In 1996, Wasatch Front 100 took the lead and started requiring that entrants do eight hours of trail work as part of their entry requirements. Western States 100 quickly followed suit and soon Angeles Crest 100 too. Reaction was mixed. Some called it a “trail tax.” A runner wrote, “By what rights does a race organization dictate my priorities when it comes time for me to donate my time. If more races do this it’s back to the roads.” (UR 4/1997 52) Over the next three decades, this service requirement was greatly embraced and had a large impact on the development of local trails. It also established long-time good will with the Forest Service and other agencies, making it possible for more ultras to be established.

In the mid-1990s, ultrarunners on the early Internet came together on an email discussion group called ULTRA. This became the primary way to quickly learn from experienced veterans, read race reports, and get timely answers. It effectively established a virtual ultrarunning community, many years before social media. Membership grew to about 3,000 members consisting of both veterans and rookies. In 2017 it still

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had 1,800 members and many feel it is more effective than using crowded Facebook groups. You can find it hosted at listserv.dartmouth.edu. Many old-timers still walk its virtual halls.

By the end of the 1990s, the first generation of 100-milers had pretty much passed the baton to the next generation of young runners piling up the wins including Mike Morton, Courtney Campbell, and new-comers, Scott Jurek and Karl Meltzer. The veteran, Eric Clifton was still winning, tearing up the trails, and was a mentor to the youngsters. Many of the first generation runners were still setting all sorts of age-group records on the roads. Among the women, Ann Trason, entering her 40s, was still winning every race she finished on road, tracks or trails. Young Nikki Kimball was just starting out. The foundation had been laid to receive thousands of future ultrarunners. By 2000, about 1,200 runners finished 100-milers in the US, doubling the sport during the 90s.



Another generation of ultrarunners running together in 2017, at Flagstaff. Mark Godale, Karl Melzer, Ian Torrence, Hal Koerner, and Scott Jurek

Fastest Early 100-miler Runners

Because of my interest in the 100-mile distance, I've wondered: Who were the fastest 100-miler runners during the '70's '80s, and '90s. How fast did they run? How many years did they run 100-milers? Could their body handle running 100 miles fast for many years? Are they still running? Where are they now?

To find a list of the fastest early 100-mile runners, my search criteria was: American runners who finished a 100-mile race faster than 15 hours (for the men), and faster than 17 hours (for the women) during the '70s, '80s, or '90s. I also included runners from other countries who ran elite 100-mile times on US soil during those years. I counted 100-mile split times for longer races, if published.³

I found 58 male runners and 13 female runners that met the criteria for my list. (Few elite female runners ran 100 miles in those early years.) There are other elite ultrarunners that did not meet my criteria who I deeply respect including: Max King, Frank Bozanich, Tom Johnson, John Geesler, Marshall Ulrich, Courtney Campbell, Tim Twietmeyer, Kris Clark-Setnes, Lisa Smith-Batch, Dana Miller, Jim Howard and many others. But for my study, I wanted to stick to the runners who posted the fastest 100-mile times during those early decades in the United States.⁴ Some elite 100-mile trail runners listed above didn't make my list because they stayed on the tougher trail 100-milers during this time. I have no doubt that if some would have trained for a flatter 100-miler, and raced, that they would have made my list.

The fastest times were obviously obtained on the flatter courses, including roads and tracks that were used more often than trails in those early years. Thus, the 71 runners include many who specialized in running short loops over and over again. For the vast majority of these runners, their first time running 100 miles in a race, was on roads. Most of these runners also progressed to race on trails.

³ There are various results databases available online to consult such as ultrasignup.com, statistik.d-u-v.org, realendurance.com, and arrs.net, but all of those databases are missing many 1980s ultra race results that can be found in newspaper reports, in Ultrarunner Magazine, and individual race websites. In the 1980s Nick Marshall was the ultrarunning statistician and did an amazing job sorting out times and records. Nick has graciously provided me his histories, statistics, and corrections.

⁴ It is important to understand that there is also a very long list of runners from other countries who ran sub-15-hour 100-mile splits internationally during this era that could qualify for this list. But my emphasis is on the early history of American 100-mile running. I decided to stick with those who ran a "qualifying" time within the United States, and thus made an impact on the sport in the U.S. during those decades. Because results pre-dated the Internet, I may have missed some.

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Here is the resulting list of runners sorted by their best 100-mile times (track, road or trail) during that period:

The Men

1	Don Ritchie	11:30	1977	Track
2	Yiannis Kouros	11:46	1984	Road
3	Andy Jones	12:05	1997	Road
4	Rae Clark	12:12	1989	Road
5	Bernd Heinrich	12:27	1984	Track
6	Jose Cortez	12:54	1971	Road
7	Stu Mittleman	12:56	1982	Road
8	Patrick Macke	13:00	1986	Track
9	Ray Scannell	13:06	1983	Road
10	Ray Pirrung	13:15	1989	Road
11	Eric Clifton	13:16	1996	Trail
12	Terry Martin	13:18	1988	Road
13	Lion Caldwell	13:19	1986	Road
14	George Gardiner	13:22	1981	Track
15	Ted Corbitt	13:33	1968	Track
16	Cahit Yeter	13:35	1986	Road
17	Don Marvel	13:36	1980	Road
18	Kevin Egleton	13:40	1982	Road
19	Fred Savitz	13:40	1980	Road
20	Park Barner	13:40	1974	Road
21	Ben Hian	13:42	1997	Trail
22	Tom Possert	13:44	1989	Road
23	Jack Bristol	13:46	1974	Track
24	Max Telford	13:53	1979	Road
25	Don Aycock	13:53	1988	Road
26	Steve Warshawer	13:54	1983	Track
27	Kevin Setnes	13:54	1995	Trail
28	Ray Krolewicz	13:58	1988	Road
29	Mike Morton	14:08	1995	Trail
30	Nick Marshall	14:11	1983	Road
31	Paul Fendler	14:11	1989	Road
32	Tom Chiaro	14:13	1983	Road
33	Ken Young	14:14	1972	Track
34	Mark Godale	14:15	1999	Road
35	Bob VandeKieft	14:19	1981	Road
36	Brian Purcell	14:23	1989	Track
37	Don Jewell	14:25	1984	Road
38	David Horton	14:26	1986	Road
39	James "Echo" Edmonson	14:27	1990	Track
40	Bob Emmons	14:34	1995	Road
41	Neil Weygandt	14:35	1982	Road
42	Joe Schlereth	14:38	1991	Road
43	David Luljak	14:38	1999	Trail
44	Paul Ryan	14:42	1979	Road
45	Paul Soskind	14:42	1979	Track
46	Don Choi	14:44	1978	Track
47	Carl Andersen	14:46	1993	Trail
48	Joe Hildebrand	14:47	1999	Trail
49	Frank DeLeo	14:48	1989	Road
50	Dave Obelkevich	14:35	1980	Road
51	Mike Fedak	14:51	1986	Road
52	Eric Rappold	14:51	1997	Trail
53	Tom McGrath	14:52	1984	Road
54	Jim King	14:54	1984	Trail
55	Chris Gibson	14:54	1987	Road
56	Gary Krosch	14:54	1983	Road
57	Gard Leighton	14:56	1985	Track
58	Roger Welch	14:57	1991	Road

The Women

1	Ann Trason	13:47	1991	Road
2	Sue-Ellen Trapp	15:05	1990	Road
3	Sandra Kiddy	15:12	1985	Road
4	Donna Hudson	15:31	1983	Road
5	Marcy Schwam	15:44	1980	Track
6	Randi (Bromka) Young	15:45	1992	Road
7	Sue Medaglia	15:51	1983	Road
8	Susan Olsen	15:55	1991	Track
9	Natalie Cullimore	16:11	1971	Road
10	Christine Gibbons	16:41	1989	Road
11	Ruth Anderson	16:50	1978	Track
12	Kay Moore	16:54	1986	Road
13	Linda Elam	16:58	1989	Track

Statistics

For these 71 elite 100-mile runners, I found some interesting statistics.

How many career 100-mile finishes do these runners have?

- Together, these runners averaged about 15 career finishes of 100 miles or more. During those early years, with so few races to choose from, it should be expected that this would contribute toward a lower number of career finishes. Three, Yiannis Kouros, Roy Pirrung, and Ray Krolewicz have exceeded 50 finishes of 100 miles or more. Ray Krolewicz has more than one hundred 100-mile finishes by 2016, putting him in about seventh on the all-time career 100-mile finish list.

When did they start running 100 milers?

- Their average age for their first 100-mile finish was age 34. Their average age for their fastest 100 time during the years of 70s-90s, was age 36.

When did they stop running 100 milers?

- Their average age for their last 100-mile finish was age 47, so they generally retired early from running 100 miles. Their average retirement from racing all ultras is age 54.

How many years did their 100-mile career last?

- Their average 100-mile career only lasted for about 14 years. Seven of the runners were “one-hit-wonders” who ran an elite 100-mile time but then disappeared from the 100-mile distance.

How many years did their ultrarunning career last?

- Their average ultrarunning career lasted 23 years. Nick Marshall has run ultras for more than 41 years.

When did they retire from ultrarunning (all distances?)

- Only 10 of these 71 runners still ran an ultra in 2017. All 10 are still elite runners for their age groups. For all of the 71 runners, their average year of “retirement” from all ultra-racing was 2003.

Most of these runners loved to chase records. Here are some unique 100-mile bests I came up with for this group as of early 2018.

- Longest 100-mile running career – 38 years, 337 days – Nick Marshall. Ray Krolewicz and Lion Caldwell are just less than a year behind and still running.
- Longest career running sub-20-hour 100s - Yiannis Kouros – about 30 years (World Best)
- Longest career running sub-24-hour 100s – 34 years, 3 months – Ray Krolewicz (World Best)
- Most 100-milers+ by 1999 – Ray Krolewicz – 60+
- Most 100-mile wins by 1999 – Yiannis Kouros - 25+, Ann Trason – 21 (she won every 100 she finished during that era).

Did these runners compete against each other?

- Yes, very often. The race that included the most runners from my list was the 1990 World 100K Championship at Edmund Fitzgerald 100K in Duluth, MN. It has been called, “The Greatest 100K Road Race in History” when hundreds of runners came from all over the world. Among the runners who ran there were Yiannis Kouros (4th), Don Ritchie, (10th), Ray Krolewicz (12th), Steve Warshawer (13th), Chris Gibson (16th), Ray Scannell (20th), Rae Clark (25th), Ann Trason (26th, 2nd

female), Roy Pirrung (35th), Randi Bromka (43rd, 6th woman), Susan Olsen (53rd 9th woman), and Sandra Kiddy (61st, 13th woman). It was a “who’s who” of elite 100-mile ultrarunners of that time.

Eleven of the runners on my list have been inducted into the American Ultrarunning Hall of Fame. Seven runners had Ph.Ds. Five others had medical degrees. There were many teachers, mothers, musicians, a pilot, a weatherman, a green beret, a bus driver, a brother of a vice-presidential candidate, and many coaches.

Runner Biographies

I looked deeper and started to learn more about these elite pioneer runners of 100-mile races. A few have now passed on. By 2016, many were in their 70s and 80s. At times I have run with these ultrarunning legends on the same courses and never realized it. Their storied accomplishments are fading from the history of ultrarunning. Most of the current generation of runners have never heard of most of these runners. I hope they won’t be forgotten. Please take the time to learn about those who have paved the way for all ultrarunners of today. If any of these runners read this, I also welcome corrections, stories, and details.⁵

As you read these biographies, you will see finish times given for many races. Keep in mind that most of these runners were also trying for national-class times and records in the ultra-distances. They were seeking for times below those shown in the chart below. In the early 1990s if you ran below these times, you could be considered for the National 100K Team. Times far below these were world-class.

National-class speeds

Distance	Men	Women
50K	3:30	4:00
50-miles	6:00	7:00
100K	8:00	9:30
100-miles	15:00	17:00

Here are the swiftest 100-mile runners during the modern first three decades of ultrarunning, sorted fastest first. First, the men.

Don Ritchie



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
11:30	1977	33	1977	2003	59	2004	60

Don Ritchie is from Scotland and some people argue that Don is the greatest ultrarunner in history on tracks and roads.⁶ In his early teens he took part in school sports as a sprinter and usually finished in the top three. When he was sixteen years old, he participated in his first “walking race” which was popular at that time. The race was for seven miles and had 45 walkers. Don finished “a tired fifth” and walked

⁵ I’ve compiled these running biographies from Internet resources including newspaper archives and various race results archives.

⁶ I included Don Ritchie on the list because he raced 100+ miles several times in the United States and certainly influenced the American ultrarunners at that time.

in his working clothes and shoes. He walked the race again the following year and was bothered that two girls beat him. He concluded that he probably needed to train.

Don ran cross-country in school and during the track season raced the 440 and 880 yard races. His coach advised him to concentrate on the 880. In 1963 at the age of 19, he started to run fifteen miles regularly with Alistair Wood, one of the great ultrarunners of the early 1970's, who later won London to Brighton race in a record time. Don eventually started to keep up with him on training runs.

Scottish Athletics required that runners be at least 21 years old in order to run in marathons. In 1965 Don was old enough and entered a marathon with Alistair Wood. The furthest Don had trained was 17 miles. He did great and was pleased with his finish time of 2:43. His mentor Alistair, won the race in 2:24. When Don finished, he didn't say "never again," he was excited to run more marathons. Don's personal best for a marathon would be 2:19 at the London Marathon.

History was made in 1977, Don's best running year of his life, at the age of 33. In September, he got time off from his job without pay to go run a 24-hour race on an outdoor 400-meter track at the Crystal Palace in London. He took the train there and checked out the tartan synthetic track, a surface he had not run on before. He taped his feet and would run in racing shoes without socks. The weather was good, but would warm up to 65 degrees in the afternoon. On Don's historic 100-mile run, he started blazing fast. His first ten-mile split times were, 1:02, 1:03, and 1:02, reaching 50K in 3:15. He only stopped once to use the bathroom the entire 100 miles and averaged 6:54-mile pace.



Don lapping a runner during his 100-mile run

At about mile 40, Don's feet and legs started to become sore. He speculated that it might have been due to the warm afternoon's effect on the synthetic track surface. Don took salt tablets and fueled on a special carbohydrate drink with vitamin C and potassium. The halfway point, 50 miles, came at 5:15. He hit the 100K mark at 6:39. At 80 miles he was informed that he was on a world record pace for 100 miles. By mile 90, his feet were very sore, so he took a couple aspirin. His 150K split was an obscure world record of 10:37:47. He ran his last 10 miles in 1:18, and broke the 100-mile World Record in 11:30:51. His 100-mile track record stood for 25 years until broken in 2002 by Russian, Oleg Kharitonov, who ran 100 miles in 11:28, also at the Crystal Palace. After two more laps, Don stopped to check on his feet. He wrote, "I had two blisters on my left foot and my right had three blisters, plus a cut. I changed my shoes and tried walking, but I could not make myself run again." He decided to drop out of the 24-hour race.

For some time, Don had been thinking of attempting a 100K race but there were none scheduled to be run in the U.K in 1978. One of his team members suggested he run a well-established road race in Hartola, Finland. He decided to sign up and ran weekly miles of 127-189 miles in the weeks building up to the race. The weather was ideal for the race and he set his sights to beat Cavin Woodward's best of 6:19 set in France. Don ran the first marathon in 2:31 and hit the 50K mark in 3:01. At one point he wasn't paying attention close enough and missed a turn following a cyclist. He had to retrace his steps, costing him an extra 600 meters. But in the end he finished in 6:18, setting a new world record. He won a wooden rocking chair and 20,000 Finish Marks to cover expenses.

Later in October, 1978, Don again raced 100K at race that became scheduled for the Crystal Palace. He ran the first 10K in 34:06 and at 16 miles had gut issues and had to stop at the changing room. Once running again, he was a lap and a half behind the leaders, Cavin Woodward and Mick Molloy. He caught up to Cavin around 50K which he reached in 2:59. He chased Mick who eventually "blew up." From there Don felt strong and pressed far ahead of the field. He reached 50 miles in an astonishing 4:53:28, and finished

the 100K in a world record time of 6:10:20. His 100K record still stood in 2017. (The road 100K world record of 6:13:33, was set in 1998 by Takahiro Sunada of Japan.)

In 1979 Don came to the United States for the first time to run the New York Road Runners Club 100-miler held at Flushing Meadows in Queens, New York. He was given a free trip to New York to participate in this historic race. The weather was hot (85 degrees) and humid as the race started at 7 p.m. About 50 spectators cheered at the start including ultrarunning legend Ted Corbitt. The field consisted of 27 runners and they ran through the night. The bugs were bad and several runners complained about swallowing them. Don joked, "I was getting protein when I needed carbohydrates."

Don started at a 6-minute-mile pace and broke away from his nearest competitor by mile 20. He reached the marathon mark at 2:40. "My feet became very painful but they lost feeling at about 50 miles, which was a blessing." Fifty miles came at 5:23 and he needed a stop to tape over a blister. He favored that foot for the rest of the race. The night air cooled a little to 78 degrees. He hit 100K at 6:49 and cruised to 100 miles in 11:51:12, setting a road 100-mile World Record, breaking a record held since 1958 by Wally Hayward. (Yiannis Kouros would break that record in 1984 when he ran 11:46:37 in New York City. Don's 11:51 still is the second fastest road 100 ever.) From 1979 to 1984, Don held both the road and track 100-mile World Records.

Immediately after finishing, Don was carried away to a cot to recover. Don wrote, "I soaked my feet for half an hour in a bucket of cold water, to extract some of the heat from them. They were not as bad as I had expected. Ted Corbitt presented me with the 'Ted Corbitt Cup,' about an hour after finishing. It was a pleasure for me to meet Ted."



After that 1979 race, Don was soon sidelined with injuries: hamstring, groin, and heel spurs. But by 1983 he was racing again. His training was incredible. He would typically run about 100 miles a week at 6-minute-mile pace. For many of the miles, he would run to and from work.

In 1988 while running the Lincolnshire 100K, he fell and broke his kneecap. Don fought through months of recovery and was running the next year in top form.

In 1990 he ran at the World 24-hour championships in England at Milton Keynes, on an 890-meter loop in the largest shopping mall in Europe. Cones were put out with long stretched of plastic tape. The surface was hard marble. This race was referred to as "the greatest 24-hour field ever assembled." There were several elite runners from the United States in the race including, Roy Pirrung, Sue Ellen Trapp, and Randi Bromka.

On the way to the mall Don was stuck in a terrible traffic jam. Once out of it, his driver had to drive 90 mph while Don changed into his running clothes in the passenger seat. He arrived with nine minutes to spare and no time for the bathroom. The race started at 8 p.m. He wrote, "I was so relieved to be underway after that nerve-racking and emotionally draining journey." Don started out cautiously for this race and after one hour was in 8th place. There was a large board that was updated once per hour with the standings. He ate every hour, either a slice of white bread or a ripe banana. After four hours he took the lead and extended that by about one kilometer each hour. Don ran away from the rest of the field, reached 92 miles in 12 hours, and reached 100 miles in



Start of the race in the mall

12:56, an indoor World Record. He won with 166 miles in 24 hours for another indoor World Record. The best US showing was Roy Pirrung, who finished in 3rd with 154 miles.



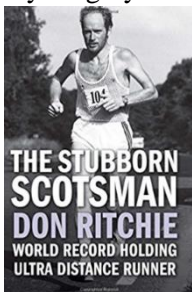
The best ultrarunners in the world before the 1990 race, Don Ritchie, Eleanor Adams, and Yiannis Kourou

Also in 1990, Don came back to the United States and ran in the 100K World Championship at Edmund Fitzgerald 100K in Duluth, Minnesota, referred to as “The Greatest 100K Road Race in History.” The race started in the village of Finland, Minnesota. It was chilly and windy so Don applied some olive oil to his arms and legs for some insolation. The race got underway at 7:00 a.m. under a starry pre-dawn sky. Don settled in with a lead pack of about 50 runners. At the 10K mark, dawn arrived and Don was surprised that their pace was “only” 38:10. It felt like they were moving faster. He was in a group of seven including Ray Krolewicz. Ray announced that there was a runner still ahead who was out of sight. Ray was the first to drop away from the pack. The course went off the pavement onto a dirt and gravel road and by the time it returned to the pavement, Don was struggling. As he started to recover, he ran with Charlie Trayer, of the U.S. They hit the

marathon mark at 2:47. He had lost sight of about six runners ahead and knew the win for him was gone. At about 70K, a few runners caught up and invited him to join in with them but Don was “locked into survival pace,” and just trying to hang on. He was frustrated that his quads wouldn’t let him stride out as they ran down toward Lake Superior. Don finished in 10th place. He wrote that he was “very pleased to be finished from this distressing experience.” Don was puzzled with his poor performance but later discovered that he had some sort of lung infection.

In 1993 at the age of 49, Don returned to the U.S. again to run a 100K race with many international runners. He ran in the USA 100K National Championship held in Central Park, in February. It was bitter cold, for the 7:00 a.m. start with 136 runners. They first ran a one-mile out-and-back and then started running a course of 15 laps. Don started easy but soon pushed into 5th place. Andy Jones was pulling away. By lap three, Don was in third place but beginning to tire badly. He passed the marathon mark in 2:53. Things got worse from there and he just had to hang on and finished in 9th, with 7:53. He had tried his best. After the race he was pleased to spend some time with American runners, Jim Shapiro and Alan Kirik who he had met before.

Don loved racing and admitted that he raced too often. He over-trained at times but had the sense to back off. He suffered at times due to an irregular heartbeat. By 2000, he could tell that his strength was declining at age 55. He could still run sub-three-hour marathons and sub-eight-hour 100Ks. In 2008 he needed heart surgery which solved his heartbeat problem. He wrote, “Looking back, I am satisfied with my lengthy running period of 48 years. I felt fulfilled that I was able to establish world best performances on the track at: 50K, 40 miles, 50 miles, 6 hours, 150K, 100 miles, and 200K.” (Richie, The Stubborn Scotsman, 342)



Don won his first ultra in 1977 and his last in 2003 for a timespan of more than 26 years. Just seven others have had a longer time span in the world. As of 2011, Don had reported that he had run 208,000 life-time miles. In 2016 Don wrote a book, “The Stubborn Scotsman,” available from the UK on Amazon.com. It is very detailed and fascinating.



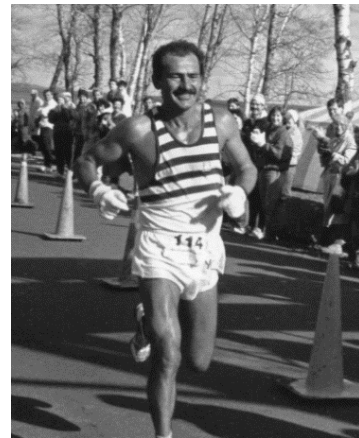
Yiannis Kouros



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
11:46	1984	28	1983	2013	57	2014	58

Yiannis Kouros is the greatest ultrarunner ever on roads and tracks. He was born in Greece and later moved to Australia. When he was a child, he couldn't afford to go to the movies so he went to a stadium to run for fun. He started running races at the age of 16 and was one of the top high school runners in Greece. At a young age, he could run 1500 meters in 4:09 and the marathon in 2:24. Soon he quickly discovered that he excelled at ultra distances.

Yiannis received international attention when he won the Spartathlon (153 miles) in 1984, at the age of 24, in 20:25. That record still stood in 2016. Some believed that somehow he cheated, but soon the world witnessed his abilities at other events. He would win Spartathlon four times from 1984-1990.



Yiannis at Sri Chinmoy

Yiannis sought to go after a mystical record that had not been broken for nearly one hundred years, the 6-day record. It was the oldest standing running record. In 1984 he beat that record by running 635 miles in six days at New York City on a 400-meter track in Downing Stadium on Randalls Island. The previous record was 623 miles. Along the way he ran 163 miles in 24 hours and 266 miles in 48 hours (also a World Record). These achievements got him much international attention.

Yiannis shared his experience setting these records, "I was running very fast, and because my toes were bleeding very much, many believed I would have to drop out. There I experienced how important the mental attitude is. I come to a point where my body is almost dead. My mind has to take leadership. From my races I need to recover during about two months. Then I feel that I have the appetite again to go running and start again. In ultrarunning there are no real limits. One can go on and on. I try to achieve something special in each race. I believe that more and more people will start with ultrarunning, and I feel I belong to the pioneers now."



More records fell a few months later in 1984, at Sri Chinmoy 24-hour race held on a one-mile paved loop in Flushing Meadows, outlined with a dotted blue line. Yiannis led the field of 55 runners for the first ten miles but was closely followed by George Gardiner who soon faded. He hit the marathon mark at 2:48 and 50 miles at 5:27. Spectators were around the course cheering Yiannis on and he would smile or wave. His running was continuous, without walking. He only stopped to change into warmer clothes for the night. Along the way he beat Don Richie's 1979 100-mile road World Record by running 11:46:37. He then went on and passed the World 24-hour Record of 170 miles with two hours to go. He then sat and walked more but finished with 177 miles, a new 24-hour World Record. At that time he held a total of 19 World Records. Yiannis said that the event "was the best organized" race he has run. "It was like a celebration, very beautiful. The people would sing songs to me. I liked the spiritual atmosphere very much." (UR 1/85). A fellow runner observed, "It was fascinating to watch Kouros run by himself. Since we were on an enclosed mile loop, you were constantly aware that he was moving at an

incredible pace, never appearing to slack off and totally within himself, never acknowledging anyone else.” (Marshall, 1984 *Ultradistance Summary*, 71).

At the 1985 World 48 Hour Championship at Montauban, France, he ran on a track. Another runner went in the lead but dropped out early. Yiannis was leading at the 100K point with 6:58. He reached 176 miles in 24-hours and impressively beat all distance track records along the way. After the two days were through, he finished in a staggering world record of 281 miles. But Yiannis was human. In 1985 he did not finish 1985 AMJA 50 in Chicago, stopping at 30 miles because of dizziness.



Yiannis running in the hurricane

In September of 1985 Yiannis returned to New York and again ran the Sri Chinmoy 24 hour race. The weather was bad due to storms from Hurricane Gloria, including 50 mph winds. Half of the field didn't even start because of city government pleas for people to stay home. The race started anyway, against these warnings, and park officials tried to block the course during the first three hours to cancel the event. But the race continued once appealing to higher authorities with promises that all would be fine. Officials decided to let the race go forward. Footing was bad but Yiannis continued to run circles around every one. He reached 100 miles in 11:53 and increased his 24-hour World Record to 178 miles.

In February 1986 Yiannis went to Deerfield, Illinois to compete in the Multiplex Indoor 24-hour race on a tiny track, 11 loops per mile. It became an international competition as the second-best 24 hour runner, Jen Gilles Boussiquet also signed up along with Patrick Macke of the UK, winner of the Spartathlon. US greats included Stu Mittleman, Ray Krolewicz, Dan Brannen, Don Choi, Ed Dodd and Marcy Schwamm. Ray K took the early lead and as he lapped Yiannis, he would tuck in behind him to keep pace. Patrick Macke ran steady, eventually a mile behind the pair. Yiannis soon went into the lead but Patrick slowly gained, went ahead, and reached 100K in 7:38:00, setting a new indoor world record. Yiannis also went under the previous world record with 7:47. After Patrick rested a bit, the two ran near each other for the next six hours. Patrick reached 100 miles in 13:00:49 which was a new world indoor best by nearly two hours. Yiannis passed through 100 miles in 13:12:13 and soon took the lead. Yiannis broke the old indoor 24-hour record just before 22 hours and then took a break. Once returning to the track he walked and jogged, reaching 156 miles, an indoor world record. Patrick Macke finished with 148 miles for a British indoor best.

Yiannis' dominance at the 100-mile distance continued. In 1986 he won the Sri Chinmoy 100 in 11:56, just ten minutes off his road 100 World Record. He ran the race with a fractured toe, which was still healing from a few months earlier.

By 1987 Yiannis had won the 630-mile Sydney to Melbourne point-to-point race twice, crushing all competition. That year he won it by 27 hours. In 1988 the race organizers offered him \$3,700 if he would race again, but this time give the rest of the field an 8-hour head start. He accepted and again won for the third straight year, with a total prize of \$26,000. Many of the runners were upset that the race had turned into a "circus" and that they had been disrespected. Other complained that Yiannis used pacers. But no one came close to his finish time.

There was drama in the ultra world when former 1,000-mile record holder, Siegfried Bauer from New Zealand, railed against the decision to hold the 1988 1,000-mile world championship at New York, claiming that you can't call an event a world championship if there is no valid competition. He decided to skip the event which was held at the same venue where he lost his World Record to Stu Mittleman two years earlier. He looked foolish when Yiannis showed up to compete. Yiannis had not been able to train much in the

months before because of a swollen Achilles tendon and a sore knee, but he gave it a try. He started the 1,000-mile race at a slower pace than he usually ran in his races, with “just” a sub-8-minute-mile pace. But he still reached 144 miles on the first day. He didn’t get much sleep the second day because of all the noise at Flushing Meadows and the planes flying overhead, so he rented a camper. After six days he had covered 639 miles. He was sick the eighth day with only 69 miles, but went on to finish 1,000 miles in a World Record of ten days, ten hours.

In the early 1990s, Yiannis took a break from running and instead took up music, which became his main interest. He would spend eight to ten hours a day in his studio with keyboards and guitars writing songs in Greek. (CDs can be found on Amazon.com). But he still ran. He would compose songs as he ran, taking inspiration from things he saw. He said, “Music in the mind is the best drug from a runner.” In his Sydney to Melbourne races, at times his crew van behind him would blast out Greek music. Yiannis started competing again in 1994.



In 1996, Yiannis, raced in a 48-hour championship at Surgeres, France, on a 300-meter track. He went on to finish a massive 294 miles for 48 hours, setting a World Record that he still holds as of 2016. Also that year at Coburg, Australia, he covered 182 miles in 24 hours for another World Record.

Yiannis had a long-standing goal to run 300K (186 miles) in 24 hours and was frustrated several times coming up short. In 1997 he would finally reach his goal. His achievement came at Sri Chinmoy 24-hours at Adelaide, Australia on a 400-meter track. Yiannis went for it, not holding back. He hit the marathon mark in 2:59, 100K in 7:15, 100 miles in 11:57, and 200K in 15:10, a new World Record. He was beginning to feel the pain but pushed on. By 17 hours he had covered 138 miles. At 20 hours, he had a “bad patch” and his laps started to slow, so he stopped talking and was very focused. His crew continued to help, putting small pieces of food in his mouth as he passed each lap. When dawn arrived, he felt revived. He began shouting at his crew for more fuel. With two hours to go, he needed to run 11.1 more miles to reach his 300K goal. He made it! He reached 303.5K or 188.5 miles, a World Record that would last through the ages. When he finished he declared, “I will run no more 24-hour races. This record will stand for centuries.” His record was 17 miles further than anyone else had ever gone in 24 hours.

Yiannis did run 24-hour races again. In 1998 he had his sights on running 300K in 24 hours, this time on a road loop course which he believed would be much harder than on a track. He attempted it at Sri Chinmoy 24 Hours in Basel, Switzerland on a one-mile loop but came up short, running 290K (180 miles), increasing the World Record.

By 2000, Yiannis had won 53 ultramarathons. That year Runner’s magazine proclaimed him as only the seventh best runner of the 20th century.

In 2002, at the age of 46, Yiannis covered an incredible 172 miles at Olander Park 24 Hour race in Ohio. He once said, “When other people get tired, they stop. I don’t. I take over my body with my mind. I tell it that it’s not tired and it listens.”

In 2005 he ran Across the Years 72-hour race and set the course record that still stands, 323 miles. That year he also set a 6-day World Record of 644 miles at the age of 49 in Australia. On the last day, two busloads of Greeks arrived from Melbourne to cheer their champion over the 1000K mark. The crowd erupted when history was made. During that race he set four World Records and broke personal records that he had set 20 years earlier. He attributed his ability to do all of this to “staying active and creative, and finding inspiration.”

Swift Endurance Legends



Yiannis with 6-day Trophy in Australia

I was able to meet Yiannis in 2013 when he ran the 2013 6-day Across the Years race. His Greek crew was set up right next to my personal aid station and I enjoyed watching them assist him in his race. Yiannis dueled for six days against Joe Fejas. Yiannis covered 550.1 miles, but Joe beat him with 555.35 miles. Yiannis was not used to coming in second.



Yiannis Korous and Joe Fejas

Andy Jones



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
12:05	1997	35	1997	1997	35	1998	36

Andy Jones, was an engineer from Canada and Wisconsin. He has mostly been a marathon runner but was a “one hit wonder” running 100 miles. In 1983 at the age of 22 he won the Voyager Marathon in Canada with a 2:25. During the 1980s he traveled the US and all over the world competing in marathons. His personal best was 2:17 at 1985 Chicago Marathon.

At age 28 in 1988, Andy, with only limited training on trails, burst on ultra scene, when he ran Ice Age 50 in Wisconsin. He hung with the pre-race Tom Zimmerman for the first 15 miles and then he took the lead, opening a gap on Tom by mile 24. At mile 30, Tom missed a turn and later dropped out. Andy increased his lead and finished with a new course record of 5:53.



Smashing Strolling Jim 40 course record

In 1990 Andy ran 50 miles in 4:54 at Golden Horseshoe 50 in Ontario on a fast paved out-and-back course, just a few minutes off of a World Record. At that time it was the fourth fastest 50-mile run ever. Everyone told him he was going out too fast, and thought he would crash, but he didn't. He continued to turn heads in 1991 at the age of 30 when he ran a road 100K in New Orleans winning in a world-class time of 6:33 which in 2016 is still one of the top 100K times ever in North America.

Also in 1991 he ran Strolling Jim 40 on pavement in Tennessee. He took the lead from the start and after five miles, he had already built up an astonishing four-minute lead. He hit the 20-mile mark in 1:54 and made a decision. “I realized at the halfway mark that I was having an extremely good day. I figured I ought to try for four hours since you never know when you'll be ‘on’ like that again.” He cranked out the next five miles in less than 27:30. His marathon mark was 2:29. Four hours just might be possible. With five miles to go he was at 3:22. With two miles to go he was clocking 5:40 miles and crossed the finish line in 3:59:26. He smashed the course record and as of 2016 it still stands. (UR 6/1991 8)

Swift Endurance Legends

During the winter of 1991 Andy wanted to attempt to break the 100K record at a very unique race that ran on the Mississippi River east bank levee near New Orleans, Louisiana. (Years later after Hurricane Katrina, this levee would be heavily fortified.) In 1991 the 100K race ran an out-and back starting in New Orleans. The surface was grass, shell, gravel, and had many cattle guards. The levee was about eight feet wide and had steep drop-offs in places on either side. Unmanned aid stations were set up on the levee every five miles with food and fluids. Andy contended against the wind but liked the course, finishing in 6:33, setting a North American 100K record.



Sections of the levee are paved in 2016

You would think that he would have continued running ultramarathon distances with that dominant speed and endurance, but he went back to running marathons and was probably very busy getting his Ph.D.

In 1997, he again stepped up to running ultras and this time on trails. Tom Possert persuaded him to run the Rattlesnake 50K trail race and it sparked his interest in racing on trails. He ran a couple 50Ks that year including Sunmart in Texas, beating a large field of 472 finishers. He finished in 3:14 which was the 5th fastest time ever for that large race.

In 1997 he went and ran Olander Park 24 Hour race on a paved path. His goal was to try to break the Canadian 12-hours and 100-miles record. His early pace was a bit faster than planned with 6:45-mile pace, but he felt good and strong. He liked the Olander Park course which was very fast without sharp corners and very flat. But the course was congested with 177 runners that clogged things up at times. Around 30 miles he had some calf cramping and his feet were getting sore so he stopped to change into a softer pair of shoes and slowed his pace to 7-minute miles. At six hours he had covered 52.5 miles, ahead of the Canadian record pace set by Terry Martin. At 100K which he reached in 7:11, he stopped to change into a long-sleeve shirt for the night. After eight hours, he realized he had a shot at the road World Record of 12:12 run by Rae Clark. Tom Possert had told him that time at the start of the race. (Actually the 100-mile road record was a split time of 11:46:37 set by Yiannis Kouros set in 1984.) At 150K he set an obscure World Record of 11:12. He picked up the pace and when he reached 12 hours, he had covered 99.25 miles and then he reached 100-mile in 12:05, setting a North American Record. He said, "If you had asked me the probability of my running this time before the race started I would have said about ten percent. I was really only trying for the Canadian record of 13:19." (UR 12/1997 31). This was the top Canadian 100-mile time. In 2013, American Jon Olsen ran the fastest time ever on Canadian soil, with an 11:59 on the track in an Ottawa race, but Andy still holds the Canadian national record.

In 1998 Andy ran the Ice Age 50 in 5:54 which set the course record there and stood for 25 years. His last ultra results were that year. He ran Harriers Beaver Elk 100K in Victoria, BC, Canada. He won the race with another world-class time of 6:46. Also that year he ran Rattlesnake Trail 50K in West Virginia where he missed a turn and finished 2nd in 3:35.



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Andy running his 100,000th lifetime mile with his son

After that he went back to run occasional marathons. The last marathon result found for him was in 2007, when he ran a 2:47 at the Cincinnati Marathon at the age of 46. He finished 9th. In 2012 at the age of 51, he ran in the USA Masters Half Marathon Championships and finished in 1:30, in 9th place in his age group and 592th place overall. Also that year he ran in a massive 10K and finished in 39:11 for 4th in his age group.

One can only wonder what he could have done if he would have continued running 100-miles in his prime and tried racing trail 100s. His 12:05 time is still one of top times ever for a road 100 miler.

Andy setting Ice Age 50 course record

Andy now resides in Cincinnati and is the race director for the Stone Steps 50K Trail Run. He has a Ph.D. in Chemical Engineering. Andy said: "Ultra-running is a sport where you get out of it what you put into it. The more focused you are, the harder you train, the better your rewards, and that's very similar to what I do, which sometimes requires lots of patience and lots of work for quite a long time before the actual payoff." In 2016 at

the age of 54, he still is a running few road races.

Rae Clark



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
12:12	1989	37	1980	2002	50	2006	54

Rae Clark, a high tech shipping supervisor, started running in his mid-20s when running started to be cool where he worked in Silicon Valley, in California. By 1978 he broke three hours at the San Francisco Marathon and many years later would run a sub-2:30.



Rae ran his first ultra in 1980, the Marysville to Sacramento 50, in about seven hours. He also ran the 1980 and 1981 Tahoe 72-miler, a road race that went all the way around Lake Tahoe counter-clockwise. The race was held on Fridays to avoid weekend traffic. There were no aid stations so crews were required to provide support. He finished in the top-five. In 1980 he finished 2nd with 9:37 and in 1981 he was leading the race for 62 miles until he was passed by Jim King with 10 miles go. Jim took the win and Rae finished about 9:30. That prompted Rae to train even harder, bothered that he had placed in second. In 1982, Jim King wasn't there, but Rae was ready and finished in course record time, 9:06, taking 14 minutes off of the old record. His record still stood 34 years later.

In 1982 he ran his first 100-miler, Western States 100. He finished in 6th in 20:47 (Jim King beat him again, taking first place.). Rae returned the next year and finished in fourth. That was the historic year when Jim Howard beat Jim King by one minute for the win. Rae finished about an hour and a half behind. He progressed to be faster and faster running trail 100s and eventually finished Western States 13 times with a best time of 17:11. He finished in the top ten seven times.

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In 1983 Rae won an interesting 40-mile race around Mount Hood in Oregon. He was tied with another runner with six miles to go but left him behind on the last 1,000-foot climb. In 1985 he won American River 50 in 6:26 and became one of the top runners in the 50-mile space.



Rae with Sandra Kiddy, champions

Also in 1985 Rae ran in the Southern Pacific TAC 50 Mile Championship at Camarillo, California. He took an early lead and held only a two-minute advantage at mile 30. He pushed the lead further and won with a personal best of 5:17, winning by nine minutes. Sandra Kiddy won among the women. Rae described his race: “After an opening mile in 6:35 I opened it up to see what felt comfortable. I hit 5 miles in a little over 31 minutes and 10 miles in just over 62 minutes. The cool, foggy weather really helped me to maintain my pace without overheating. I felt really good at ten miles so I dropped my pace even more, to 6 minutes per mile and I hit 20 miles in 2:02. From there to the finish it was just a matter of keeping it real smooth and holding on.” (UR 5/85, 16).

Rae knew that his specialty was really running roads and on the track. From 1986 on, he excelled on loop courses for the 100K distance and started taking on 24-hour races. For his first attempt he ran and won the 1986 Redwood Empire 24-hour race in California with an outstanding 152 miles, breaking the course record. His 100-mile split time was 14:24.

In 1988 he won the USA National Championship 100K held at Edmund Fitzgerald 100K in Duluth, MN with a world-class time of 6:56. He then joined the USA National 100K team, running at the World 100K Championships in Belgium. He was also on the 100K team from 1990-1992.



Rae at Redwood Empire

Even though he raced on the roads, Rae would also train in the mountains at altitude. He said, “On weekends I would run 30 to 35 miles on the trails in Yosemite. To break it up I would climb Half Dome, or some other mountain. I loved doing that and it gave me the base I needed for the long-distance races



Start of the 1989 race. Legendary Ted Corbitt on far left.

Rae ran the 100-miler of his life in 1989 at the USA National 100 Mile Road Championship at Flushing Meadows. Rae’s training was amazing going into the race. He averaged 130 miles per week including a 184-mile week, and a 2:28 marathon. On race day, the weather was nice and cool, perfect for running. Ray Krolewicz, known for his fast starts, took his usual position in front for the first few hours but soon the pursuing pack of Rae, Roy Pirrung, and Tom Possert took



control. One runner getting lapped said, “Someone give them a speeding ticket!” Rae ran a 2:57 marathon and reached 50 miles in 5:47. He fueled mostly on fluids with some Power Bars. He finished with an American Record of 12:12 which stood for more than two decades. (Jon Olsen broke it in 2013 running 11:59). That was an average of 7:19 mile pace. Rae said, “Whenever I went for a speed record, my motto was pedal to the metal. I did not want to give a half-hearted effort and then have to come back again.”

Rae was asked about the current view of an ultrarunner, “We’re slowly breaking the stereotype of ultrarunners as strange, solo, half-crazy people who have nothing better in life to do than just go out and

Swift Endurance Legends

run all day. Most of the people that I know in ultras are doctors, lawyers, professional people. Most of the record-setters have full-time professional careers. What I and a lot of other ultrarunners are doing right now is paving the way for younger runners.” (UR 7/89 44)



Winners Randi Bromka and Rae

Rae had his sights on the American 24-hour record for more than a year and trained very hard for the 1990 TAC National 24 Hour Championship held in Portland at Megan's Run, on a track. His goal was to run 160 miles. He had trained very high mileage between 140-200 miles per week. The field included 40 runners. At 50K Rae had the lead, just one minute ahead of Marshall Ulrich. At 50 miles he had a 25 minute lead and at 100 miles he was 2.5 hours ahead of everyone with a 13:05 split. He only stopped once, for five minutes for a quick leg massage at the 100-mile. He reached 200K in 16:55 which was an American Record that stood for 24 years. (In 2014, Zach

Bitter broke that 200K record with 16:22). Rae then went on to set the 24-hour American Record he was seeking with a stunning 165 miles. (Scott Jurek broke this record in 2013 in France by a half mile.) Of that day in Portland, Rae later said, “It was incredible. I had prepared for two months and everything worked. I just had the day of my life.”

Rae's ultrarunning advice at that time was to do both strength and hill training. “Upper body and core strength is critically important so that your body does not collapse 40 or 50 miles into the race. The longer you can remain upright and focused the better. It is important to train in the hills if you're going to run in the hills. I don't mean short hill repeats, but long mountain miles.”

Rae got married two weeks after his historic 24-hour win. After that, at the age of 46, Rae's competitive ultrarunning career started to wind down.

In 1991 Rae ran a point-to-point race across Colorado, a race distance of 310 miles. They had to contend with car traffic on I-25 or frontage roads. New technology, cell phones were provided to the crews to stay in touch with the race staff. Rae took the early lead, running 136 miles on the first day, building up a 20-mile lead. After two days he was at mile 212, with an amazing 47 mile lead. But tendinitis developed and slowed him way down. Marshall Ulrich caught up and eventually beat Rae by one hour. Rae finished in 89:17.

In 2001 Rae was inducted into the American Ultrarunning Hall of Fame. He ran his last 100-miler at Western States in 2002, and he ran his last ultra at Miwok 100K in 2006 at the age of 54. In 2015 Rae was a special education teacher in Auburn, CA. He still works out 3-4 times a week but has no plans to break records anymore now, spending his time teaching.

In 2018 Rae was inducted into the Endurance Zone of the Auburn Walk of Fame. He still lived in Auburn, California.



Passing the 200K Torch. Rae Clark and Zach Bitter meet in 2016



Rae (in pink) in 2018

Bernd Heinrich



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
12:27	1984	44	1984	1984	44	2014	74

During the 1980s, Bernd Heinrich, of Vermont, excelled as the fastest ultrarunner in American who diversely competed in all the various ultra distances. What is remarkable is that he did it at the masters age, over 40 years old. He would not compete in many events, but he had laser focus to train for specific events and won them setting World or American Records.

Bernd was born in Poland. After World War II he and his family lived as refugees in northern Germany in the Hahnheide forest. They survived by foraging for nuts, berries and mushrooms, and hunting small rodents and mallard ducks. They immigrated to the United States when he was ten years old and that is when he started to run.

Bernd ran track and cross-country in school. He was the best runner on his high school cross-country team. One of the reasons he went to college was to run cross-country. When he applied for colleges he was rejected four times, found a college home, but struggled with back and knee injuries. He received a biology degree and a master's degree from the University of Maine at Orono and then received his Ph.D. in zoology from UCLA. He is a world expert on bumblebees and ravens. In 1970 Bernd was an assistant professor at UC-Berkeley. He said, "Seeing a great performance, whether by a human or another animal, still inspires me to no end. I'm moved by others' dreams and by their devotion and courage in the pursuit of excellence."

Bernd ran for fun and then started to race. His best marathon time in the late 1970s was 2:22 and he had a couple top-50 finishes at Boston. He had a personal goal of running a sub-two-minute 880 and said, "I finally did, all by myself one Saturday morning on the Berkeley track." It was only witnessed by a friend who came because he knew Bernd would try. Bernd was content with marathons until he noticed that he was passing a lot of runners toward the end of his races and he knew that he could run much further.

After running a disappointing time at the 1980 Boston Marathon of 2:22 (he was 1st place masters), he decided that he was not fast and would pursue longer distances. He already had a great mileage base, running more than 40,000 miles during his life thus far. Bernd would train once a day and when in shape would run at 5:30 pace for a typical 15-mile run. In 1981 he suffered a serious knee injury while chopping wood, tearing his meniscus. He had surgery and in those days they opened up the knee and removed the medial meniscus. A couple months later he was running again and worked up to training weeks of more than 100 miles.

For his first ultra, a 50K, he set the American Masters record of 3:03. He beat the current 100K record holder, and that gave him the confidence to try racing a 100K next. At the age of 41, he did not just want to race 100K, he wanted to win the National Championship. He worked hard, training about 1,500 miles during a few months leading up to the race.

The big race was the 1981 AMJA 100K at Chicago with 261 runners from 30 states. Instead of going to the pre-race meeting the night before, he went down to Lake Michigan to check out the start line and jog part of the course. There he met Ray Krolewicz for the first time. He wrote, "I didn't know it then, but Krolewicz was a veteran who had already raced in more than sixty ultramarathons. I had raced in only one." The next morning, Bernd lined up with 261 other runners to run five-mile out-and-back laps along Lake Michigan.

As he ran the first few miles, Ray ran beside him, “talking a blue streak.” Bernd couldn’t listen. He was lost in his concentration. Bernd pushed ahead of Ray. The favorites disappeared down the road. Bernd concentrated on initially running 6:15-mile pace. Timers along the course would “holler” out the race time. Bernd’s strategy was, “never speed up, never slow down, don’t stop ‘till the finish.” He hit ten miles at 1:03, and he was 8 minutes behind the leaders. His next three ten-mile splits were all 1:01. He hit the marathon mark at 2:42. The leader, Barney Klecker was ahead of World Record pace.

After each lap, Bernd was met by his “handler” Jack who had him drink cranberry juice. After four hours, the day was hot and the wind picked up. Jack told him that Klecker was fading ahead. Bernd was in second place. He hit 50 miles in 5:10, setting an American Masters record which stood for many years. Klecker dropped out after 50 miles, so Bernd was in the lead continuing on to 100K. He pushed on ahead, always fearful that another runner would catch him but he crossed the finish line in first with a time of 6:38:20 (averaging 6:26 miles). He set an American Record and World masters record. He later wrote, “One would think I’d have raised my hands in triumph and pranced about like a mad banshee. However, I was much too exhausted to raise even a finger; instead, feeling a deep quiet, warm glow, I collapsed onto the soft, cool grass in the shade of a tree. I felt unimaginable contentment as my heart pounded a long time from the hard finishing sprint.” (Heinrich, *Why We Run*, 259). The impact of that performance really got his running career started and recognized. Ultrarunning Magazine recognized his race as the performance of the year.



Crossing the finish line

Bernd suffered from a foot injury in 1982 but in November, he went to run Rowdy 50 in Brunswick, Maine to see how he would do, planning to take it easy. He explained, “But at the marathon mark I was 2:42 so I thought, hell, this is two minutes faster than I was a Chicago.” He tried to speed up, but ended by slowing. “I felt like death warmed over the last ten miles.” His choice of fueling with cranberry juice required him to constantly stop for bathroom breaks. “I was glad the race was all through forests, rather than crowded streets.” Bernd still came away with the win, running 50 miles in 5:22 which was once of the top 50 times for the year. (Marshall, *1982 Ultradistance Summary*, 73).

By 1983 Bernd calculated that he had run nearly 70,000 miles. That year he ran a Rowdy 24-hour race on a track at Brunswick, Maine and he set an official American Record of 156 miles that would stand for seven years. (In 1979 Park Barner set the unofficial record of 162 miles, but it wasn’t officially recognized because timers didn’t follow the strict time recording procedures required by TAC.) During his race Bernd also reached 100 miles in 14:29:04. His 50-mile splits were 6:43, 7:35, and 8:40.



In 1984 the TAC (The Athletic Congress) tried to expand their power further over ultrarunning and in the process voted unfairly to disallow a record set by Bernd at 1983 Rowdy Ultimate 24, charging that he used pacers during the last hour of the race when race staff came out on the track to run. This action came as a complete surprise to Bernd and he had never been contacted before the vote. The race was on a track with many other runners and race monitors around him. He said he was just running his own race. But someone charged that other runners around him were pacers. Bernd said, “I did not feel it was my business to tell anyone to get off the track. At that point I was thinking only of one thing, running as fast as I could.” None of the runners or race staff knew about a pacing rule. Bernd was victim penalized by the enforcement of an obscure rule at that time. Ironically Bernd always trained by himself and felt no benefit from those unofficial runners on the track. TAC clearly lacked understanding and fairness. (TAC reversed their ruling at the end of the year.)

Bernd concentrated on his next big race, the Sri Chinmoy 24-hour at Ottawa, Canada. He trained running about 170 miles a week before the race and used short races as training tempo runs, including at Lake Waramaug where he won both the 50-mile and 100K races,

beating a talented fast field. He had the race of his life at Ottawa and reached 100 miles in 12:27:01, breaking the existing American Record set in 1961 by Jose Cortez. At that time it was the 6th fastest 100 mile time ever in the world. He stopped his 24-hour race after reaching the 100-mile mark. His record stood for more than two decades.

During 1984 Bernd took some time off from heavy training for several months to study bumblebees and to build a log cabin in Maine.

In 1985 Bernd set the American Track Record for 100K in 7:00:12 at Rowdy Ultimate 24-Hour in Brunswick, Maine. The record stood for 30 years until Zach Bitter beat it by two minutes in 2015. A fellow runner at that race said, "Heinrich made it look easy. He doesn't say much, but he has my utmost respect." At that time Bernd also held the American records for 100 miles and 24 hours.

Bernd went to run Spartathlon (152 miles) in 1985 and had a goal to win it. He was honored to be selected to run there and it seemed "like a dream." At the time it was considered to be one of the toughest ultras in the world. Ray Krolewicz was running also and told Bernd, "This race is made for you. You are the dark horse here. You can win it." Bernd later wrote, "I tried to brush the thought aside in order to relax, and I did not admit it to anyone because to do so would seem to invite bad luck." Away they went in Athens. For the first ten miles, the pace seemed "agonizingly slow," but Bernd purposely was holding back. As the day became warm, he continually traded the lead with a Hungarian runner. After five hours, they left the outskirts of Athens behind them and entered winding roads along the coastline that reminded Bernd of the coastal road in California north of San Francisco. The Hungarian's coach's car came by and the coach leaned out from the window and shouted instructions as there were a few runners ahead of them. They caught up with a runner from Denmark who had run 62 marathons with a best of 2:16. The three run together for several miles and then they leave him behind. By mile 50, he was in second place to a runner from Yugoslavia. Things started to get hard to just keep up with the Hungarian and he let him go ahead. He ran past vineyards where farmers road along in donkey carts. As he ran through little villages, children would run or ride their bicycles alongside asking if he was American. Bernd had a huge lead over the next runner but once he hit the hills a British runner caught up. A huge blister developed and he lost his appetite for food. He started to feel panic. He recalled, "I should stop to rest and to eat, but my ambition and pain now block and blind my judgement. I cannot conceive of walking or sitting down. I still think I'm the best." At 80 miles he just focused on short goals to reach the next aid station. Two more runners passed him, something that never usually happened to him after that many miles. With 70 miles to go his legs were terribly stiff. Ray Krolewicz and others caught up and passed in the evening. Finally in the dark he arrives at an aid station makes the hard decision to drop out of the race. The British runner went on to win. (Marshall, 1985 *Ultradistance Summary*, 8-11).

In 1986 he reported that he was not training a lot of miles. "Lately I've been sitting for days on end in a blind in Maine watching ravens."

Bernd was named "Ultrarunner of the Year" three times during the 1980s. He last ran competitively in 1992 and was asked why he stepped away. "It just felt right. Yes there are times when I'm tempted to return to competitive running. But I'm tempted by many things. I'm now less of a runner than a writer and teacher. I would rather do what I'm best at." (UR 7/98 50)

Bernd focused on his Zoology career. He stated in 2007: "I could still run, and did all the time. But in no way could I take basically two or more days and dollars out of my life and tight budget to do a race when I could run anytime out my door and into the woods and back, and all without any hassle. Why race?"



Swift Endurance Legends



In 2000, Bernd wrote a book, “Why We Run” found on Amazon.com. He said, “Running has given me a lot of my perspective. A lot of my research is related to exercise and endurance, temperature regulation, metabolic factors, what kind of fuel to burn.” His book is fascinating, and highly recommended.

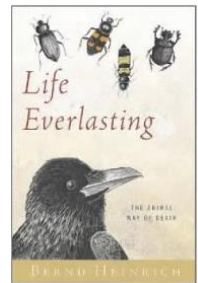
Bernd did eventually race again. In 2001 at the age of 61 he ran a 50-mile race in Maine and finished in 6:39 which set an American Record for age 61. In 2002 at age 62, he came to defend his title. His recent training had been good with about 100 miles per week leading up to race day. The race was low-key with twenty-two runners. He decided to run the 50K division instead. He finished first in 5:05, more than an hour before the next runner. He fueled on Gatorade and ice cream. When he reached the age of 70, he had his eyes on the age 70+ record at Boston, but he withdrew when he realized he could only barely run 8-minute miles. Bernd was sidelined for a few years with knee injuries and arthritis, but eventually his knee improved and he was back running.



Bernd said, “The ultimate weapon of the long distance runner is the mind. When it gets painful, you have to think about the rewards up ahead. You have to keep that dream in your mind.”

In 2004 Bernd was inducted into the American Academy of Arts and Sciences. He was a Professor emeritus of biology at the University of Vermont and is the author of about ten books based on natural history.

In 2007 Bernd was inducted into the American Ultrarunning Hall of Fame. In 2014 he was living in Hinesburg, Vermont and still writing about birds. He spends most of his time in his cabin in Weld, Maine. In 2017 Bernd was 77 and still living in Hinesburg, Vermont.



Jose Cortez



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
12:54	1971	19	1971	1971	19	1998	46

Jose Cortez, from Redwood City, California, attended the College of San Mateo where he ran track and cross-country as their top runner. When he arrived at college as a freshman, he was regarded as the top freshman marathoner in the country.

Jose ran marathons at an early age. He set a world marathon age record twice, at age 11 and 23. Jose raced many marathons in his teens and did very well. In 1968, at age 16, he placed third running a 25K race at South Lake Tahoe. In 1969 at age 17, he ran his first ultra, a 50-miler at the Pacific AAU Championship held at Rocklin, California where he finished in 5:55. In 1970 at the National AAU, he set an American 50-mile road record for 18-year olds of 5:30 that stood for decades. That year he also set a course record in the Double Dipsea of 1:45:43.

Jose led his College of San Mateo Cross Country team to conference titles in 1970-71. In 1971 Jose ran in the Oregon Track Club Invitational Marathon packed with national runners. He “obliterated” the field, setting a new National Junior College marathon record with a time of 2:21. He said he had a goal of breaking the world marathon record for 19-year-olds of 2:19. He ran about 15 marathons during his two years of college.

Jose gained his long-lasting fame in 1971 when at age 19, he set an American road 100-mile record 12:54:30. The race was run in Rocklin, California. The previous 100-mile World Record at that time was held by Wally Hayward, who set it in 1958.

Jose was listed as one of the nation's top US male track athletes in the 1972 Runners' Almanac. He had his eyes on the Olympics and ran at the 1972 Olympic Trials at Eugene, Oregon. The weather was hot. Jose kept up with the leaders early on but started to slow. He then worked his way to the upper third of the 105-man pack, but at mile 22 and 25 began to cramp in both hamstrings. Frank Shorter won the race with 2:15. (Shorter would go on to win the gold medal at the 1972 Munich Olympics). Jose finished in a disappointing 38th place in 2:32.

After the Olympic Trials, it appears that Jose stepped away from running for a few years. From 1977-79 he returned and ran a few marathons and ultras at the age of 27-28. He ran in the AAU 50-Mile National Championship at Santa Monica with a 6:40 and improved on that time the next year with 6:05 for 4th place.

In 1985 at the age of 33, Jose surprisingly returned and ran a couple ultras. He first ran American River 50 and finished in 203rd, with 10:40. He ran again in 1998 at Jed Smith 50 in Sacramento, California where he finished in 5th with 7:48. Rae Clark won that race with 6:13 and Ann Trason also won with 6:35. One wonders if they knew they were running with a very early 100-mile American Record holder.

Around 1997, Jose started competing in triathlons and ironmans. His most recent result found was in 2006 at the age of 54 when he competed in Hawaii. In 2017 Jose was 66 years old.

Stu Mittleman



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
12:56	1982	31	1980	1994	45	2012	63

Stu Mittleman, a college professor from New York, became the greatest multi-day runner in the country who would run much further than 100 miles. When he was in high school he could run a 4:39 mile but he wrestled at Colgate University rather than running track. Once he quit that sport, he took up long distance swimming for a while. In 1975, while skiing, he had a terrible fall, tore his ACL and damaged cartilage. He had knee surgery and could not run for five months.

In 1977 he ran up Flagstaff Mountain in Boulder, Colorado and fell in love with running. He went into a running store and asked how he could sign up for the Boston Marathon, three months away. They told him he needed to qualify so he ran Mission Bay Marathon in San Diego with a qualifying time of 2:46. Early into his dream race at Boston, he was running in a drainage ditch in efforts to pass runners, and twisted his ankle terribly. Disappointed, but determined, Stu tied ice around his swollen ankle and vowed not to drop out of the race. He finished in 4:03.

Stu ran his first ultra in 1978, running 6:11 in the Metropolitan 50 in Central Park, NY. That year the race was poorly organized and the front-runner went off course, but Stu placed 8th with 6:13. He won it in 1981, 1987, and 1993. In 1982 Stu ran a 6:57 at Lake Waramaug 100K, setting a course record that stood until 1994.

During the late 1970s, the London to Brighton 52-miler in England was the most celebrated ultra in the world. Starting in Stu ran it five times starting in 1978, finishing in the top five each time.

In 1979 Stu ran his first 100-miler in a historic race, the 1979 TAC 100 Mile Championships at Flushing Meadows in Queens, New York. At this race, the famed runner from Scotland, Don Ritchie set a road 100 mile record of 11:51:12 on the 2.27-mile loop course. Stu finished in 4th with 14:34:41.

Stu became a 100-mile champion in 1980. He told the New York Times, “I’m compulsive, obsessive. I seem to always have to try to do more and go farther. This 100-mile race is a good test of yourself. Everyone seems to be running the marathon. The ultramarathon is something different.” He won the TAC 100 Mile Championship in New York, three consecutive years from 1980-1982. In 1980 he finished in 13:04, and in 1981, 13:00. Stu refused to walk during 100-mile races, he said, “There’s no great secret to running 100 miles. I start out by treating it as a 100-kilometer race. When I get to 100 kilometers, which is 62 miles, I tell myself there are only 40 miles to go. You can’t practice running 100 miles to make the experience less awesome. There’s no way to water it down, so you go into it not knowing what to expect.”



Stu and Ray Krolewicz running at Lake Waramaug

In 1981, at the age of 29, Stu experienced bad pain in his damaged knee from his 1975 skiing accident. He took time out and tried everything but after several months still couldn’t run. He finally went to an orthopedic surgeon who gave him the bad news that he had no cartilage and had an arthritic knee of a much older man. He told him to stop running. Stu couldn’t accept that and resorted to other physical therapy treatments and improved health. Things improved and six months after his bad pain appeared, he was able to run 30 miles a day again.

The 1982 the TAC 100 Mile Championship was filmed by CBS, and ABC’s Good Morning America planned to have the winner on their show. Stu and Lion Caldwell sought after that opportunity, battled intensely, but Stu won with an astonishing 12:56 in the rain at Shea Stadium in Queens, New York. He came within two minutes of breaking Jose Cortez’ long-standing 100-mile record. Stu lead the entire race and commented about the mud on the warning track in Shea Stadium, “I don’t run too well in the rain and I run better when it’s hot. I think the best running I did last night was from the 50-mile to the 75-mile point. It was like running in glue. The mud was treacherous and there is no doubt that the race took its toll on me. I’ve never competed under these kind of conditions.” It was said that he changed shirts about 40 times during the event. He said, “The degree of agony and discomfort might have been the worst I’ve experienced to date, yet I managed to hold on to the fast early pace and win.” (UR 7/86 15).

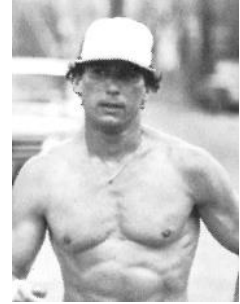


Stu wins 1983 Knickerbocker 60K

In 1983 Stu set a goal to win the 100-mile Championship at Shea Stadium for the fourth time in a row. In March he ran and won the Knickerbocker 60K in Central Park pulling away from Ray Scannell in the last three miles. Stu said, “I hadn’t put in a good race for a while.” To prepare for the 100-miler he used Boston Marathon for a “sharpener” and then ran Lake Waramaug 100K. He averaged about 110 miles training per week but started concentrating on more intense workouts. He came to Shea ready, but during the early stages of the race, a volunteer on a bike, delivering water to the aid station, crashed into Stu. After 57 miles he quit from groin injuries resulting from the crash. Ray Scannell won that year.

Stu at that time was working on his Ph.D. at Columbia University and teaching part-time at Queens College. Stu would use various races to train for his 100-milers and multi-day races. At times he would run and win races every other week. His running did take him away to his studies and his part-time job.

In 1983 the 6-day race came to New York City, put on by the New York Road Runners Club. It was to be held at Downing Stadium on Randalls Island. Stu decided to sign up. Fred Lebow, president of the NYRRC was delighted and arranged to have Stu featured on ABC's Night Line each night to be interviewed by Ted Koppel. Stu joked, "I was thinking of bringing a portable television. I also thought about bringing my guitar. Then I decided that any time I spent in the tent should be with my eyes closed." Stu was a rookie at multi-day races and first just went with a strategy to run as long as he could, rest and then run again. By 36 hours without sleep he was a mess and only covered five miles in seven hours. A fellow ultrarunner told him to observe Sigfried Bauer, of New Zealand, who was using a strategy of running hard four hours, resting, and then repeating. Stu changed his strategy and things eventually came together. He went on to set a 6-day American Record of 488 miles but came in short of Bauer's 511 miles.



In a historic 1984 6-day race in New York, Stu was the local favorite and got a lot of publicity. But he had what he considered a poor race with 502 miles, finishing 7th in a highly competitive race with 17 runners covering more than 400 miles. Yiannis Kouros set a World Record and Stu had severe postrace depression with a foot problem. Stu wrote, "Searching for reasons, I could only conclude that my breakdown was the inevitable outcome of running as many miles as I did. I did not even for a moment, consider that my diet might have something to do with how I felt." He met with Dr. Phil Maffetone who tried to convince him to get sugar out of his diet, eat more oils, and dramatically increase his consumption of water. Stu took the advice and a month later was back competing well. The theory was, "you need to eat fat in order to burn fat." (Mittleman, *Slow Burn*, 212-13).



Running at La Rochelle

Two months later he was recovered and headed for La Rochelle, France to run a 6-day race on an indoor 200-meter paved track inside an exposition hall. In the middle of the track was a restaurant and all sorts of entertainment. One runner said, "It is as if we are on show all the time." Thousands of people showed up for the opening ceremonies. Twenty runners had been invited and in the days leading up to the race they had made visits to schools and businesses. Stu decided to incorporate a new strategy for his 6-day race. He would walk the first hour, run the next five, and repeat. He said, "The event begins, and the runners are off. The crowd roars and the music blares thunderously on. What do I do? I start walking. The crowd begins to yell, but not in support. I manage to hear taunts of 'Yankee, go home.' Mixed in with the more universal and easy to understand 'boo.'" By the end of the first hour, Stu was in dead last, but when he ran, he would catch up, and then fall behind again as he walked. After two days he was in the bottom third of the field. But on day three, he was able to run faster than anyone else. By the end of day four he was closing in on the leaders. He moved into second place but was too far being to win. He finished in 2nd place with 571 miles, setting a new American Record. After the race a spectator that came every day came up to Stu and said, "I have never seen a race like that before, Bravo Mittleman." Stu returned to this race two other times but only covered 346 and 377 miles. (Mittleman, *Slow Burn*, 36-39)

Stu had his sights on breaking 600 miles during six days and felt that he could do it at the 1984 Rocky Mountain 6-day race run at altitude in Boulder, Colorado. It was held in the University of Colorado fieldhouse on a tiny 220 yard track. It was observed that every minute of every day of Stu's run was planned and accounted for including every meal. He ran an amazing 215 miles during the first two days, determined to break 600 miles. But on day five he developed Achilles tendon problems (because of shoes that were too small) and had to walk the rest of the way. He did extend his American Record to 577 miles. This had been Stu's third 6-day race in six months and he exceeded 500 miles in all of them. He commented, "We're still learning about 6-day racing."



Stu running 6-day at Boulder

Swift Endurance Legends

Stu ran another 6-day in 1985 at New Astley Belt 6-day in El Cajon, California. He again really wanted to reach 600 miles, but the heat slowed him down and after four days he was not being pushed by any competition. He ran 124 miles on the first day and ended up with 534 miles to win that race by 111 miles. One onlooker commented about the heat's effects on the runners, "Their lips looked like their feet."

In 1986, he ran in a historic 1,000-mile race and battled the famed World Record holder, Siegfried Bauer of New Zealand, for nearly 11 days at Flushing Meadows on a one-mile track. The course consisted of a one-mile out-and-back lap and was barricaded to keep separated from the thousands of park visitors who would stop to see what was going on. There were 13 competitors. Siegfried Bauer was determined to defend his World Record. Don Choi was also there to defend his American Record set the previous year. Stu was ready to compete.



Managing the 1000-mile scoreboard at night



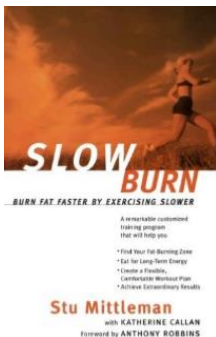
After the first day, Bauer had the lead four miles ahead of Stu who had ran 116 miles. After six days Stu was behind by ten miles with 503. But then he ran the second 500 miles faster than the first, and went into first place near the end of day seven. On the tenth day, they were battling for hours during the night, each determined to stay on the track at all costs. They both believed that the first one to walk off the track would be conceding the win. To Stu's surprise, Bauer stopped running, and went off the track to his tent. Stu had a 30-mile lead at the point and came away the victor with a time of 11 days, 20 hours, and 36 minutes. He lowered Bauer's World Record by 16 hours. He told a reporter that he knew he had the record by day eight or nine.

In 1988, Stu ran a 12-hour run in in Syosset, New York, on a track but came in third with 73 miles. He also ran the 100 mile race at Shea Stadium that year, but dropped very early, at mile 16.

Soon thereafter he put a hold on his competitive running career at the young age of 37 to devote his time developing his fitness training business, "WorldUltrafit" that he founded in 1987.



In 1992 Stu at age 41, came out of racing retirement and competed for the first time in several years by running at Metropolitan 50. In 1993 he returned and won that event. Also that year he ran in the new Ted Corbitt 24 Hour run to honor the "father of ultrarunning." Ted showed up and even ran 77 miles at the age of 73. Stu could still run fast and far. He places 2nd with 129 miles.

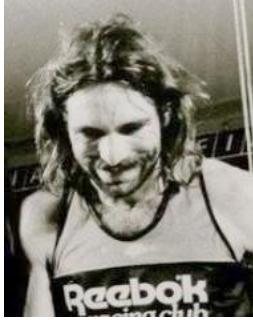


In 1994 Stu became the first American ever to win the 6-day race in La Rochelle, France. He covered 536 miles. In 2000 he ran across America from San Diego to New York City in 56 days.

Stu published a book in 2002, "Slow Burn" which can be found on Amazon.com. It contains excellent advice for runners. In 2008 he was inducted into the American Ultrarunning Hall of Fame. In 2010 he ran 12 marathons in 12 days to raise money for Haiti. He lives in Palm Desert, California. In 2011, he returned for an ultra event at the age of 60. He ran the Peanut Island 24-hour run and covered 71 miles. He ran with one of his clients who was raising money for a boy fighting cancer. In 2017 Stu was age 66 and still living in Palm Desert, California.



Patrick Macke



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:00	1986	30	1983	2003	1999	2003	48

Patrick Macke, an artist from London and later Austria, was the most decorated British runner at Spartathlon.⁷ He began serious running in 1976 at the age of 21. A few month later he ran his first marathon with British running legend Malcolm Campbell. Patrick finished in 3:09. He was hooked and started running sub-three-hour marathons regularly. His first marathon of sub 2:30 came in 1981 with a time of 2:23 at the Barnsley Marathon which he would run more than ten times. His lifetime marathon best was 2:22 at the Frankfurt marathon in 1982.

Patrick ran his first ultra in 1979, a 50K, and a natural next step to see if he could go further. He finished in 3:17. Legendary Cavin Woodward won that race. Patrick's second 50K was a win in 2:49, his lifetime best on a 50K course he thought was short. He said, "In that race everything went right. I took it as an extended marathon, going out fast and not slowing down. This race was special to me because I came in ahead of Don Ritchie." (UR 6/87, 23). He didn't really consider the 50K distance as being an ultra, to him it was an extended marathon. For years he preferred the marathon and 50K distances as opposed to the longer ultras.

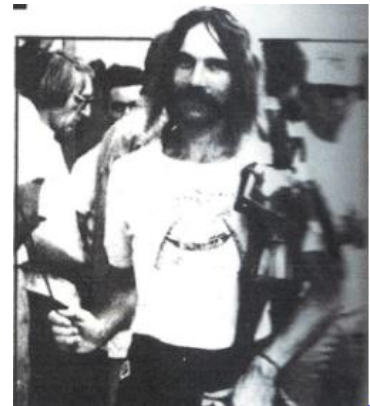
In 1983 he started his eight-year career running Spartathlon (156 miles) from Athens to Sparta. That year he ran to just finish, running with Edgar Patterman. They tied for tenth with 32:55. The experience in Greece thrilled him. "This event is much more than just a race."



Running at 1984 Spartathlon

In 1984 he ran the famed race more seriously and finished in 3rd with 24:32.

He considered the 1985 Spartathlon to be his greatest race. "It was a totally beautiful experience because everything went right. I had no injuries and no difficulties with this one." He won that year in 23:18 but ended up in the hospital after finishing and was treated for exhaustion. He considered Spartathlon to be his favorite race and it became a personal tradition for him. He said, "It's a beautiful race. When you go



Patrick after winning at 1985 Spartathlon

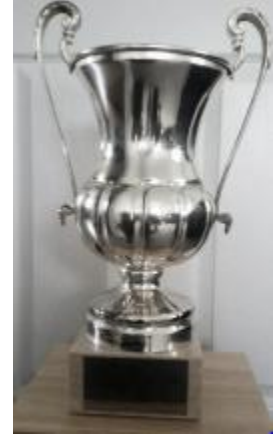
through the different villages everyone greets you. At the end of the race the Mayor of Sparta greets all the runners." His success in Greece continued. His later results were, 1986: 5th with 27:45, 1987: 2nd with 26:41, 1988: 3rd with 30:09. In 1989 he won again with 24:32, and in 1990 he had his lifetime best, coming in 2nd with 23:08, a British best, and the 14th best time Spartathlon time ever as of 2017.

⁷ Patrick is included in this book because he ran a 13:00 100 time on US soil.

Swift Endurance Legends

Patrick donated his 1985 trophy to the British Spartathlon team as a perpetual trophy for the best British performance at the race each year. He asked that it be name the Michael Callaghan Trophy in honor of the original Spartathlon organizer.

In March, 1985 Patrick ran the World 48 Hours championship race at Montauban, France on a track. Other greats were there including Yiannis Kouros, Ray Krolewicz, Eleanor Adams, and Marcy Schwam. This was Patrick's first ultra on a track. Yiannis led at the 100K point with 6:58. Patrick was in second after 12 hours with an amazing 90 miles, just ten miles behind Yiannis who reached 100 miles in 11:52. Patrick arrived there in 13:24 and logged 157 miles at the 24-hour mark. He injured his foot at 19 hours and then rested for 13 hours, not planning to continue, but then came back to walk the last 11 hours to finish in 8th with 205 miles. Yiannis broke the 48-hour World record with 281 miles.



Later in 1985 Patrick tried racing the 100K road distance for the first time at Geneva, Switzerland. He came in 15th with 7:09. He didn't really think that 100K was a good distance for him, but a few years later did excel and competed in that distance regularly.

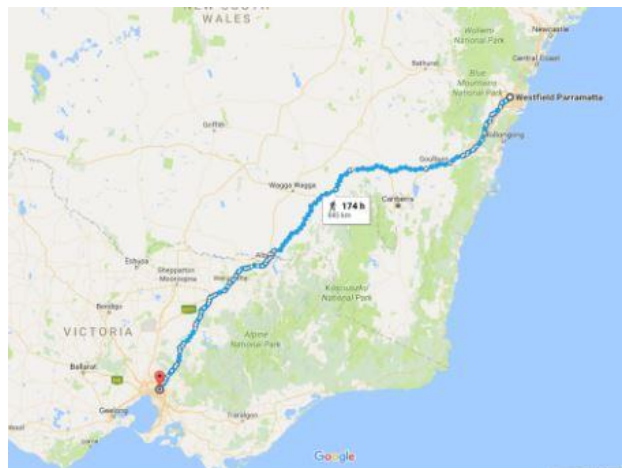
By 1986, Patrick was living in Austria, 25 miles west of Vienna in a beautiful place near the woods with rolling hills to train in. He would run about 120-140 miles per week when the weather was good.



World greats, Eleanor Adams, Don Choi, and Patrick Macke before the indoor race

In February 1986 Patrick went with other British greats to Deerfield, Illinois to compete in the Multiplex Indoor 24-hour race on a tiny track, eleven loops per mile with banked corners. It was a highly competitive field including the two top 24-hour runners in the world, Yiannis Kouros of Greece and Jen Gilles Boussiquet of France. US greats there included Stu Mittleman, Ray Krolewicz, Don Choi, and Marcy Schwamm. Ray took the early lead and as he lapped Yiannis, he tucked in behind him to keep pace. Patrick ran steady, eventually a mile behind the pair. Yiannis soon went into the lead but Patrick slowly gained, passing Yiannis, and reached 100K in 7:38:52, setting a new indoor world record by nearly two hours. After he rested a while, he ran close to Yiannis for the next six hours. Patrick reached 100 miles in 13:00:49 which was a new world indoor best by nearly two hours. Yiannis passed through 100 miles in 13:12:13 and soon took the lead. Yiannis set the indoor 24-hour world record of 156 miles. Patrick finished second with 148 miles for a British indoor best by four miles.

Patrick's most challenging races were at the Westfield Run, Sydney to Melbourne, in Australia. It was challenging to him because of its length and terrain. He had a goal to be able to finish the 624-658-mile race within seven days. He competed there 1986, 1987, and 1988. This race was billed at the "World's Toughest Ultra." The race provided crews and vans, received intense media coverage in the country, and brought out large spectator crowds. Over the years that it was held, more than 200 runners started the race and only 52% finished. Among all the runners who finished the race, historically Patrick was ranked the 7th best ever.



The 1986 race was Patrick's first multi-day race ever. He took the early lead. At the 70K mark, with just a mile lead, his crew got caught in bad traffic and

he had to borrow drinks from other runners. His plan for the first day was to run about 8-minute-mile pace, take an hour break at dusk, run again, and then sleep for two hours before dawn and take a bath. That was the plan. He led at the 100-mile mark but then took a five-hour sleep break and lost his lead. All the other runners tried to limit their sleep breaks to 2.5 hours.

It rained on the second day. Patrick lost the lead but regained it by the end of the day. During the evening a truck, distracted by the race, swerved on the wrong side of the road to avoid a bag of potatoes. He ran head-on into a car coming over a rise that was in the passing lane trying to avoid hitting the leader of the race. Sadly the driver of the car was killed. The lead runner, Geoff Kirkman, could not initially be found and was feared buried in the wreckage. But soon he was found down an embankment with a broken pelvis. During the night Patrick again took a five-hour sleep break.

Crews had great difficulty trying to stay awake driving their vans at 4 m.p.h. One driver fell asleep and ran into their runner, injuring her foot. Other sleepy drivers sideswiped roadside posts damaging the rental vans. In past years there were accusations of runners cheating, taking rides, but this year with so many race officials roving the course that it was impossible to cheat.

By dawn on day three Patrick was in 5th, 26 miles behind the leader. During the day, he moved up to 4th. Runners would play a “cat and mouse” game trying to know where their competition was. Crews, using two vans would send one van ahead or behind to see where the other runners were. When a runner wanted to sleep, the crew would “stake in” their marker on the course, hiding the marker behind a tree, and then drive their runner off course to hide from the snooping of their competition’s crews. During the days, the press were everywhere including TV cameras and news helicopters.

On the fourth day Patrick was looking strong in third place and only six miles behind the leader. During that day a stray cow joined in running with the leader through the city of Wagga. On Day 5, Patrick was in 3rd with 408 miles, 41 miles behind the leader. During the day at a stop he almost did his business on top of a beehive until an alert crew member stopped him.

By night, he moved into second place, 37 miles behind. But now his four-man crew was exhausted driving their two vans. They were having trouble staying awake and could no longer tell Patrick his time for each kilometer. He slowed greatly and no one could hand him food or drink anymore. He had to stop each time and it was difficult to get moving again.

On the seventh day arrived within Melbourne. Patrick recalled, “It wasn’t surprising that I now fell asleep on my feet while walking. Not knowing where I was, I kept walking as if in a dream. What was I doing in Melbourne when I’d never been in Australia in my life?” While waiting for a traffic light he began to wobble and fall. His crew caught him and took him to a café where he scalded his tongue on coffee. With all his troubles, he was taken across town to be checked out by a doctor and then brought back to the course. His crew cut a hole in his left shoe to help a swollen toe. He walked on, very slowly.



Patrick's 1986 Finish

A writer reported, “The biggest drama was just starting to occur when Patrick arrived in the City Square in a state of near death, the finish was still another 14km away at Doncaster and most of it was up hill. Patrick’s crew dropped his marker in the city square and rushed him to a motel where he received medical treatment. Brian Bloomer overtook Patrick to grab second place and it was a surprise that no one else was to overtake Patrick as he was delivered back to the City Square to do his final 14km. Prime Time television was giving live coverage of Patrick’s ordeal as he staggered along with a walking stick trying hard not to trip on the tram tracks, he was progressing at about 1km per hour.” (Phil Essam, *I Finally Found My Hero: The story of the Sydney to Melbourne Ultra Marathons (1983 to 1991)*).

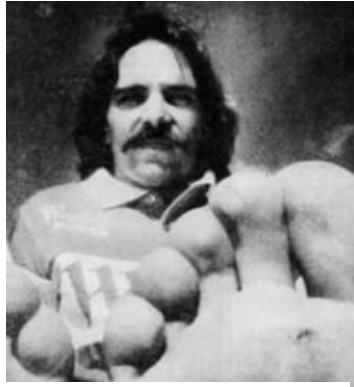
With five miles to go his crew and an official were puzzled when Patrick detoured off the course to get some tea at an Indian restaurant. The owners were happy to help and also served many cups of tea and wonderful rice pudding. During those final hours at one point he refused to go on until he had a bath. The crew knocked on the door of a house and let Patrick, his crew, and the TV cameras march into the house to take over the bathroom. The family in the home was flabbergasted as they watched the drama inside their house being played on TV. Patrick continued on and finished in third place with a time of seven days, 13:02 more than a full day behind the winner. It had taken him 14 hours to cover the final ten miles. He finished in nearly a comatose state, was disoriented and had memory loss.

Patrick was back in 1987. He started very fast and hit the marathon mark in 3:05. By 14 hours Yiannis Kouros had taken control. Patrick was in 5th at the 85-mile mark and climbed to 3rd at the 24-hour mark. During Day two, he was in 3rd with 165 miles, about 78 miles behind Yiannis. Patrick’s crew included a world champion whistler who would whistle him into each rest stop. Along the way there was a never-ending supply of motel and RV park owners who allowed runners and crews to use their facilities and to wash clothes. Coming into Canberra, Patrick again wanted to take a bath. His crew spotted what they thought was a motel so they tried to arrange for him to use the facilities there. They tried for almost ten minutes to communicate a Chinese man behind the counter, but he didn’t speak a word of English. Eventually they realized that they were not at a motel. It was the entrance to the Chinese Embassy. On day five, Patrick was in 3rd place with 440 miles. Yiannis finished in 5 days, 15 hours. During the sixth day, the second place runner’s crew spied on Patrick’s progress and were very impressed with his strength and speed. Patrick passed the other runner to move into second at 4:00 p.m. but then stopped to rest. The cat and mouse game continued. Patrick regained 2nd place for good in the evening and by midnight had a twelve-mile gap ahead the next runner. He ran an incredible 125 miles on the last day and finished 2nd in 6 days, 17:21 hours, a little more than a day behind the world best, Yiannis Kouros. One observer commented, “It wasn’t exactly a photo finish, was it.”

Patrick returned one more time in 1988, suffered from the heat, and finished together with Eleanor Adams in 10th place in seven days, 10:05.

In July, 1986, a couple of months after his first Sydney to Melbourne race, Patrick ran in a 24 Hour track race at Honefoss, Norway. Eleanor Adams led early on but Patrick was in front by 100K in 8:09. He finished in 7th with 125 miles.

Patrick attacked his first 6-day race later in October 1986 at La Rochelle, France on an indoor 200-meter tarmac track. He finished in 2nd with 579 miles, with pretty even splits each day. He followed that up by running another 6-day race in 1987, on a grass track at Colac Austria, in some botanical gardens. He finished 3rd with 531 miles. He returned in 1988 and finished with 508 miles.



Patrick showing off his feet while training in 1988

Starting in 1989, Patrick started concentrating on the 100K distance and ran in several National and World

Championships over the next eight years. His lifetime best came in 1992 at Lake Saramo, Japan with a 6:49 at the age of 37. He consistently ran sub-7-hour 100Ks each year into his early 40s.

In 1993 he ran a 24 Hours road race in Plzen, Czech Republic and reached his lifetime best of 157 miles which was the 3rd best in the UK at that point.

In 1999 he won a 250K (155 mile) race in Japan with 23:50. His last ultra may have come in 2003 at the age of 48, a 50K that he finished in 8:33

in Japan.

In 2017 Patrick is 62 and his whereabouts are unknown.



Runners at La Rochelle

Ray Scannell



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:06	1983	33	1983	2003	53	2011	62

Ray Scannell, of Massachusetts, played ice hockey at Boston College but later traded his skates in for running shoes. He ran his first ultra in 1981, the Nickel City 50, in Buffalo, NY. He finished in 2nd with of time of 5:36.

In 1982, Ray went to Lake Waramaug to run against some of the best ultrarunners in the country. He didn't have the highest expectations because he had not fully recovered from running a 2:28 at the Boston Marathon just 13 days earlier. He said, "I entered confidently, figuring to finish in the top ten. Nevertheless, I had some misgivings. But by the marathon point (2:37) I felt very smooth and moved easily beyond Mittleman and then George Gardiner." (Marshall, 1982 *Ultradistance Summary*, 26). Ray went on to win the 50-miler in 5:17:14.

In 1983 Ray dueled it out for the first time with legend Stu Mittleman in the Knickerbocker 60K in Central Park. Ray explained, "We introduced ourselves and had a lengthy conversation as we watched the day emerge from a dark, drizzly, gray to a bright and beautiful afternoon. What a thrill to run in Central Park in early spring. We weren't racing. Two miles from the finish I was forced to seek comfort in the shrubbery. Mittleman went on to win by 61 seconds over Ray. (Marshall, 1983 *Ultradistance Summary*, 22).

In 1983, he again won the Lake Waramaug 50 in 5:17 and continued on to complete 100K in 6:57, dueling it out with Ray Krolewicz. There were 138 runners in the race that year. That began “the battle of the Rays” at Lake Waramaug for multiple years. His 100K performance put him on the cover of Ultrarunning Magazine. Asked once if running ultras hurt he replied, “You go through many patches where you don’t want to go on. You just really, really hurt and you get depressed. But they pass. You just endure. You have to operate on faith that they do pass.”



In June, 1983 Ray competed in the TAC 100 Mile Championship at Shea Stadium with 84 runners. The field was highly competitive with 19 runners who had run sub-6-hour 50-milers. The race started at 6 p.m. on the course that ran both inside the stadium and out in the parking lot. A group of runners took off like a shot at 6-minute pace. Twenty-seven runners ran the first mile in under 7:30. But most of the rabbits crashed and burned early on including Stu Mittleman who dropped at 57 miles. Only four of those elite 50-mile runners finished the race. Ray hit the 50-mile mark in an outstanding 5:57 but was struggling. He was running in first place but admitted that if anyone would have passed him by 100K, he would have dropped out. Ray wrote of the experience, “Where else could an inveterate baseball fan gain the opportunity to frolic in such a setting? And to endure pain, anguish and self-doubt to such a degree that, yes, at least on this occasion, I approached being the hero of my own life.” (Marshall, 1983 *Ultradistance Summary*, 40).

Ray finished in first with his lifetime best time for 100 miles, 13:06. He said, “Then to finish and feel for all the world like dancing. I leaped into the air at the tape.” At that time it was the third fastest American time in the 100. While the race was underway, Dan Brannen, a course certifier, came by and noticed that the cones out in the parking lot where not set up correctly. He measured it with his bicycle and discovered that the one-mile-loop was 22 yards long. The race officials decided to not adjust the course to the correct length mid-race, so the length ended out to be 101.25 miles, but finish times were adjusted.

Ray next embraced the trails, running the 1987 Old Dominion in Virginia. At about mile 25, Ray with two other leaders got off course. Their error was caught before they went too far and they returned with more determination after the extra miles. He had a good excuse because he is color blind, making it tough to detect the colors of the course markings. By mile 50, it was a race between Ray and Steven Tucker. Ray prevailed for the win with 18:53.



In 1988 Ray started his legendary Western States 100 career. He would finish Western States 12 times from 1988 to 2003. His best finish was in 1992 when he finished in 2nd place with 17:27.

Ray, now in love with running on the mountain trails, moved to California to run the trails in the Sierra Nevada Mountains. In 1990 Ray ran in the 100K World Championships held at the Edmund Fitzgerald 100K, in Duluth, Minnesota. It has been referred to as “The Greatest 100K Road Race in History.” Ray placed 20th with a time of 7:48.



Ray's 1999 finish with William Davis

In 1993 at age 43, Ray ran in the inaugural Rocky Raccoon 100 in Huntsville Stake Park in Texas. He came in second with 15:54. After he finished, he returned several hours later to pace another runner to their first 100-mile finish.



Ray finished high in at least twenty 100-milers during his running career and in more than 100 ultras. He would frequently lead group runs from his house in Pollock Pines, California. Ken Crouse recalled running with Ray in 1997. He showed up for the first time at Ray's house and discovered that Ray had already run a loop around a nearby lake beginning at 3 a.m. Their group run was run under "Ray Rules," wherever Ray wanted to run.

Ray continued running ultras or shorter races at least until 2012 at the age of 63. His wife Joan is also an accomplished ultrarunner. She has finished Western States 11 times. In 2017 Ray was 68 and living in Pollock Pines, California.

Roy Pirrung



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:15	1989	40	1985	2016	68	2017	68

Roy Pirrung of Wisconsin, became one of the most decorated and consistent American ultrarunners ever, for his long and continuing ultrarunning career. Of all the runners in my list, by far he has maintained his competitive longevity at a high level more than anyone else.

After high school Roy entered the Army and was stationed in Germany during the late 1960s. The only runs he did then were for schnitzel and bockwurst. He entered the service at about 140 pounds and left three years later at nearly 200 pounds. He then slimmed down as he struggled to make ends meet for his young family, working multiple jobs to pay medical expenses for his premature daughter, born at 1 pound 9 ounces and losing 6 ounces during her four month struggle to live. In 1973, finally out of debt, he spent many hours each day on the couch, eating junk food and watching TV. Runs were to the bakery for mud pies, and to the store for beer and cigarettes. He explained that in those days, "It was more important to have nice clothes than to be fit." (Sheboygan Press, 10/4/1993).

Roy gave up his bad habits, and got into shape in 1980. He started running on his 32nd birthday, and explained, "I noticed a young woman in the neighborhood who was obese, yet was often managing to run for about an hour and a half. I thought, 'If she can run, I can too.'" It was very hard at first, but two-mile runs turned into five miles. He bought a copy of Runner's World magazine, read an article about running your first marathon, and started to train with that goal in mind. Within a year, he ran his first race, a marathon. Running became integrated into his life and he experienced a new lifestyle, a needed change.

Within a couple years into running, Roy had brought his marathon time down to 2:38 but felt he was plateauing. So he looked toward longer distances to face new challenges. He started running ultras in 1985, finishing 5th at Ice Age 50. His first time running 100 miles was in 1985 when he won Fond du Lac 24-hour race, in Wisconsin. The event was held on a high school quarter-mile track. Roy hit the 50-mile mark in 6:39, crushing his current PR and reached 100 miles in about 15 hours. His pace then slowed but his lead was huge and he finished with 137.99 miles, establishing a state record.



Roy returned the next year in 1986 with the hope to go even further. He went out quicker than planned because it felt comfortable, reaching the marathon mark in 3:02. At 50 miles (6:22) he was ahead of the previous year's pace, and at 100 miles (14:01) he was a full hour ahead. He really hoped to reach 150 miles, but cramping in the quads and a sore ankle started to slow him down around the 17-hour mark. He finished with 134 miles, taking first place again. His 14:01 100-mile time was 3rd best in the country that year. When asked why he runs for 24 hours, his reply was, "I just plain love to run."



Like other elite runners of that time, in 1987, Roy went to New York City and at age 38, ran in the TAC 100 Mile Championship at Shea Stadium. There were 47 runners in the race. The race began in the evening and ran through the night on a hot and humid night. Roy explained, "The humidity never got below 87 percent all night so I made sure I hit all the water stations to keep my weight and hydration up. I never had any problems with cramps and never had to stop." At the start, Stu Mittleman, the defending champion, went out fast into the lead but dropped out by 50 miles

because of a leg injury. Chris Gibson then took over the lead. At about mile 82, Roy was just three miles behind. He gradually gained and passed Chris fast with two miles to go, to get the win in 14:52. Roy then ran an extra lap to honor his grandmother who turned 101 that year.

Roy was now a national champion. He said, "I really didn't have an expectation of winning, but I was confident I was good enough to win it." When he returned home, his wife and friends met him at the airport with a white stretch limousine and bottles of champagne. The Shoreline Striders club held an appreciation evening for him and awarded him a large plaque.

In 1988, Roy ran in the inaugural USA 24-Hour Championship in Atlanta. The course was on an asphalt loop around the city water reservoir. About 85 runners competed in the race including Don Aycock and Ray Krolewicz. Ray K went out fast, clocking seven-minute miles for the first 20 miles. He was trying to break the competition. Roy let Ray go and stuck to nine-minute miles, but started to get blisters early. His shoes became blood-stained after running six hours in the rain, after effects of Hurricane Gilbert. Ray K dropped at 58 miles and Roy took the lead at 100K, reaching the 100-mile mark in 14:37. He was never threatened after that and won with 145 miles, 1,464 yards, a new American road 24-hour record. Roy won by more than twelve miles over new-comer Marshall Ulrich. Roy was now a national champion for both 100 miles and 24 hours.



Showing Atlanta Trophies

In 1989 he returned to the 100-mile Championships in New York and placed second with a blistering time of 13:15, finishing 2nd behind Rae Clark. That turned out to be Roy's lifetime 100-mile best time.



1992 Spartathlon podium winners, Roy on right

In 1989 Roy went to Greece to run in the famed, Sparathlon, about 155 miles from Athens to Sparta. He hoped to finish in about 24 hours, but the day was hot, with searing heat and he took some wrong turns, losing 30 minutes. He finished in an amazing of 27:08:45 for 4th place, and was the first American to break 30 hours. Roy said that it was the hardest thing he had ever done. He returned the next year in 1990 and finished in 6th. That year he never sat down once during the race but said, "But there was a point when I discovered that I was walking in a ditch, almost asleep on my feet and still moving, and had to ask myself, 'Oh, how did I get here?'" In 1992 he had his highest finish, placing 3rd for a

podium finish. In 1996 he returned and ran for the fourth time, placing 4th.

Roy was selected to be a member of the USA 24-hour team to compete at the 1990 World championship in England at Milton Keynes on an 890-meter loop inside the largest shopping mall in Europe, with a marble surface. Ron reached 100 miles in 15:10, and finished with 154 miles, 313 yards, breaking his own American Record and placed third behind winner, Don Ritchie's 166 miles, an indoor World Record.

During 1990, the World Championship for the 100K was held in the United States at the Edmond Fitzgerald 100K, Duluth, Minnesota, along Lake Superior. Many of the greatest runners in the world came and it has been called "The Greatest 100K Road Race in History." Roy finished 35th.

In 1991 Roy ran in the USA 24-hour Championship at Megan's Run in Portland, Oregon, on a 400-meter track. He again won the championship with 148 miles. He reach 100 miles in 13:58 and set a new American Record for 200K, of 18:05. Roy encouraged others to seek after high goals. "Most people you talk to hold these distances in awe, but there's nothing saying you can't do these things. It's just a matter of conditioning your body and your mind." (Chicago Tribune, 19/18/1991)

Roy participated on the USA 100K Team at the World Cup in Spain with runners from 31 countries. The course ran through ancient villages, over cobblestone streets, sidewalks and dirt trails. He placed 44th among a very competitive field.

In 1997, now 49, Roy was invited to run in the premier 48-hour race in the world, at Surgeres, France. The race was conducted on a 300-meter track and was first run in 1984. He finished 2nd overall, setting an American Record with 243 miles, breaking Brian Purcell's previous record of 240 miles. He hoped to go on to reach 400 kilometers, but came up eight kilometers short. He explained, "With the heat I was totally cooked. When the race was over we were inundated with media and fans, and I just couldn't breathe. I called my doctor and he knew right away I was ready to pass out." Yiannis Kouros was the overall winner with 262 miles. Roy would return to Surgeres six other years, reaching 231, 224, 211, 218, 209, and 129 miles. Many times he set World and American age group records along the way.



Roy with 1997 Surgeres awards

In 1997 Roy was recognized by USATF as the #1 ultrarunner in the country, receiving the Ted Corbitt award.

Age did not slow Roy down much and through his entire career has been near the top of his ultrarunning age group. Into his 50s, Roy continued to place high in nearly all of his races.



Roy ran mostly road and track 100-milers and 24-hour races but he also ran many trail races. In 2004, when I ran my very first 50-miler at White River 50. We crossed paths at that race. Roy finished 54th and I finished last, in 104th.

In 2005, Roy was encouraging people of all ages, even those later in life to run. He said, "I knew runners that started when they were in their 60's and they ran into their late 80s and even 90s. Start with walking, do 10 or 15 minutes easy every other day for two weeks, and then work your way up until you can go for an hour."

Roy traveled the world running and racing. In 2008, at the age of 60, he ran 133 miles at the World Championship 24-hour race in Seoul Korea. In 2014, at the age of 66, he set a road American 100-mile age-group record of 20:13 in Alaska and ran 173 miles in 48 hours, also an age-group record and World Best Performances.

Swift Endurance Legends

With all his records, Roy even has once been in the Guinness Book of World Records for running races tethered to 60+ other runners. This turned out to be a rather challenging endeavor, especially when someone needed a bathroom break. (Green Bay Press-Gazette, 4/19/2015).

Roy was 68 years old in 2016 but was still running and he could still finish 100 miles in 24 hours, which he did twice that year. For good measure, he finished a 50-miler in an outstanding time of 8:21, a World Best Performance 65-69. His longevity has been amazing. He ran at a world-class level for more than two decades and continued to set masters records in his later years, winning more than 80 Masters age-group National Ultra titles, and has broken more than 50 Masters age-group National Records. Roy still holds various USATF Road 100-mile age-group records: 45-49 14:31, 55-59 15:49, and 60-64 15:29



Roy has run more than 100,000 miles during his lifetime, finished more than 200 ultras, about 140 marathons, and 62 races of 100 miles or more. For races of all distances, he has reached the finish line more than 1,000 times. For his 1000th race he ran in the Boston Marathon and then ran it again with the race director and friends to complete a double. Roy runs the Boston Marathon every year and continues to give back to the sport serving on running associations and councils. He is currently writing his autobiography. You can find Roy on Facebook.

Eric Clifton



Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:16	1996	37	1989	2016	58	2016	58

Eric Clifton from North Carolina and later from California was the fastest and most dominating 100-mile trail runner during the 1990s. He had more sub-14-hour finishes on trails during that time than anyone. He was known for his colorful running tights and was the original “Jester” of ultrarunning.

Eric started distance running in high school in 1976 and ran several marathons including Boston. He then found his way to triathlons and distance cycling. In 1986, he discovered trail running and started his long career running ultras. He attempted his first 100 at 1987 Western States, but didn’t finish because of stomach problems. As a rookie, he had not yet figured out how to recover from problems and continue on.

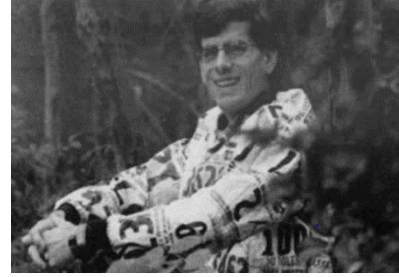
In 1988 he made himself known to runners in the South when he ran Wild Oak Trail 50 in Virginia. He ran nearly the entire race uncontested, although the second place runner put on a furious charge toward the end, coming up four minutes short. The race was on pavement and dirt roads but climbed 10,000 feet. Eric won in 9:01.

After three more 100-mile DNFs, Eric finally succeeded by finishing and winning the inaugural Vermont 100, in 1989, with an outstanding time of 15:48. Eric stated, “I run to exceed my perceived limits, to do better than I think I can. I learned to run without fear and with bliss.”

In 1990, Eric, David Horton, and David Drach finished the “fun run” of the ridiculously difficult Barkley Marathon in Tennessee. They did three loops in 26:22 for 55 miles and about 27,000 feet of climbing. They completed the fun run in time to continue on for the fourth loop. Eric went out to do 100 meters of loop four to claim the longest Barkley attempt ever. With only seconds remaining to leave on loop 4, David went out and traveled 150 meters to break that record.

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When Eric finished a race, he finished it big and usually always won. In 1990 He smashed the course record at Mountain Masochists 50 in Virginia. In 1992 he won four 100-milers during that year, a record held for 14 years. One of those wins was at Old Dominion 100 where he set a course record of 15:10. That record that still stood in 2016. Those feats earned him the honor to be named “Ultrarunner of the Year.” He also set a course record at JFK 50 of 5:46 in 1994 which stood for 17 years. He won that prestigious race four times.



In 1994 he ran the Iditasport, a grueling 100 miles over Alaska tundra. Temperatures dipped below zero and at times the snow was more the two feet deep. He wore five layers of clothes, two pair of gloves, and specially spiked shoes. He won the race five hours faster than the next runner but finished with frostbite on his toes.

Eric had huge successes in 1995-96 in trail 100s, but he was starting to be challenged by youngsters Mike Morton and Ben Hian. At 1996 Rocky Raccoon 100, both Eric and Ben came to break the course record. Both did very well and both broke the old course record, but Eric came out on top with 13:16, more than an hour ahead of the much younger Ben. That was also Eric’s lifetime fastest 100-mile finish.

By 1997 Eric had finished 68 ultras and won about half of them, setting many course records along the way. By that year he had run more than 50,000 lifetime miles. He won the 1999 Badwater Ultramarathon in record time and is featured in the documentary movie, “Running on the Sun: The Badwater 135” available on YouTube.



Eric was well-known for going out fast in races and has also been criticized for a large number of DNFs (at least 70). He would rather “fail” in races in order to challenge himself and the course. Kevin Setnes wrote: “Clifton has established many course records on trails that seem unimaginable to most of us. He did not set these records by holding back, but by being aggressive and attacking the course. Surely there were times when he would crash and burn from such tactics, but seemingly just as often he would end up winning by a wide margin, in course record time.” Hal Koerner wrote: “Growing up, I was a great admirer of ultra legend Eric Clifton. He held virtually every 100-mile record for years and was a guy who didn’t believe in walking or hiking during a race.” Eric once stated: “The key is not in making myself run hard but in letting myself run hard, completely releasing the heart and soul to go.”

In his mid-40s, the 100-mile wins continued with 14:30 at Heartland 100, 19:49 at San Diego 100 and 18:38 at McNaughton 100, in Illinois, in 2005. That was his last 100-mile victory.

In 2014 at Desert Solstice on a track, he finished 100 miles in 17:31 and in 2016 he finished Lean Horse 100 in 23:33. Eric has finished about 35 100-milers and won at least 17 of them. He had a streak of 19 years winning at least one ultramarathon each year and has won at least 60 ultramarathons during his running career. He truly was the trail 100-miler champion of the 1990s.

In 2017 at the age of 58, Eric was still running and racing at an elite level for his age group.

Terry Martin

Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:18	1988	43	1988	1988	43	2012	66

Terry Martin of Barrie, Ontario, Canada was a school teacher. He would specialize in loop road/track races and use a strategy of “go out fast and hard.” He ran his first ultra around 1985, the Nickel City 50 that consisted of a 1.75-mile loop around Buffalo, NY’s Delaware Park. He finished in 2nd with a 5:46. In 1986 he stepped up to a Road 100K in Toronto, on a 20K loop course, and finished 2nd again, in 7:53.

In 1986 he ran a 2:45 in the Voyageur Marathon. That year he also ran in Self-Transcendence 24 Hour Race in Ottawa, a race on a 400-meter track. He would run that race for several years. His first try there only resulted in 96 miles. The next year, 1987, he again couldn’t reach the 100-mile mark, finishing with 95 miles. He started out very fast, with 74 miles in the first 12 hours. But he just couldn’t hang on and only ran 20 in the next 12 hours.

Terry ran a couple other 24-hour races an indoor race in Hammer, Canada, and at a race on a track in Burlington, Canada, but still couldn’t reach 100 miles. He definitely had national-class speed for 50-miles and 100K, but struggled to go further. He also went to New York and gave it a try at Sri Chinmoy 24-hours, but still only reached 96 miles.

Terry had a career year in 1988. First he won a 50K, the La Cloche Classic in 3:31. Next he went to run Sri Chinmoy 100 at Flushing Meadows. He “blasted out with perfect stride” with a 2:43 marathon split. This time his speed generally held on. He reached 91 miles in 12 hours and he finished 100 miles in a world-class time of 13:18 which set a Canadian record. With his recorded splits he set five other Canadian overall and masters records.

A few months later, he again raced at the Ottawa 24-hour race. As usual, he went out blazing fast. At 12 hours he reached 81 miles. From there he slowed, running the next 19 miles in four hours, reaching 100 miles in 16:04. He continued for the next eight hours and reached 124 miles to win the race. That was 81 miles for the first 12 hours and only 43 miles for the next twelve hours. He suffered from a painful hip problem. Finishing up 1988, he placed 2nd at a 50-miler, Hamilton to Niagara Falls. His time was 5:52. For his accomplishments he was named his city’s top athlete of the year.

It appears that Terry left ultrarunning for a while after a bad outing at North Coast 24-hours in Buffalo, NY running a paved loop around a golf course. He only covered 40 miles. He disappeared for seven years.

In 1994 Terry ran a 1:24 half marathon at age 48. In 1996 at the age of 50 he won a small 80K in Toronto with a very fast time of 7:45. But his race strategy still rarely worked. In 1997 on the track in Ottawa, he was in first place at 50 miles with a 7:21 split. He still couldn’t hold on and finished in 14th with only 88 miles. In 1998, again at Ottawa, still determined, he was in second place at 50 miles with a 7:50 split. This year he again only reached 88 miles, a near repeat of the previous year.

In 2001, Terry ran some very fast 50K and 50-mile races. That year at age 55, he won a 50-mile trail race at Bechtel Park. He also went to Olander 24 hours, for the USATF National Championship in Sylvania, Ohio. One runner observed: “I was shocked to see one 55-59 age group runner, Canadian Terry Martin, running with the leaders, really flying past me and lapping me every 3rd or 4th mile. I figured that he would take our age group gold medal for sure. However as it turned out he was done after 50 miles which he did in just over 7 hours and then he stopped.” It appears that he never again reached 100 miles. He went to Across the Years in 2001 and covered 52 miles.

His last ultra was likely in 2012, at the age of 66. He ran again at Ottawa, this time in the 12-hour race. He reached 52 miles an impressive distance for his age.

Lion Caldwell



Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:19	1986	35	1979	2015	64	2016	65

“Lion” Richard Caldwell, was from Texas and later was a general practitioner doctor on an Indian reservation in White River, Arizona. He acquired the nickname “Lion” as a student at Kansas State University when was playing with some young children and began roaring to entertain them. While going to medical school in Texas he ran about 12,000 miles on the Galveston’s seawall during the mid and late 1970s. In 1978, the year before he graduated, He ran his first ultra, the Houston 50-miler which he won in a lifetime best of 5:36. He followed that up the next year with an 8th place finish with 5:56 at Metropolitan 50 in Central Park, New York.



At age 28, Lion ran his first 100 miler at a historic race, the 1979 TAC 100 Mile Championships at Flushing Meadows in Queens, New York. At this race, the famed runner from Scotland, Don Ritchie set a road 100 mile record of 11:51:12 on the 2.27-mile loop course. Lion came in second with 13:33:46, and Park Barner came in third with 14:14.

In 1980, Lion demonstrated his speed at the 100K distance at the Gulf AAU 50-mile and 100K in Houston, Texas. At the 50-mile mark he was ten minutes ahead of all the runners and continued to win the 100K in 7:20. In 1981 he set a course record at The Complete Runner 50-mile held on a 3.84-mile loop. He lapped all but one runner and finished in 5:57. In 1981 and ’82, he won the Complete Runner 50-mile race in Scottsdale, Arizona. Of the ’82 race, Lion said, “I hung back this year, let two rabbits die at 26 and 30 miles, and enjoyed cruising on in. He finished in

5:49.

The 1982 the TAC 100 Mile Championship held at Shea Stadium was filmed by CBS. ABC’s Good Morning America planned to have the winner on their show. Lion and Stu Mittleman battled intensely for this opportunity. The course went through the stadium and out into the parking lot. Before the race they had to quickly alter the course to avoid some swampy areas in the parking lot but the inside of the stadium remained a muddy mess on the warming track. It became a real challenge keeping the scoring sheets dry in the soggy visitor’s dugout. One runner commented that “the dampness, the music, the muddy warning track and the loudspeaker announcements added an ‘other world’ aura to the race. It wasn’t unpleasant, but it was different.” (Marshall, *1982 Ultradistance Summary*, 29). Mittleman won, but Lion finished with another fantastic time of 13:19. This was his lifetime best 100-mile time. He was only the third American to ever run a 100-miler averaging better than 8-minute miles.



In 1983 Lion continued his skill running 100+ miles in loops at the first Across the Years 24-hour race on a high school track in Arizona. Steve Warshawer was the first to reach 100 miles in an astonishing 13:54 but slowed significantly reaching 116 miles. Lion reached 100 miles in 15:45, needed a long stop to fight off the chills, but passed Steve at 21 hours. Lion walked the remaining three hours and won the race with 125 miles.

1983 had been a rough year for Lion. He said, “January began with two broken ribs compliments of playing basketball. Then in February I turned a lovely shade of yellow, the gracious gift of hepatitis from a patient. It was August ‘till I began to feel semi-human again. In my first try at running after hepatitis, I did a blazing 1-mile in 8 minutes and was exhausted. The whole episode showed me I’d taken health too much for granted.” (Marshall, *1983 Ultradistance Summary*, 73).

In 1984 Lion returned to the TAC 100 Mile Championship, this time held at Shea Stadium on a one-mile loop. He was determined to get the win. That year there were 67 starters and only 27 finishers. The race started Friday evening and it got cool during the night. At about mile 52 Lion had serious thoughts of quitting but pushed on. He took the lead from Cahit Yeter at mile 88. Previously at mile 86 Cahit became “leg-weary and incoherent” and fell seven times. Cahit didn’t want to quit because he knew he was in the lead, but was finally convinced to withdraw from the race by the race director. Lion went on to win in 13:56:26. He said, “This time I had some very low points from 40-50 miles. Finally after 52 miles I sat down and said, ‘Why am I doing this to myself?’ After a while I felt stronger and once I resumed, I was determined to finish no matter what happened to me.” A reporter noted that Lion had crossed over home plate 100 times and commented “that’s more than some members of the Mets accomplish in a career.”

Lion experienced an injury in September, 1984. He explained, “A truck decided to see if it was tougher than my bicycle and I. It was. The accident left me limping around for a while and once again reemphasized to me that I often take running too much for granted.” (Marshall, *1985 Ultradistance Summary*, 33).

In 1985 Lion ran in the Gator 24-hour event in San Francisco on a track. When a New York 6-day race was cancelled, he decided not to waste his training and went to this race. His 100-mile split was 13:50 and he reached mile 143 in 24 hours. Lion talked about the race: “The race itself began with Don Choi leading for two hours until my normal impatience set in and I gradually picked up the pace through 100K in 7:45. Then I tried to get a hold of myself a bit and reminded myself this was not a 100-mile race but a 24-hour run. The last ten hours consisted of Don and then Ron Kovacs making moves to cut into my lead and preventing me from being completely lazy. Their pressure is what got me over 143 miles. I’m still sore a week later, which shows I finally worked a bit.” (Marshall, *1985 Ultradistance Summary*, 67).

In 1986 Lion had moved to Arizona. He went back out to New York in 1986 and repeated as champion at Queens, posting a 100-mile time of 13:53, running a one-mile loop around Shea Stadium in the rain. That was his fifth career 100-miler in under 14 hours.

In 1988 at age 37, Lion ran his first trail 100 at Western States 100. He struggled and finished in 25:50. He followed that up by running the inaugural Vermont 100 in 1989 and finished 4th in 17:26. Later that year he broke his ankle while running on a trail and had a long recovery. But in 1991 he still hoped to run a 100-miler in less than 14 hours. That year, Lion was featured in Ultrarunning Magazine as the “Ultrarunning M.D.”

In 1993 Lion was privileged to run at the largest ultra in the world, Comrades in South Africa. He finished in 252nd place, the first American finisher among about 14,000 runners. He was awed by the experience. This year was the “down” course over 89.9 km of rolling hills on pavement. He said, “Imagine 14,000 ultramarathoners lined up for the 6:00 a.m. start. Then for a distance of almost 56 miles, one runs through cheering crowds to finally finish in a packed stadium of cheering spectators.” (UR 9/1993 48)

Lion didn’t run ultras for several years after that. In 1998 he ran San Juan Solstice 50. Also that year he finished the Taos Mountain Marathon in 3:09. He ran several other ultras until 2003.

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From 1995-2016, Lion served as team doctor for the USA 100K team that competed all around the world. He shared much of his ultrarunning experience with the runners. In 2015, in the Netherlands he assisted Zach Bitter, who was rushed to the hospital during the race when he had difficulty breathing, probably due to pollen. Over the years numerous elite runners have expressed their appreciation from his coaching and medical care.



2015 National 100K team managers. Lion Caldwell on left

Doctor Caldwell also served 10 years as a USA Coast Guard Flight Surgeon and for 19 years served on Native American reservations. In 2011 he presented a paper at an international medical conference about ultrarunning. Also that year, at the age of 60, he again reappeared running ultras, running an impressive 50 miles in 8:27 at Run-de-Vous 50 in California, placing 2nd.

In 2015 Lion ran 139 miles at A Race for the Ages. He had the goal to reach 100 miles in less than 24 hours but was badly hobbled with blisters and said, “my feet were pretty much destroyed by 80 miles.” It caused him to walk painfully much of the way. But he didn’t quit and after taking some long breaks finally reached 100 miles in 35:36.

As of 2016, Lion is still running and again finished Run-de-Vous 50 at the age of 65 in 10:57. He also still runs shorter races. He still lived in Albuquerque, New Mexico. In 2017 Lion ran 150 miles at A Run For the Ages to extend his 100-mile career to more than 39 years. He still was a family practice doctor.

George Gardiner



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:22	1981	39	1981	1985	43	1985	43

George Gardiner, a technician from Hope Valley, Rhode Island started running in 1971 and became an accomplished local runner by 1978 at the age of 36. He ran the Boston Marathon in 2:44.

In November of 1978, he ran in a 5-day 200-mile stage benefit run around Rhode Island. George entered ultrarunning races in 1979. In 1980 he ran at Lake Waramaug, as so many did at that time. The race that year was battered by 60 mph wind gusts. On runner commented, “I saw several people actually hang on to the guardrails to keep from getting blown into traffic. It virtually sandblasted our bodies. The local people said they never saw waves on the lake like they did that day.” (Marshall, 1980 *Ultradistance Summary*). George reached 50 miles in 5:38 and 100K in 7:24. Those were excellent times netting him 3rd and 2nd place at that event. Later that year he improved his 50 time at the 50 Mile Championships in Rhode Island where he ran 5:35. His best 50K time in 1981 was 3:21. He ran his best marathon at Maine Coast Marathon with 2:42. He was one of the fastest runners in the U.S.



George planning his run around Rhode Island

George’s 1981 racing schedule was very busy. First in 1981, George ran in the Rowdy Ultimate 100 Mile Race, in Brunswick, Maine, on a track at Bowdoin College. It rained for six hours, but George broke Ted Corbitt’s long standing (1969) America 100-mile track record with a time of

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13:22:09. That turned out to be George's lifetime fastest 100-mile time. He also ran an impressive 2:34 in the Boston Marathon.

In August George ran in a 56-mile race, running from Attleboro, Massachusetts to Pawcatuck, Connecticut. He finished in second with 7:25. Jack Bristol won that race.



*George running at Sri Chinmoy 24 Hours
in Connecticut*

In Sept he ran Sri Chinmoy 24-hour run in Greenwich, Connecticut. He went out very fast, leading the race for at least the first 62 miles. He reached 50K in 3:46, 50 miles in 6:07 and 100K in 8:09. But then faded and finished 9th with 111 miles. His 100-mile split time was 16:07. In that race Sue Medaglia set a new women's 24-hour World Record with 126 miles.

Also in August, George ran in a 100-mile/24-hour event in his hometown of Hope Valley, Rhode Island, on a 1.25-mile loop with one big hill per lap. Nick Marshall was in the race and won the 100-mile in 14:45, but stopped for a long break at that point. George hit the 100-mile mark in 15:28 and took over the lead in the 24-hour. Without anyone pushing him, though, George slowed to a walk and started taking breaks. However, at the time the furthest any American had covered in 24 hours on a road course was 125 miles, by Park Barner in 1976. When it became apparent that George was going to settle for barely exceeding that mark, Nick decided he needed some competition to push him to a good final distance, so Nick returned to the course. Having someone chasing him got George running again and eventually pushed him to a new American Road Record of 140.22 miles, while Nick wound up with 133 miles.

In September, 1981 George ran the Sri Chinmoy 24-hour race in Greenwich, Connecticut. He went out hard to the front, blasting through the 50 mile mark at 6:07. But by 100 miles, he had fallen back to 5th place and eventually finished in 9th.

In November George ran the Sri Chinmoy 70-mile run at Rockland Lake State Park in New York. It was a duel between the two American 100-mile record holders. Stu Mittleman held the certified road record with 13:00 and George held the track record with 13:22. The course was a three-mile paved loop around Rockland Lake. The race started in the evening and at sunset they deployed 1,000 bags with candles at five yard intervals around the course "creating a mildly glowing microcosm to rival the orange-yellow daytime world of the Hudson Valley foliage." George and Stu ran at 6:30-mile pace until the 50K mark. At 50 miles, they were shoulder to shoulder with a blistering time of 5:41. George mentioned to another runner that he was "on his way down the tubes." At 100K, Stu had a two-minute lead and then stretched that out as George slowed. Stu came away with the win. George finished the 70 miles in 8:40, about a half hour behind Stu. Also in November, George ran the New England 50-mile Championship at Coventry, Rhode Island and won it for the third straight year in 5:36.

In 1983 he ran in the Haverford 48-hour race in Pennsylvania, inside the college fieldhouse. He led the race for the first 18 hours. A race report included that "Gardiner, never leaving the track except for bathroom breaks, and fueled mostly by Lorna Doones washed down with Coke, continued his relentless pace." He covered 100 miles and then stopped. Ray Krolewicz won with 217.06 miles.

After his first experience with a fixed-time race, George stepped up to enter the 6-day race put on by the New York Road Runners, at Downing Stadium track, on Randall's Island. Tents for each runner were lined up several feet from the track at the open end of the stadium. The higher ranked runners had their tents

closest to the portable toilets. George ran 91 miles on the first day and 77 on the second day. On day four he only ran 64 miles because he was taken to the hospital fearing that he had a stress fracture. After taking X-rays, he was back on the track in a few hours. He finished with 426 miles in 9th place and at age 41, he also set an American Masters 6-day record.

By 1984, George was one of only eleven Americans who had surpassed 400 miles in a 6-day race. Only eight runners in the entire world had gone over 500 miles since 6-day races started up again in the 1980s (Six day races were held in the 1800s.).

George returned to the New York 6-day competition again in 1984 and that was loaded with world-class international talent. George started carefully, running 84 miles the first day. But then, except for 80 miles on Day 4, he ran more miles on every following day including, 114 miles on Day 6. He was highly motivated to run that far on the last day to catch another runner and moved up in the standings to claim third place. He reached 554 miles, setting an American Record. In this race Yiannis Kouros set a World Record of 635 miles, the first person to go over 600 miles, beating a very old record set in 1888.

George was now one of the top 6-day runners in the world. Toward the end of 1985 he traveled to Australia and competed in the World 6-day race on a 400-meter shaded grass track. He finished in 10th with 447 miles. In that race Yiannis Kouros again extended his World Record by about a half mile.

After 1985, George disappeared from running at the age of 43. In 2017, at the 75, he still lived in Hope Valley, Rhode Island.

Ted Corbitt



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:33	1968	49	1968	2001	82	2003	84

Ted Corbitt is universally known as “The Father of American Ultrarunning,” both as a competitor and an administrator, founding the Road Runners Club of America. He was born in 1919, and as a child his family moved from a farm in South Carolina to Cincinnati when the Great Depression crippled agriculture prices. He played baseball in high school trained for cross-country, but his school did not have a team. He ran track, running the 880 with a mile time of under five minutes. In 1936, at age 17, he heard about the marathon and for the first time realized that people ran that far.

Ted went to college at the University of Cincinnati and started to run longer distances. It took a lot of work to be able to run far and he was interested to see if he could do it. He was on the track team, but was prevented from running in many interstate meets because of his race. He graduated with honors in 1942 and then served in the army. Ted wanted to further develop his running skills, but didn’t really have a mentor to help, so he learned about running from books and magazines.

Moving to New York, Ted joined the New York Pioneer Club in 1947, which was the first integrated running organization. In 1948 he became one of the first African Americans to enter the physical therapy profession. He received a Master’s degree from NYU in 1950 and then treated patients his entire life.

Ted trained for a year before running his first marathon in the days when hardly anyone ran them. He had difficulty running past 20 miles so he waited until he could master 30 miles. He said, “My neighbors and relatives and my mother used to think I’d drop dead from running.” Ted’s first marathon was in 1951,

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when he was 32 years old. He ran the Boston Marathon where he finished 15th in 2:48. More marathons followed with at least four marathons that year, all under three hours.



Ted, center, running in the 1952 Olympics

In 1952 Ted placed third at the USA Marathon Championship and qualified for the US marathon team to go to the Helsinki Olympic Games. He was the first African American to do so.

At the Olympics at age 33, Ted wrote, “I have seen the opening ceremony in movies and read of them, but there is nothing like being there. There is a blast of trumpets, followed by the release of thousands of pigeons symbolizing peace. Next, a 21 gun salute. All this added to the buildup of excitement, a terrific roar greeted the arrival of the final torch bearer through the marathon gate.”

On marathon day, Ted was given a first row starting position. The gun went off and the runners circled the track for three times before heading out on the road.

Leaving the stadium at a very fast pace, Ted felt a bad pain in his side that greatly slowed him. He received encouragement from others who passed by. By 15K he held his position at a good pace. At 20K, he set a PR for that distance, so was still doing well. The course was an out-and-back allowing him to see how far the leaders were ahead of him. The stitch in his side got worse and blisters in his feet made their appearance. When he ran into the stadium, the US National Anthem was playing for the 400-meter team. Ted crossed the finish line in 44th with 2:51 and was the third American to finish. The race staff tried to get him to lie down in a stretcher because so many runners ahead of him had collapsed, but Ted limped to the dressing room feeling stiff and sick. Ted was disappointed, but his overall Olympic experience was thrilling.

Ted trained on both roads and on the grass. Many days he would run on the grass in Prospect Park. One time he ran 30 miles per day for seven consecutive days. He started running mostly on paved surfaces when he went to work in Manhattan and would run through the streets in street clothes. He didn't take much time off work to race and used vacation time to compete.

In 1956 he was working very hard to qualify for the Olympics again. He even trained a few 200-mile weeks. The trials included running two marathons, including Boston. Ted was very disappointed that he missed being on the '56 team by just one man. Ted recalled, “It was like being in mourning.”



Ted running a race in 1957

In 1958 Ted became the first president of the New York Road Runners Club which grew to be a world respected organization. In 1960 he became the president of the Road Runners Club of America.

In 1957 Ted set his lifetime marathon PR of 2:26 in Philadelphia. By 1959 he had run 32 marathons and won 11 of them.

Ted was known for the huge miles he would put into training. On four occasions he completed 300-mile training weeks while working fulltime. From 1955 to 1968 he worked out twice a day, every day. He explained, “I was doing a lot of experimenting.” His son Gary said, “It was amazing how he could recover and be able to run through injuries. His threshold for pain and adversity was



Ted in 1954

tremendous. He over-trained; he would tell you that today. But he had an ability to carry on despite the injuries.”

Ted took up ultra-distance races in the early 1960s when very few did. By that time he had a huge mileage base and was already routinely running 100-mile weeks so it was easy to transition to ultra-distances. He traveled to London in 1962 and placed 4th at London to Brighton (53 miles), setting American road records along the way. He ran the race a total of five times but never won as he desperately wanted to. In the 1965 race he sprained his ankle at about mile 25 and with 14 miles to go, his arch collapsed. He hobbled the remaining miles on the side of his foot to finish second, only four minutes behind the winner.



Ted running in London to Brighton



In 1964 Ted established himself as a world authority in accurately measuring courses using bicycles and published a booklet. His technique was adopted worldwide and made a significant impact on marathons and ultras.

Ted made sure he took the time to give advice to young runners. In 1965 a young 17-year-old runner Bob Anderson wrote Ted for some advice to train for a marathon. Bob said, “He wrote back and gave me a lot of information. He encouraged me to fulfill my dreams. I started a running magazine that became *Runner’s World* with the year.”

In 1966, at the age of 47, he ran 50 miles on a track in 5:54 which set an American Record. Two years later he won the National Road 50 Mile Championship in 5:39. That year he also became the second runner to finish 100 marathons.

Tom Osler recalled, “My most memorable meeting with Ted came in 1967 or ‘68 when my wife Kathy and I visited him in his apartment in the Bronx. We sat in his living room as he described his training for upcoming ultra races. He frequently ran from his apartment to Manhattan, then circled the entire island of Manhattan and returned home, a distance of almost 35 miles. He would carry change with him so that he could ride the subway in case of difficulty. On occasion he did two laps - nearly 70 miles!”

In 1968 Ted won the National AAU 50-miler in 5:39. He finished well ahead of the other nine finishers. They ran from Poughkeepsie to Hyde Park and back four times and then circled Poughkeepsie another four times.

In 1969, at age 50, Ted was invited to run a 100-mile race on a track at Walton-on-Thames in England. He trained hard for the race and even did a 100-mile training run to convince himself that he could go that distance. The invitational race started at midnight with 16 runners. There was a lot of nervous tension among the runners. One runner before the start, said in the dressing room, “I’ve been looking forward to the race for two years and now I don’t want to run it.” The American Record for 100 miles was 16:07 and Ted hoped to break it. The stadium was brilliantly lit and there were 60 officials to keep track of times. For the first 40 miles, Ted ran in the top four, on World Record pace. He reached 50 mile in 6:13, 15 minutes behind the leader. There were only nine runners still in the race at this point. By 100K he was about 22 minutes behind. Three more runners dropped out at mile 75. The winner broke the World 100-mile record with 12:31. Ted finished in 3rd with a new American Record, 13:33. But that race took a toll. He said that it “killed him a little.” It took him four months to find enthusiasm to go out on a long training run.

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In 1974, at the age of 55, Ted ran the 50-mile National Championship in Central Park and placed 4th. He also ran in the inaugural race at Lake Waramaug in Connecticut, one of only three to complete the entire 100K. The other two were Park Barner and Jack Bristol. Ted said, “It was a great race. The course is beautiful, the traffic minimal. It is a moderately hard course, and I hope we can have the race every year.” He admitted in being in only “fair” condition.



Later, still in 1974, Ted ran a 24-hour race and finished 3rd with 134 miles. He had hoped to set the World Record but came up short. He recalled that race as “my most disappointing result. Maybe I waited too late in life. Maybe it was just the accumulation of stress.” He came out of that race with an injured hip. He said in 1978, “I haven’t been worth two cents since the 24 hour run.” He started some strange nutrition schemes to help heal, that involved fasting and dropped to 108 pounds at one point.

By 1983 he had finished 200 marathons. At that time he had run more marathons than anyone in the history of the sport. He estimated that he had so far run well over 100,000 miles, or “Coast to coast and back 20-25 times.” He was proud that he had never dropped out of a race. By that time he was being referred to as “the father of American ultrarunning.”



Ted meeting Ann Trason and Carl Andersen in 1991

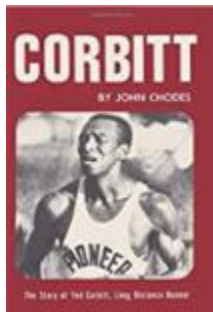
In 1988, at the age of 69, Ted was not running anymore, just walking. He still hoped to walk 100 miles in less than 24 hours.

Ted was inducted into the National Distance Running Hall of Fame in 1998 along with others including Frank Shorter and Bill Rodgers.

In 2000, Ted walked in the 6-day race in New York City and covered 239 miles at the age of 81.



His crowning achievement came in 2001, at the Sri Chinmoy 6-day race on Wards Island in New York City. He walked 303 miles at the age of 82. Still, Ted wished he could do 600 miles in six days.



In 2003 Ted walked his last ultra, the 24-hour race at Flushing Meadows. He covered 68 miles at the age of 84. During his entire running career, he finished a total of 223 marathons or ultras. He ran the Boston Marathon 22 times.

In 2007 Ted passed away at the age of 88. USATF’s “Men’s Road Ultra Runner of the Year” is named after him. In 2014 228th Street at Broadway in New York City was named Ted Corbitt Way. This is near the home that he lived in for many years. A New York Times columnist once said it well, “Ted Corbitt was the spiritual elder of the modern running clan.” In 2010 John Chodes authored an excellent book on Ted’s life. It is available from Amazon.com

Cahit Yeter



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:35	1986	51	1978	1987	52	1987	52

Cahit Yeter, a bus driver and chef from the Bronx, was born in Turkey. He immigrated to the United States and ran several marathons getting faster each time, finishing 1976 Philadelphia Marathon in 2:55. He improved in 1978 to 2:45 in another marathon. He ran his first ultra, the Metropolitan 50 in Central Park.

At the age of 43, Cahit ran his first 100-miler at the 1978 TAC 100 Mile Championship at Flushing Meadows in the Queens, New York. He finished in 2nd with a time of 14:30:05. He continued his speedy 100 mile pace again in 1980 when he finish 4th at a 100 mile invitational in New York with 14:35.

With his success, Cahit sought use his rising fame by getting sizeable commercial endorsements and delivering inspirational lectures. A national magazine commented that for Cahit, “running has become not only his recreation and symbol of success, but his livelihood as well.”

However, by 1980 Cahit’s accomplishments had been called into question publically. He was disqualified from a race for cutting the course. He had also made some impressive claims of running accomplishments in Turkey before coming to the United States. Those claims have never been verified. Clearly he was a talented runner, but doubt was cast on the legitimacy of his accomplishments.

In 1981, he excelled in his first official try at 24-hours. He ran 155 miles at Sri Chinmoy 24-hour race, in Greenwich Connecticut, setting an American Record. His 100-mile split time there was 13:49. That year he also ran in the 100-mile race at Shea Stadium and finished second in about 14 hours.

In 1982 he placed 9th with 103 miles. He was leading at the 100-mile mark with 16:29 but soon withdrew because of hypothermia. He ran again in the fall and placed 7th with 125 miles.

Cahit had his share of running challenges. In 1983 Cahit ran in at a 6-day race on a track at Downing Stadium on Randall’s Island in New York. Twenty-four runners toed the lie at the start in the afternoon braving a temperature of 104 degrees. Food was provided and tents were set up on the south end of the track. After covering 219 miles during the first three days, Cahit stepped on a bee and was stung. He went to the hospital briefly but returned the next day and continued on. In 1984 he ran in the TAC 100 Mile Championship at Queens, and was leading the race late. But around mile 86 he became “leg-weary and incoherent” and fell seven times. He didn’t want to quit because he knew he was in the lead, but was finally convinced to withdraw from the race by the race director.

Also 1984 he ran 468 miles at a 6-day race held in New York City In 1985 he returned to Sri Chinmoy 100 and completed finished in 19:38. In 1985 he was one of 12 runners who ran in the Sri Chinmoy 1,000 Mile Race held at Flushing Meadows. Cahit would run for ten hours at 8-minute-mile pace and then go to work and drive bus for ten hours. At that event he ran 334 miles in ten days. Also in 1985 he won the 100-mile Championship held at Shea Stadium with a time of 14:14. He led the race the entire way.



Early Ultrarunning legends. Stu Mittleman, Sue Medaglia, Ted Corbitt, and Cahit Yeter

His best 100-mile time of 13:35 was set at Sri Chinmoy 100 in 1986 and was an American Masters record. In 1987 he won again at Sri Chinmoy with a 100 time of 14:42 and finished 7th at the 24-hour event with 110 miles. He inspired a running club in the Bronx that was named after him, Cahit's Pacers. During the 1990s he moved to Arizona. He claimed to average running 7,000 miles for three straight years. He later stated: "After averaging nearly 7,000 miles over the past three years, I believe I have satisfied my thirst for very long, long runs." Cahit passed away in 2011 at the age of 76.

Don Marvel



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:36	1980	37	1980	1982	40	1983	40

Don Marvel of Easton, Maryland was a well-respected runner in Maryland and for several years was an elite ultrarunner until he put that aside to concentrate on his true passion, teaching high school.

Don lettered in cross-country, wrestling, and baseball when he went to high school. He entered the army in 1961 and became an Airborne Ranger where he made 27 parachute jumps in 30 months. After discharge in 1963, he went to Salisbury State College and then became a high school teacher in Easton, Maryland.

In 1972 at the age of 29, Don was actively participating with track clubs in Baltimore, competing in various races of several miles. He always placed high or won these races and he had speed. For example, he ran a 3-mile race in 16:40 that year.

Don probably ran his first ultra in 1974, the Baltimore Road Runners 50K which he finished in 3:44. By 1975 he was running marathons and the following year he ran Boston and finished in 3:04, later reducing his best time to 2:45 in another marathon. Don felt that his marathon times were too slow to be competitive so he sought out longer races. In 1978 he ran the prestigious JFK 50 run on nearby trails. He got lost for a while and ran an extra mile but still finished in 6th. He would return to JFK 50 for several years and his best showing was a 3rd place finish with a time of 6:22. He had become one of the top ultrarunners in the country at that time. In 1978 he won the Baltimore Road Runners 50-Mile with a time of 5:48.

In 1979 Don went to Lake Waramaug in Connecticut and ran a hard-fought contest against the defending champ, Roger Welch. Don finished in 2nd, only six minutes behind. He would return and run there for the next several years against the best runners in the country.

In 1980 Don was invited to run in the New York Road Runner's 100 Mile Invitational held in New York City. This was Don's first attempt to go as far as 100 miles. He finished in 2nd with an outstanding time of 13:36, to Stu Mittleman who ran in 12:56. Don's 100-mile time was at that time was the fifth fastest 100-mile time ever run by an American. The race did takes its toll on Don's back, so he rested and didn't race for a while, but helped out with races as he would do for many years of his life.

During 1980 Don had watched and crewed Ray Krolewicz during a 24-hour race. He set his sights on running such a race and increased his training to 130 miles per week to prepare. In 1981 Don traveled to Ray's South Carolina to run the Columbia 24 hour race on a track at the University of South Carolina. Don won it with 133 miles, with a 100-mile split of 16:08. He overtook Ray who finished with 126 miles. A newspaper article proclaimed that he was now "one of the premier American ultramarathoners." In 1982 Don returned to defend his title. The lead passed back and forth during the first 100K. At 100-miles, he

was two hours behind the leader. With 2 ½ hour to go, Don clocked his fastest laps of the entire race putting on a furious successful charge and went into first at 120 miles. He finished with 124 miles.

The year of 1981 was Don's biggest running year. He logged an astonishing 6,752 miles that year. He ran in the highly competitive Sri Chinmoy 24-hour race in Ottawa, Canada but only reached 100 miles. Don never left his roots and continued to run short road races around his community.

In 1982 at age 39, Don ran one of his best races, The Great Philadelphia to Atlantic City Road Race, a distance of 60 miles from Independence Mall to Convention Hall. The weather was unusually cold at the start and the 25 runners were required to sign a document "saying their heirs would not sue the race organizers if they died along the way." Red-bearded and orange-hatted Don was among the favorites. A young runner who had never run further than a marathon bolted into the lead and held it for 40 miles. Don and Neil Weygandt, both now veterans of high miles at 24 hour events, ran together for a while, nervous out "that little guy out front."

Don finally pushed the chase hard. Eventually the young runner faltered and slowed to a walk and was passed. With seven miles to go, it looked like Don had the win in the bag but Neil closed a three minute lead to only one minute behind. They ran furiously for the last mile on the boardwalk thrilling the crowds watching and cheering. Don won by only 42 seconds and set a course record. He wore his orange hat the entire way said, "I felt good. I've never hurt that much." Park Barner finished in 8th, well behind because he stopped with 11 miles to go to work on his wife's car which had over heated. Another runner picked up \$1.48 of change along the way. Curious gawkers were drawn to a large digital clock near the finish showing the race elapsed time. One person asked if there was a sale on clocks. Another person wondered if the time of the clock was for Japan's time zone.

Also in 1982 Don ran in the very hot 24-hour race in Columbia, South Carolina. The runners suffered in record heat on the track. Don wasn't the first to reach 100 miles, but endured the furthest and stopped at 200K for the win.

Then, in 1983, at the top of his career in ultrarunning, Don abruptly retired from all racing. With continued back problems he decided to concentrate on his high school teaching. "Sometimes I feel like I want to get back into it," he said three years later. But his competitive running had been very taxing on his time and his wife encouraged the retirement. "There is no question about it, obviously I was obsessed. I liked the competition. I liked going to a races and doing well. I'm not real speedy but I realized I had some endurance. I really wanted to win," reflected Don. He had run about 20 ultras and won five of them.



In 1986, Don still ran about 40 miles per week but dabbled in other sports. He was a well-respected, talented high school teacher at Easton High. Don retired from teaching in 1999 at the age of 56 and returned to running short races in his community. His elite speed was gone, but it now ran for enjoyment.

In 2007, at 64, Don was diagnosed with heart disease and his half marathon time "slowed" to just under two hours, and his 5K time to 25 minutes. He still always won his age group.

In 2009, when he was 66, he attend a Chi Running workshop in Asheville, North Carolina. He was one of the oldest runners there. He carefully digested what he learned and soon ran his best 5K time for the past few years. He wrote, "I thought I was on my way. But in the early Fall I pulled a calf muscle while doing interval runs. He healed and then carefully worked on his running form and strides to ever improve.

Don was a running legend in Maryland. A race director once was surprised when Don showed up at 6 a.m. for a 9 a.m. race and was standing at the start. He asked, “What are you doing Don?” Don’s reply was, “I know you set these courses up by yourself and most runners have no idea what a race director does before they arrive, so I am here to help you.” Don also took the time to coach younger runners whenever asked.

On July 28, 2015, Don passed away at the age of 72 after a long four-year battle with kidney cancer. That year a Don Marvel 5K was run in his memory.



Kevin Eagleton



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:40	1982	31	1981	1982	31	1984	33

Kevin Eagleton, a lawyer from St. Louis Missouri, was the half-brother of Senator Tom Eagleton. Tom was George McGovern’s vice president candidate for a short time when he ran for president in 1972. Kevin ran cross-country in high school and college. Soon after college he started to run marathons and he was a mid-pack finisher. In the 1970s he worked for the Justice Department in Washington, D.C. and ran about 15 marathons in the area.

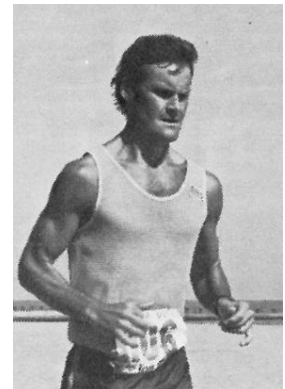
In 1979 at age 28, Kevin qualified for the Boston Marathon. He said, “It was a very bad experience.” He had experienced bad asthma and was unprepared for the competition. “There were so many runners, it took several miles before it thinned out enough so that I could really run like I wanted to. It was very frustrating. I came away from there figuring I was done with marathoning.”

In 1980, Kevin, who had never run for office before, was considering running for a recently vacated congressional seat in Missouri, but didn’t. He said the financial cost of the campaign would put him in too much debt. So instead for running for office, he turned to running ultras.

Kevin first tried running a 36-mile race. He explained, “It interested me because it wasn’t that much farther than a marathon and I thought it was something I might be able to do. I tried it and really, really liked. It.” He ran JFK 50 in 1979 and placed 14th with a very impressive time for a rookie of 7:18. He also tried a 50-miler on a track where he placed 2nd, but to him that race was “excruciatingly boring.”

Kevin moved back to St. Louis and worked as an agent for several professional athletes and continued pursuing ultras. He ran Old Dominion 100 in Virginia in 1981 and placed 7th with a 22:26. He could have finished much better but took a 6-mile “detour” and became lost for a while. He ran the race again the next year and greatly improved his time to 19:27 for 4th place.

Training for Kevin consisted of daily runs in the morning of about 17 miles and then about 5 miles in the evening, with a long run of 30 miles each week. At times he totaled about 150 miles each week. He really enjoyed the ultra culture of the early 80s. “The field are small. There’s a more relaxed, almost carefree approach. There isn’t the same level of intensity as marathon races. You stop for water and food. In races that long, one or two minutes, even five or ten, aren’t going to make much difference.”



Swift Endurance Legends

Kevin explained further in 1981 the difference between marathons and ultras, “You don’t concentrate as much on pace and splits. Mainly you focus on your physical state, making sure you don’t go out too fast or push too hard. You don’t want to get yourself in trouble in an ultramarathon. You take better care of yourself than you do running a marathon and I think that’s why the recovery is quicker.”



Kevin was a member of the St. Louis Track Club and went with his team in 1981 to run in the AMJA (American Medical Joggers Association) 50-miler in Chicago. This was a big event at that time. He led his team by running 5:39:32 in the 50, taking third overall. He continued on for 100K and his 7:21:03



set an American Record for 30-year-olds. In 1982 he returned. A one-time-only 100-mile distance was added to the event that year for a select few. Kevin won with an outstanding time of 13:40:29.

In 1984 Kevin returned to the race in Chicago and finished the 50 in 6:08. He also ran Metropolitan 50 in 6:14. Those may have been his last ultras. He probably got very busy with his career and businesses. He’s another elite ultrarunner who retired very early at the age of 33. In 1996, he sold his house to a St Louis Rams player and moved to Houston, Texas. In 2017 Kevin was 66 and still lived in Houston, Texas.

Fred Savitz



100 Time	Year	Age at that time	Year First 100	Age first 100	Age last 100	Year last ultra	Age last ultra
13:40	1980	33	1980	33	33	1981	34

Fred Savitz of Villanova Pennsylvania, had a brief but very successful ultrarunning career during the late 1970s. In 1968 he attended Ursinus College (near Philadelphia) and received a degree in politics. He then received his masters degree and Ph.D. from Temple University in education. Fred was running as of 1973 while he was going graduate school.

In 1978 at the age of 31, he began serious racing while he was assistant professor at St. Joseph’s University in Philadelphia. There he helped establish an evening class program and student teaching. Somehow he found the time to do serious running and had a true gift doing it. One runner recalled running a few miles with him on a popular trail that involved loops by “the fountain.” He said Fred ran “close to 30 miles, no sweat”

He was running marathons in 1978, coming in 4th at the Penn Relays Marathon with a 2:33. He also ran impressively at the 1978 National Guard Marathon with a 2:28. Sue Medaglia also ran in that race. Fred started soon started to run ultra distances. He ran in the 1978 JFK 50 and placed 5th with 6:34. Fred gravitated toward ultrarunning “because of its challenge, and frankly, because of its smaller crowd size.”

In 1979 Fred was the leader of the Haverford Athletic Club. He ran in the Two Bridges 36 Mile race in Washington D.C. There were 108 runners. Fred chased speedster Max White, one of the best ultrarunners in the country at that time in the shorter ultra distances. Max started fast and kept the lead the entire time. Fred said, “I saw Max going at sub-sixes and I didn’t want to push that.” Fred’s first mile time was 5:59. The halfway point was at Washington’s Landing in Mount Vernon. There, the crazy course made them run

Swift Endurance Legends

up 82 steps. Max said, “Going up the stairs was a bit of a pain, but the fife and drums picked me up.” They then turned around and headed back. Fred finished in 2nd to Max, about seven minutes behind. Fred’s three-man team from Haverford won round-trip air fare to run in the famed Two Bridges in Scotland the next year.

As nearly all ultrarunners of that time did, he made the pilgrimage to Lake Waramaug and ran a 5:38 in the 50-miler, one of the top-twenty 50-mile times ever run in the country at that time. In 1980 he really made his mark as an elite ultrarunner when he ran in the RRCA National 100K Championship and placed 2nd with 7:16.

Also in 1980 he was invited to run in the New York Road Runners 100 invitational race, his first attempt at running 100 miles. He finished in 13:40, one of the best times in North American history at that time. Stu Mittleman won with 12:56.

In 1981 at age 35, Fred went to New York and ran in the Sri Chinmoy 70 Mile Ran that was held on a three-mile paved course at Rockland Lake State Park in Congers. Stu Mittleman again beat him, winning with 8:11. Fred came in at 9:36 for 4th.

After that race, Fred disappeared from ultrarunning. With that talent it makes you wonder what he could have achieved further in ultrarunning as the sport started to blossom in the 1980s. Soon he changed jobs and became a professor at Neumann College near Philadelphia, where he stayed for the rest of his career as an educator.

Fred explained, “Once the mid-1980’s arrived, I opted to compete in shorter races again as family, work, and music became my priorities.”

In 1996 he received an “Excellence in Teaching Award” and he was president of the faculty senate. In 2009 he was a coach on Neumann University’s lacrosse team.

In 2016, at age 69, he was a professor emeritus still living in Villanova, Pennsylvania. He wrote, “I find my muse while running in the early morning or playing the mandolin, banjo, or harmonica in the evening.” In 2017 he added, “I still love the act of putting one foot in front of the other, and I continue to run on a daily basis, probably logging 50-60 miles per week at a tortoise pace. And every now and then I sense a yearning to do a 50-miler. Who knows? Maybe there’s one in this 70 year-old’s legs.”



Park Barner



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:40	1975	32	1974	1979	35	1994	51

Park Barner was the most dominant and prolific ultrarunner in the 1970s. He was a computer programmer from Harrisburg, Pennsylvania. Park avoided the spotlight and was known for his relentless metronome pace rather than speed.

Park ran the mile in high school and his best time was 5:45 and he never ran a mile faster than 5:19 in his life. While stationed in Germany during the late 1960s he did some running and race walking events. After returning to the U.S., stationed in Massachusetts, one evening after a ball game he decided to walk the 38 miles back to the base. He went through the night and finished at 10:00 a.m. in the morning.

Park said “nothing special got me into running. It’s just wanting to run farther and farther all the time.” In 1969 after spending four years in the army he was told by an army doctor looking at his aching knees, “You’d better forget about running.” But he had always dreamed about running the Boston Marathon and three months later he did slowly, in 5:16. At the 1970 Boston Marathon, he drastically improved, running it in 2:47. He had an amazing ability to recover fast from races. His marathon PR was 2:37 and the next day he ran another marathon in 2:39.

At the 1971 Boston, he met ultrarunning legend Ted Corbitt and asked him, “How do you run 100 miles?” Ted’s reply was, “You just have to tell yourself to keep going.” Park finished Boston that year in 2:50. He believed he had peaked at the marathon and was ready to go further.

He started running ultra-distance races in 1971 when he was 27. In the 1970s he ran the country’s two preeminent 50-miles regularly. At the 1972 Metropolitan 50 in Central Park, he went into the lead at mile 36 to claim the win in 6:04. He wept with joy. It was the first time he had ever won a race. He ran that race nearly every year. His times improved to a PR of 5:50 and he finished the race ten times.

In 1972, He also ran the JFK 50 in Maryland. At JFK 50 he was going for the record of 6:15. The weather was cold, with the high in the 30s, but Park wore shorts. After the first 16 miles he was 13 minutes ahead of the record pace. But once off the Appalachian Trail he slowed against the record on the C&O Canal Towpath. At mile 27, he was still seven minutes ahead, but by the time he was off the Towpath he was four minutes behind. “I felt tired all over that last part of the race. I knew I was losing the record but I felt done in and just wanted to finish.” He did, in 6:29. Asked about the course he replied, “This is the toughest course I’ve ever seen.” He continued to run JFK 50 race from 1973-75. He got his time down to 6:13.



Park #1 leading at the start of 1973 JFK 50

In 1974 Park entered a 100-mile race that ran on a track at Queensboro Community College in New York. He hoped to break Ted Corbitt’s mark of 13:33. There were only seven starters and all but Park dropped out along the way. He reached 50 miles in 6:32 but without any competition he faded the second half and finished in 13:41. The next year he ran again and was leading a mile 67 but his hip hurt and the afternoon was very hot. He decided to drop out.

In 1974 Park ran a very unique race in Washington DC that ran length of the Chesapeake and Ohio Canal (C&O Canal) dirt towpath from Georgetown to the canal’s end at Cumberland, Maryland, a distance of 300K or about 186 miles. Runners ran this race in three days, 100K, each day. Park covered the 100K segments in 7:52, 8:12, and 7:48, finishing in first, averaging 7:42-mile pace spread over the three days. In 1976 at the age of 33, he wanting to try to run it straight through. He had to face the cold nighttime temperatures which went down to 18 degrees F. Along the way he had to stop twice to remove his shoes and wade through waist deep water. At 3 a.m. he started to get very drowsy but shouted, “No, I’ve got to keep going.” He eventually took a nap in his crew’s car. He said, “Once I got in the car they had the heater running and I napped for about a half hour. But when I warmed up I started shivering. Once I started running again I felt like I was just starting out fresh.” (Shapiro, *Ultramarathon*, 201). He finished in 36:48.

During 1975 Park again competed in 100 miles, and won on a track in Bayside, New York in 13:40:59, his lifetime best time for the 100.

In 1977 Park accomplished another long solo journey run, running from the Washington D.C. Capitol to the Harrisburg Pennsylvania Capitol, 106 miles in 18:41.

Park would race with a relentless “metronome” pace, rather than using blazing speed at the beginning of a race. Frequently Park would run the second half of a race faster than the first half, producing negative splits. He had the reputation of being very durable, only wearing a T-shirt and shorts when running in sub-

zero weather. Once when running JFK 50, the race was hit by freezing rain. An amazing 1,100 runners didn't finish, but Park finished in second to speedster Max White. Park also had the ability to recover very fast from a race and showed up at nearly all of the races in the Northeast.

Park was famous for this "back-to-back" runs. Once he ran a PR marathon of 2:37 on Saturday followed by a 2:39 on Sunday. At that time it was thought to be the fastest US marathon double. While other runners were meticulous about their diet, Park gave little thought to diet and ate whatever he wanted.

Park also ran 100Ks and won nearly every time he entered. In 1974 he ran the Lark Waramaug 100K in Connecticut and won it, beating Ted Corbitt (age 54 at that time), with a time of 7:37, setting a new American Record for 100K. He lowered it to 7:15 in 1976 and Lake Waramaug and the following year He won there three straight years, fighting off Nick Marshall, and later lowered it further to 7:1:44 at Mechanicsburg, Pennsylvania during "inhospitable conditions of frequent wet snow squalls through the day." During that race he hit the marathon mark at 2:58 but was seven minutes behind the leader. He caught up at mile 46 and went on to win. He finished at Lake Waramaug nine consecutive years.

By 1978 he had finished 41 races of 50 miles or longer and won 19. At that time, Ted Corbitt, the "father of ultrarunning" had finished at least 16 ultras, so Park's 41 finishes was incredible. He was called, "The Machine". "The American Record," or "The human metronome." His best marathon was 2:37 at 1974 Baltimore Marathon. He said, "Nothing special got me going into running. It's just wanting to run father and father all the time. Running just makes me feel better."

In 1978 Park again ran a 100-miler held at Flushing Meadows in New York City, the Ultrasphere 100. He ran alone, apart from the other 21 selective group of starters, circling the 2.27-mile loop around the lake for 44 times. The race started at 4 p.m. and they ran through the night. Park took off uncharacteristically fast from the start. By 50 miles at 5:59, he lapped everyone else in the field. During the night the heat took its toll on everyone. Park maintained a 9-minute lead at mile 68, but at that point the second place runner crumbled. Park reached mile 75 in 9:55 and cruised to the win with a time of 13:57:36, which was thought to be the second fastest time ever, at that time, running 100 miles. His only complaint was that the course was too flat. "I would have preferred a few hills."

Later that year in 1978, Park tried his first 24-hour race at Glassboro, New Jersey with nine entrants. This was just the second 24-hour races held in the US in modern times. Nine runners competed on the cinder track. Don Choi, the American record holder pushed a fast pace and built up an 18-lap lead on Park. By mile 100 at 15:04, Park was just eight minute behind and Don started to falter and quit at 113 miles. . At mile 103 Park stopped briefly to change shoes because he could feel the cinders through the thin-soled shoes he was using. He still running strongly and reached 152, a new American Record (unratified), breaking Don's previous record of 136 miles. The World Record at that time was held by Ron Bentley of England who ran 161 miles. At this race, Park ran in a T-shirt and shorts the entire time while the other runners were bundled up. He drank 3 quarts of Gatorade, 2 quarts of diluted orange juice, one quart of coffee, and 1 ½ gallons of water. Before Power Bars existed, Park would eat frozen chocolate cookie dough during his ultras. After the race he commented that he could have run 300 miles and wondered when someone would hold a 48-hour race. After he finished, he drove to Maryland to run a 50-miler, then a week later he ran Metropolitan 50 and the following day ran a marathon in Harrisburg, Pennsylvania.

After that accomplishment, Park was featured in Sports Illustrated. In June 1979, Park broke the World Record for 24-hours, running 162 miles at Huntington Beach, California. Parks splits were 7:14 for 50 miles and 14:29 for 100 miles. He lost eight pounds during the run and drank 17 quarts of liquid. Later the World Record wasn't accepted by those trying to control running records at the time because times for each lap were not recorded as was currently required. Elapsed times were recorded for each lap. Honest history includes this record, one of Park's greatest accomplishments.

Swift Endurance Legends

Just a week later in 1979, Park ran in a historic 100-mile race at Flushing Meadows in Queens, NY. At this race, the famed runner from Scotland, Don Ritchie, set a Road 100-mile record of 11:51 on the 2.27-mile loop course. Park came in third with 14:14. In 1981 he ran the Queens 100-miler again and finished 3rd with 14:11.

In 1980 Park ran in the Miami Runners 48-hour Run on a track and covered 115 miles on the first day. But on day two, a terrible thunderstorm dumped heavy rain on the track and the area was under a tornado warning. All runners were ordered off the track and two hours later the race was cancelled, spoiling one of the earliest 48-hour races in US history.

Park ran the Weston 6-day race in New Jersey twice during 1981-82 and won it each time with 430 and 445 miles. In 1981 he was never on the track for more than 12 hours per day and then would stay in a motel nearby. In 1982 he changed his strategy to stay away from the heat of the afternoon and used that as his motel time. After the first day of 117 miles, he was never on the track from 2:10-10:45 p.m. After 96 hours, Allan Wilson started to sprint to change things up and Park was up for the challenge. They both flew around the track for 15 minutes at maximum pace until Wilson pulled up gasping. Park continued further. During a rain storm, Park could be seen running in red shorts without a shirt. His racing strategy produced 445 miles over the six days. Park said, "Apart from running, resting is what I do best." He could always be easy to spot in races because of his toeless sneakers and bright colored socks.



Park ran in crazy long stage races across states. First he started the Johnny Salo 200-miler across New Jersey (DNF at about mile 80) and then he entered a 500-miler across Michigan. He was being called, "The Human Treadmill." The Michigan race started in the northern reaches and headed to Detroit in the south. They were allowed 16 hours of running each day. Park finished in 6 days, 6.5 hours. He battled back spasms and frequent rain.

Park finished 2nd in Broken Spoke 50 in 1986 and noticed his time was an hour slower than the year before. He said, "That's because I'm getting older." Shortly after that he retired from running ultras at the early age of 43, but he continued to run marathons. One can only wonder what he could have accomplished if he would have started running the trail 100-milers.

When Park was setting American Records he would run as many as 6,000 miles per year and went several years without missing a day's training. One he retired from running ultras by the 1990s his mileage dramatically dropped. In 1998 he was still running marathons with only about 10 miles per week.

By 2007, Park had run in all 35 years of the Harrisburg Marathon. He was 63 at that time and still ran a few days per week but he no longer tried to compete, just finish marathons. He recalled that once he ran about 90 miles from Harrisburg PA to Breezewood, PA. "I finished just when the sun was setting, going down that last hill into Breezewood. I felt so great; it was exhilarating." He also once ran 203 miles from Harrisburg to Pittsburgh.

Swift Endurance Legends

Around 1994, Park took up horseshoes and excelled, competing at a high level including at the National Senior Games in 2007. At age 63 he once pitched 1,000 ringers in 8 hours. Park reflected, “I try to be humble, but the older I get, the more I think about these things and what I did. I look at my logs and I think, ‘Did I really do that?’”

Park estimated in 2007 that he had run 83,000 lifetime miles. In 2012 Park was inducted into the American Ultrarunning Hall of Fame. In 2016, at the age of 71, he was still running the Harrisburg Marathon. He finished in 6:56 for his 44th finish there. You can see him there with his flashy miss-matched socks. In 2017 Park was 73 and living in Harrisburg, Pennsylvania.



Ben Hian



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:42	1997	27	1993	2012	43	2013	44

Ben Hian of California was a physical education teacher. He was a recovering drug addict and in the early 1990s he was credited as being the first to develop the idea that ultrarunning could aid in addiction recovery. His upper body is covered in amazing morbid tattoos including a dead-looking man crawling out of a coffin.

He was racing triathlons when a friend brought him to run Bald Peaks 50K in Los Angeles. “I loved it so much that I eventually quit swimming and biking. It was the people and comradery that attracted me to ultras.” He ran his first 100 in 1993, Angeles Crest 100 where he came in 5th.

In 1994 he won a record nine ultras breaking course records along the way. That year he also set a 12-hour American Record of 88.25 miles. His impact was quick and fierce. On out-and-back courses, slower runners were very impressed that he always took the time to give encouragement and greetings to everyone he came across, even though he was competing hard.

Ben was young, age 25, and had advice for younger runners, “I think a lot of younger runners want instant gratification and to see immediate results. With growing up comes more patience. Younger runners want a quick, fast race, and if they aren’t good at it right away, they don’t stick with it.”

From 1994-2000, he won at least seven 100 miler races, usually breaking course records or coming close. In 1997 Ben went to Rocky Raccoon 100, in its 5th year, with the goal of breaking 14 hours for 100 miles. He came up short the previous year because of freezing weather. But this year he reached his goal. He ran very consistent 20 mile laps from 2:31-2:58 per loop and he even had negative splits. He always showed a positive attitude along the way and was very friendly to runners throughout the race. He finished in 13:42, his lifetime best 100-mile time.

In 1998 he won his 4th Angeles Crest 100. Newcomer, 24-year-old Scott Jurek, from South Dakota, took the early lead, but Ben took over the lead for good at mile 38. Scott ran close but came in ten minutes after Ben.



Ben disappeared from the sport in 2000. He founded a venture “Radical Reptiles and Friends” that featured snakes, insects, lizards, spiders, turtles, and cockroaches that were presented as an entertaining educational tool in after-school programs, assemblies, birthday parties, and summer camps. He said, “We like to generate interest and educate the children on animals that in general people

think are scary or gross. We help to get an interest started and hopefully a desire in the future to help out with conservation.” By 2008 he was doing as many as 15 programs per week. His collection grew to more than 100 reptiles, kept in his home. In 2006 he expanded his business to do rattlesnake and reptile rescue, removing them from homes.



In 2008 Ben returned to ultrarunning, still in elite form. He didn’t finish San Diego 100 in 2008, but went back a year later and won. After winning San Diego 100 in 2009, he had a rough recovery and was rushed to the hospital. His kidneys shut down and he stayed in the hospital for at least a week. He had also experienced kidney failure in 1994 after Western States 100.

In 2011, Ben ran at an unfortunate inaugural 100-miler in Moab Utah, the Slickrock 100. The weather was bad, there were too many entrants, and the race director was in over his head. Ben led the race, and went off course for six miles early. Other runners got lost and the course was changed mid-race. Runners who dropped later in the race weren’t cared for. It was pretty much a disaster. It would have been easy for Ben to quit the race under such poor conditions, but he pressed on, paced by Roch Horton, and won in 17:02 which was an amazing performance in such terrible conditions.

Ben finished at least fifteen 100-milers and won at least nine of them. He was a two-time winner of Rocky Raccoon 100 and four-time winner of Angeles Crest. He would run about 100-140 miles per week. “I train year-round, but if I feel the body needs a break I take a day or two off.”

Ben last ran an ultra in 2013 at the age of 44 and was still running at an elite level. In 2016 Ben was age 48 and living in Carlsbad, California. He competes in century cycling races. He is a member of the San Diego Bad Rats Running Club. His business is found at: <http://www.radicalreptilesandfriends.com/>

Tom Possert



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:44	1989	26	1984	2015	52	2017	54

Tom Possert was from Brownsville, Indiana and Cincinnati, Ohio. Of all the elite early 100-mile runners, Tom seemed to have the most adventurous spirit among those runners profiled in this book. He became a specialist in the 24 and 48-hour races, but then branched out to run various multi-day races and compete in extreme multi-stage races all over the world.

When Tom was 14, he and his friends would go on 100-mile bike rides. He ran track in high school but quit because he didn’t like getting lapped. After he graduated from high school he rode his bike all the way

across the country. In college he took up running to get into shape and discovered the further the distance, the more competitive he became. He received an engineering degree but quit that career in 1990 to operate a bed and breakfast inn, giving him more time for training. He said he wanted to “take the risk and find out my potential as a runner.”

Tom ran his first ultra in 1984 and among the first races was the 100K at 1984 AMJA Ultra road race in Chicago. He ran a speedy 8:43.

Next Tom started his long career with fixed-time races at Across the Years 24-hour race in Arizona. A young runner from Arizona boasted that he would win the race with 150 miles and took the lead from the start. But that youngster came 123 miles short of his goal, finishing dead last. Tom was much more in control, reaching 50 miles in 7:27. Another runner watched Tom at night and commented, “Tom Possert was walking strongly. He’s tall and thin, with a fine walking stride. It was amusing to watch him stride past those of us trying to run.” Tom won with 124 miles which was the best 24-hour performance that year by an American.

The next year, in 1985, he ran JFK 50 and finished in 18th in 7:40.

1988 was a crazy year for Tom. He ran Barkley, Western States, and Badwater. First up was the very tough Barkley Marathons, a 55 mile-course at that time. Tom performed a world-class effort and crossed the finish line in just under 24 hours. However it was determined that he skipped a one-mile section on two of the three loops (the course wasn’t marked, taking wrong routes was common, directions were used). Frozen Ed Furtaw finished and was given the win that year. The next year the course was made tougher and a 100-mile version was added.

A few weeks after Barkley he competed in a 158-mile stage race, to run across Virginia, put on by David Horton. On the first day it snowed. He made it through the 55 first day miles but trailed the leaders. On day two he took over the lead by mile 15 and took control of the race. Each night the group of talented runners ate together, shared tales, and enjoyed one another’s company. Tom won the race with a total running time of 25:25, winning by more than an hour.

At Western States he competed against the best 100-mile trail runners of the time. He finished in 19th with 19:19. The next month, Tom ran the first official Badwater race, 146 miles from Death Valley to the top of Mount Whitney, enduring temperatures of up to 122 degrees. He had the lead to himself after 20 miles and stretched it to a 25-mile lead at Lone Pine. He finished at the top of Mount Whitney in 45 hours, the winner.

Tom returned to Badwater in 1989. That year the race officially went from Death Valley to Whitney Portal, 139 miles. It couldn’t go up Mount Whitney anymore because it was in a wilderness area where races are not permitted, but some runners went up to the top of Mount Whitney for 146 miles. Six runners started. Runners could select their own course. For example one runner cut across some salt flats wearing ski boots and cross country skis while carrying twelve 20-ounce bottle of water. He saved 15 miles, but it wasn’t enough to catch Tom. At around mile 110, Tom started to have stomach issues and lost the lead for about five miles until he recovered. He finally took a break at 122 miles to sleep an hour. He finished in first with 36:10 and then improved that the next year with 27:56 and another win. He had three Badwater wins in a row.

In 1989 Tom first went to Flushing Meadows in New York City to run the TAC USA 100 Mile Championship, competing against some of the fastest Road 100-miler runners in the country including Rae Clark, Roy Pirrung, Frank Deleo, and Christine Gibbons. His 50-mile split was 6:15 and his 100K split was 7:57. He finished in 3rd with his lifetime 100-mile PR of 13:44.

During the fall of 1989, Tom returned to New York City to again run at Flushing Meadows in the TAC 24-Hour National Championship. New running sensation, Ann Trason was the overall winner with an amazing 143 miles, an American Record. Her 100-mile split lowered her World Record. Tom finished 3rd with 138 miles.

Also In 1989 Tom started a love for running extreme races in Alaska when he ran and won the Alaska Mountain and Wilderness Classic. From start to finish he could not receive outside support, requiring him to carry all food and equipment. He trekked across tundra, freezing cold rivers, glaciers and through forests. Most of the route was on trackless wilderness, up river beds, along ridges, and steep hillsides. He trekked 150 miles in 78 hours and finished in first place.



After this Alaska accomplishment, he was sponsored in 1990 to run the stage race, Marathon Des Sables, in Morocco, consisting of 190 entrants, running 124 miles through the south Sahara Desert in seven days. On day three the runners ran on dune after dune that were 10-feet high. He said, “Your feet would just disappear in the sand.” He finished in 12th, the first of 18 Americans. They raced in temperatures up to 100 degrees but there was a constant breeze. At night it was 50 degrees. He reflected, “This challenging adventure race made me stronger, more confident and more disciplined with my life. I loved the difficulty of the terrain, good competition and the family feeling among everyone.” (UR 7/90 26)

In October 1991 Tom ran Sri Chinmoy 1,000 on a one-mile course in Flushing Meadows, New York. Tom held the lead after ten days by about 30 miles, but after his crew had to return home, he slept with no one cracking the whip. He fell to 4th place. But eventually he started running negative splits and came away with the win. He completed 1,000 miles in 13 days, 14 hours and posted the 9th fastest 1,000-mile run in the world at the time.

At the end of 1992, Tom competed in the 24-hour TAC National Championship in Elverta, California, at Gibson Ranch. He ran most of the first 70 miles with Roy Pirrung, the defending champion. Rain fell throughout the day. The geese and ducks were very aggressive and kept buzzing by all the runners. Tom had pain in his left leg but had occasional massages. He finished second to Iouri Esperson, (147 miles) a Russian native, but Tom finished with 142 miles to win the American title.



Gibson Ranch, 1992

In 1993 Tom ran his best 24-hour race of his life, competing at the 24-hour National Championship at Olander 24-hour race in Sylvania, Ohio. He battled with newcomer, Kevin Setnes, a Road 100K specialist. Kevin would run 25 minutes and walk 5 minutes, a strategy that let him run at blazing speed for much of the race. With an hour to go, Tom was in second place, catching up, throwing down some eight-minute miles that really worked Kevin. But Kevin pushed hard to win in 160.4 miles setting a new American Record. Tom finished with 158 miles. After that when people would ask him if he had ever run the Boston Marathon, his reply would be “I’ve run six in one day.”

In 1994 Tom won the FANS 24-Hour, setting a course record of 134 miles. After he finished, he immediately began eating and drinking drinks. He explained, “If you replace glycogen with the first hour, you decrease recovery time by half. So you have to think of it as a 25-hour race, and one hour isn’t to run,



Tom and Ann Trason running in the 1989 24-hour race

but to drink.” Also that year he ran the Moravian Challenge in the Czech Republic, winning and completing ten marathons in ten days. He returned and won again in 1996 and ran seven marathons in seven days.



In 1995 Tom had been running on average 70-80 miles a week. Many days he would run around and around a 400-meter track to develop mental toughness. That year he reached 136 miles for second place at Olander 24 in Sylvania, Ohio.

That year Tom returned to Barkley and completed the 60-mile “Fun Run” in 28:51. He was the first runner to ever finish the “Fun Run.” Frozen Ed said, “When he stopped after 60 miles and headed for home, he stated that he did not think anyone would ever finish the 100.”

Also in 1995 he ran in ESPN’s Extreme Games Eco-Challenge. His team took second place in this extreme adventure competition, a 314-mile multi-sport race, held in New England. It was very early reality TV. He slept only seven hours during the five-day event which included a 27-hour ocean stretch in a kayak. He again competed in the Extreme Games in 1996 but dropped out when he felt his team was unprepared and that the event organizers weren’t taking the competition seriously.

After that, he returned to his true love of ultrarunning. In September, he ran in the North American 24-hour Championship at Olander 24, finishing second with 144 miles. John Geesler won with 147 miles.

In 1997, along with his teammate, Adrian Crane, he won the North American Rogaine (team orienteering) 24-hour championship at Empire Ranch, near Tucson, Arizona. They reached 60 of 65 control points. Also that year he placed second at the legendary Strolling Jim 40-miler in Tennessee. Toward the end of the year he won the Coldfoot 100 in Alaska, finishing in 18:30. He returned to Coldfoot another year and won again, this time in 16:08. During the ‘90s, Tom also ran in the Denali 135 in Alaska and was the only starter and finisher. He finished in 22:08 was awarded both the men’s and women’s finisher award.



Tom running Strolling Jim



Team Adventure One, 1999

In 1999 he ran in the 197-mile Eco-Challenge in Patagonia, Argentina. 52 teams participated. Tom competed on Team Adventure One. The race, featured on Discovery Channel, included: horseback riding, hiking, rappelling, mountain biking, white-water kayaking and mountaineering. There were 19 camera crews following the teams that included athletes from 31 countries. Tom’s team finished in 16th, taking 7 days, 6:01. The winning team finished in just over 5 days. 33 teams finished.

Tom once said of running ultras, “If I could take what I feel like in the middle of a 10-mile run and put it in a bottle and sell it, I could make money. The reason I’m [running ultras] is because I’m good at it. It’s hereditary, part way, but I know it’s a lot mental.” (*The Courier-Journal*, Dec 6, 1998, 4)

In 1998, Tom again competed in Alaska, this time in the Iditasport Extreme, 330 miles from Knik to McGrath on the Iditarod Trail. The route covered about one-third of the famous sled dog race from Anchorage to Nome. Racers choose to run, bike, or ski. Tom ran, the first runner to ever enter the 330-mile event. He said, "You do what you're good at. If I could cycle, I'd be racing John. If I threw darts, I'd be in a pub. This is going to be a hard race, harder than anything I've ever done." He worried that he would not make the seven-day limit but he did and finished in 6 days,

2:45. He even beat several mountain bikers and skiers. On biker commented about Tom's run, "There was a time where we were together, and when I was riding he was about 100 yards behind me every time I looked back. When I stopped, he'd actually get ahead of me." (The Cincinnati Enquirer, Mar 16, 1998, 42).



In 2001, after 9-11, Tom joined with Greg Collins of Indiana for a few days during Greg's run from the Illinois/Indiana border to New York City, carrying an American flag. Tom, running with Greg in Ohio said, "It is like the Olympic torch relay, except for the fact that Greg will follow the flag all the way to New York City." Hotels along the way donated rooms. Near the end of 2001, Tom won the Kentucky 50-miler in 6:08 on paved roads. This was the sixth time Tom won the race. In 2002 he won Strolling Jim 40-Mile with 4:48. By 2003 he had run in more than 150 ultras.



Tom training to run the Iditarod Trail

Tom signed up to return to Alaska in 2003 to run the Iditarod Trail. Tom would be expecting temperatures down to -20 degrees F. He said, "But really, you don't notice the cold. The worst part is packing up your tent in the morning and getting ready. That's when you notice it. I'm lucky, because I run really hot. In zero-degree weather, without any wind, I can run in two shirts without a jacket." A friend commented about Tom, "He's a natural. He never falls out of shape and can gear up and run better than people that train twice as much as him. And then he has the mental toughness on top of it that comes into play in stage running. He can run back-to-back 100 miles, day in and day out." Tom pulled a sled behind him with 45 pounds of food, clothing, a tent, a stove and fuel. Storms were a worry but Tom said, "When it gets bad, I'll just set up camp and try not to push the envelope, because that's not the place you want to make mistakes." Because of warm temperatures, the course was changed from 1,150 miles to 800 miles, Nenana to Nome. Contestants either ran, biked, or skied. Tom was the second runner to finish. It took him 23 days. His Siberian husky, Natasha, accompanied him for several days. She passed away in 2012. (Cincinnati Enquirer, Feb, 16, 2003, 32)

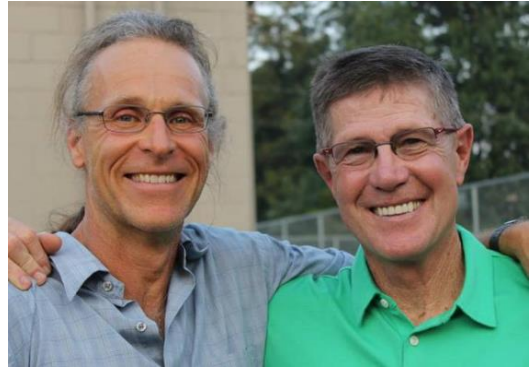
In 2007 at the age of 44, Tom ran the Andrew Jackson Marathon at Union University in Jackson Tennessee. He took command at the 20-mile mark and went on to win among the field of 80 with 2:58. That year he also again won Strolling Jim 40 Mile in 5:07. He ran that race 16 times from 1993-2017.



Running in the JFK 50

In 2012 he ran in the 50th JFK 50. In October he rode his bicycle from Huntsville, Alabama to Atlanta and back in four days for nearly 400 miles. Also that month he had the privilege to run with legendary Andy Jones when Andy ran his 100,000th lifetime mile.

In 2015, Tom ran at A Race for the Ages and reached 121 miles.



Tom Possert and David Horton in 2015 - John Price photo

In 2017, Tom was 54, lives in Huntsville, Alabama. He remained active, traveling all over the world, and riding his Harleys. You can find Tom on Facebook

Jack Bristol



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:46	1974	24	1983	1984	34	1985	35

Jack Bristol, was an electromechanical technician from Marble Dale, Connecticut. In high school, he ran for the Bethel High cross-country team in the 1960s. His team took the state championship while he was there. In those days training was typically no further than three miles, but Jack and his friend Dean Perry would go off on weekends and run 20 miles. Jack attended college at Ohio State.

Out of college, Jack continued to run high mileage. One of Jack's first ultras was the Metropolitan 50 in Central Park, New York in 1973. He finished 7th, in 6:15. That year he also ran the Two Bridges run in Washington D.C. The race was 36 miles. It started at the Washington Monument and went to Mount Vernon and back. Forty-nine runners were in the field. Jack placed third.



In 1973 Jack and Dean got together again, and ran a 7.66-mile loop around Lake Waramaug, in New Preston, Connecticut. The road around the lake was mostly flat with a few gentle slopes and had very little traffic – perfect for fast running. They started considering organizing a race there and contacted the Inn owner on the lake. He of course loved the idea.

The first race at Lake Waramaug was in 1974. The start was at the Inn. Runners could choose to run 50 miles which would finish across the lake, or continue on to run 100K with a short out-and-back to finish at

the Inn. The Inn owner died in the mid-80s and the new owner didn't want to have anything to do with the race, so the start/finish was moved to the state park.

During the 1970s and 80s the Lake Waramaug race became one of the most competitive 100Ks in the country and nearly all the elite ultrarunners would run it. Jack ran in the first year, 1974. Twelve runners started that year. Jack led at the marathon mark, with a time of 2:58. Park Barner was about six minutes behind. Eight runners finished the 50-miler and only Jack, Park, and Ted Corbitt continued to complete the 100K. Jack won in 7:47, followed by Park and then Ted.

During the 1970s, Jack founded the Bethel Bananas Running Club. The logo on their racing shirt said, "Boogie till ya Puke." The club would last into the mid-1980s.

In 1974, when age 25, Jack ran the prestigious London to Brighton 53-miler in England, finishing in a very impressive 5:44. Two week later he ran a 24 hour race on the Crystal Palace track in London. Seventeen runners lined up on the track including the fastest ultrarunner in the world at that time, Don Ritchie. Don Richie sprinted off the start line and started circling the track in 5:45-mile time. He continued at a blazing pace but eventually dropped out around mile 50, putting Jack into the lead. He passed 50 miles around 6:30. Jim Shapiro was also running. He described the race as it moved into the night. "Now even the leaders begin to stop sometimes to grab a drink and walk a few yards. Extra pullovers are put on. The blue flames of camp stoves keep pots of tea on the boil. Off to the north the light of central London brush the clouds with red." Jack slowed down as he neared 90 miles, those behind him start un-lapping themselves, and Jack fell into second place. But the leader dropped out at 104 miles, putting Jack back in first. He reached 100 miles in 13:46:12. Jack continued to have long stops due to tendonitis. This was likely the first time he ran 100 miles. He finished with 125 miles in 9th place.

Late in 1978 Jack won a 50K race in Carmel, New York in 3:22. The route traced an historic 1777 ride of 16-year old Sybil Ludington whose father was commander of local militiamen. She warned the area residents that the British troops were sacking Danbury, Connecticut.

At age 30, in 1980, Jack "ran" in the third annual Empire State Building Run-up. When asked why he was there, he replied, "Because I needed a day off work." The winner reached the top in 12:20. In the fall of 1981, Jack ran in the Two Bridges 36 Mile Run in Pennsylvania, running from Matamoras to Milford. He came away the winner.

Rick Favier told a story about Jack: "I remember catching Jack in a race once. It was the fall of 1981, and I ran Jack down in the last mile of the Berkshire Marathon. He had run London-to-Brighton the previous week, and after leading this marathon for much of the way... Jack was hanging on. Once again he was on the 'cutting edge of reality.' We were about to finish by circling the cinder track, and I ran up alongside of him and said, 'Hey, Jack are we going to run in together?' His hair was blowing in the wind, and he had that squint-like-grimace on his face. Then he smiled, almost chuckled, and said, 'Get out of here, this is something I gotta do alone.'"



In 1982 Jack won the Rowdy Ultimate 24-hour race in Brunswick, Maine, reaching 132.75 miles. He returned in 1983 and went out fast, leading the race. The day was hot, dry, and windy. Every two hours the runners would reverse direction on the track which was greatly appreciated. Jack reached 50 miles in a blistering pace of 6:18 and then reached 100 miles in 13:56:06. He had about a half hour lead on Bernd Heinrich, but he soon quit at mile 104. Bernd went on to cover 156 miles and set a new official American 24-hour record. Jack finished in 2nd place.

In 1983 Jack won a 60-mile race across Massachusetts in 7:26. In 1985 he went to run the H.C. Rogers Fun Run, which was a point-to-point 165-mile race, from Wheeling to Charleston, West Virginia. He led

the race for the entire first day but at mile 132 Nick Marshall caught up and passed him to take the win in 32:42.

In 1985 Jack didn't finish the H.C. Rogers Fun Run but he did win the 57-mile "Run for the Border" from Guilford, Vermont, to Connecticut with 6:20, averaging 6:37 pace.

By 1986, at age 36, Jack had retired from racing ultras and it was rumored that he wasn't running any more. A year or so later he had put on quite a bit of weight and was said to be having personal problems. He suffered from severe depression and sadly took his own life in 1991 at the young age of 41.

Mark Dorion wrote a nice tribute to Jack that included: "Jack was an extremely talented ultrarunner, well-known and liked throughout the Northeast. Jack was running national class times on 20-30 miles training per week. Of course, as those who knew him learned, he didn't help his condition by racing nearly every weekend. Jack was instrumental in founding and helping continue the famous Lake Waramaug ultras. It seems only right and natural that his classic race and course be renamed the 'Jack Bristol/Lake Waramaug Ultras.'" (UR 6/1991 36).

Max Telford



100 Time	Year	Age at that time	Year First 100	Age first 100	Age last 100	Year last ultra	Age last ultra
13:53	1979	43	1974	38	46	1990	54

Mex Telford was from Scotland, New Zealand, Hawaii, and the Philippines. He is known mostly for being a solo journey ultrarunner, who sought out running adventures to be the first or the fastest. He never really competed against the best in the world and did a lot of self-promoting, working with sponsors. But he greatly inspired others to run and had legitimate elite ultrarunner ability. He had ambitions "to become the greatest long distance runner of all time" and people at his time believed he was. Max is included on my list because he ran a 100-mile race while living in Hawaii, with a time of 13:53.

Max grew up in Scotland. He went to work in the clothing industry and played rugby and played some soccer when serving in the military. After moving to New Zealand when he was about 23 years old, it was the off-season for rugby, so he joined the Mount Albert Athletic Club to get in shape for rugby season. He enjoyed running and did pretty well, so he decided to stick with it.

Max first ran middle distances plus cross-country, and trained with Arthur Lydiard's group of middle and long-distance athletes. Lydiard was recognized as one of the greatest coaches of all time and credited for popularizing the sport of running. Max ran with a group every weekend from Lydiard's house. At the age of 32, when he didn't qualify for the Mexico Olympics in 1968, he discussed with Lydiard what he should do next. He decided to move up to ultra distances. To get in his miles, he would put in an eight-hour shift at work and then go run 30 miles. At the peak for his ultra training, he would run three times per day and run 200-mile weeks.

Around 1971 he quit his job in the clothing business to do full-time running and physical fitness instruction. He was the first to run length of New Zealand's North Island, 717 miles. When asked why, he replied, "Why did Hillary climb Mt. Everest? Just personal satisfaction, I guess."

In 1972 at the age 36, Max attempted to break the record running across American from Los Angeles to New York. The record at that time was held by Bruce Tulloh, of the UK, at 64 days. Max trained by running 18 miles to work, 5 miles during lunch, and 18 miles home. He started his running journey in April, crewed

by his manager from work in camper provided by American Motors. It appears that he did not finish this run, but made it at least to Texas.

In 1974, before the formal Sydney to Melbourne race was established, Max set the fastest known time, 660 miles in nine days, breaking the previous time by more than 29 hours. He also ran from Auckland to Wellington (420 miles) in five and a half days. During those early years, Max owned all of New Zealand's ultra distance records, including running 100 miles in 12:48, in Auckland.⁸

Max, at the age of 39 in 1974, set a "non-stop" running record of 131 miles in 22.5 hours, putting him in the Guinness Book of World Records.⁹

In 1976, Max ran across Death Valley in January, breaking a fastest known time by 15 hours in 90 degree heat. But he was told by Californians that he did it wrong, that it needed to be done in the summer. So Max planned to do it right, and this time run a double. He trained by running on a treadmill in a sauna, in Auckland, New Zealand.

Max came to the US two weeks prior, and did a last tune-up by running a double crossing of the Grand Canyon. Australia's E Emmerton held the single crossing record at that time of 4:52. Max said of the Canyon, "When I first saw it, I was overwhelmed. The switchback trail only 3-6 feet wide, very stony, very dangerous." The park rangers were thrilled and told him that a double crossing run had never been done before. As Max was coming back up out of the canyon, the rangers told the tourists what was happening, and several hundred people cheered when he finished in 8:34.

In July he succeeded in running across Death Valley and back (Shoshone to Scotty's Castle), a distance of 240 miles in 73 hours. The temperature got up to about 125 degrees in the shade. "My wife, Doris, who was in the van, broke an egg on the road and it fried in a matter of seconds. I'd toss her my steaming shoes and she'd catch them like hot potatoes, then hand me a cold pair from the fridge." (Honolulu Advertiser, 10/15/1976). He developed bad blisters at 100 miles, considered quitting, but once he reached Scotty's Castle, he was determined to continue back. When he finished, he wept, something his wife had never seen him do before after a running effort. He explained that he had never been to hell and back before. Of the adventure, Max said, "I drank 10 gallons of water without once relieving myself and still lost 10 pounds. It took me six weeks to recover."

⁸ There are references to Max's 12:48 100-miler in Auckland, but I could not find the event or the year, so I did not list it as his personal best.

⁹ Running purists consider this as a "stunt record" or an "invented record." Thirty years later Dean Karnazes, another solo ultrarunning promoter, would also embrace this "non-stop" running record notion, and probably patterned his running career off of Max's. The "non-stop" runs weren't really "non-stop." For Guinness Book of World Records non-stop records, they allowed record-seekers to stop five minutes each hour. In reality, this stunt record wasn't even close to the World 24-hour record set the year before of 161 miles by an Englishman. As 24-hour, and multi-day races emerged, it appears that Max never participated in them. He once was invited to compete in a 6-day race in France, but it was cancelled that year.

Swift Endurance Legends



In October 1976, Max flew to Hawaii. He was there to attempt to better his “non-stop” running “world record” by running around the perimeter of the island of Oahu. He was sponsored by Avis and succeeded in his quest. He raised his Guinness record to 134 miles in 21 hours. The event was covered live by a local radio station. He had hoped to continue further to 200 miles but the humidity sapped more of his strength than expected. He said, “The thing that made it tough was the heat and the sun. I was like a red lobster when I finished in 21 hours. It was an amazing experience.” Max only stopped for a total of 30 minutes of rest during his “non-stop” record. He would grab food while on the run. A few months later in 1977, Max continued pursuing his “non-stop” running record and ran 186 miles on Maui in 31:33



Max beginning his Oahu run

Max stayed in Hawaii for a couple more weeks. He had an agent who helped promote him. They had produced a film about his runs entitled, “Into the Valley of Death.” They hosted a viewing in Hawaii and later it was later picked up by ABC television and shown nationwide. He explained why he was able to run so far. “My heart is huge, so are my lungs, and my heartbeat is only 38 to the minute. Doctors are fascinated by me. I don’t smoke but enjoy a beer and am a rather hearty eater with a preference for steak and eggs at breakfast and another big steak with a huge salad and potatoes, of course, for dinner.” (Honolulu Advertiser, 10/15/1976)

Seeking to establish another “world record,” Max went to Hawaii again in 1977, setting up his own 24-hour event, at Hawaii Kai Recreation Center on a four-mile road loop along the highway. He ended up running 155 miles which was six miles short of the current 24-hour record.

Early in 1977 he ran a race in Singapore on the same 250-mile route the Japanese took to capture Singapore 35 years earlier. He covered it in 59:32 hours. He described, “I ran through the jungle and rubber plantations, on a road all the way.” In Singapore they called him “The Super Marathon Man” and he said they “poured out of little villages” asking for autographs. Max next wanting to run across Russia, traveled there, but could not get permission.

In 1977, Max accomplished his “greatest adventure,” A run across Canada, Alaska to Nova Scotia, 5,110 miles in 106 days. He compared it equal in magnitude “as the climb up Mt. Everest.” It was sponsored by the Canadian Broadcasting Corp for a TV production. Along the way, he was chased by a bear in the Yukon, had a beer bottle thrown at him in Alberta, and went through six pairs for shoes. He would start at 7 a.m., after ten miles eat breakfast, run 20 miles, lunch, and then another 20 miles. He said, “It was just like a normal day’s work.” His main problem was getting sleep, because he would wake up at night feeling starved. On a 1,200-mile stretch of Alaska Highway in Canada the dirt/gravel road made his ankles swell, so he cut his miles to 40 per day. When the bear chased him, he was saved when a truck came along and distracted the animal. In Quebec he was arrested by a policeman for running on a highway. After being brought to the police station, hearing how far he was running, they laughed and let him go. Max didn’t get much attention in Canada, people in the towns didn’t pour out for autographs. He said, “We tried to encourage local runners as we travel across the country, but



they weren't keen for it." Max claimed that his run set a world record for the "longest run ever." (His "record" was broken in 1982 when Tarak Kauff ran 8,700 miles across the US and back.)¹⁰

In 1978, he went on promotional tours. He claimed to "hold more world running records than anyone else." It wasn't true, they were just some fastest known times doing runs that no one else had attempted, but it made for good business. He spent three days with the Army trying to sell them on the "Max Telford Personal Coaching Clinic." His next running stunt planned was to run the Alaska Pipeline in the winter. It didn't happen. He also told people he planned to run the Great Wall of China. It also didn't happen. He told people he would do a "peace run" from Chiro, Egypt to Jerusalem. He eventually received permission, but it didn't happen.



Max did occasionally run in legitimate races although he had not for about two years. In 1979 he ran in Hawaii's Primo Ultramarathon and Relays. The previous year it had been greatly promoted that he would be running the 100-miler, but he didn't show up. He did show up in 1979 and completed 100 miles on a four-mile loop course in 13:53 for the win. He said, "I was secretly hoping to break 13 hours, but I was bothered by blisters which resulted from the rain. What's important is that I won the race."



He ran the 100-miler again in 1980 in 15:15 and blamed his slower time on the weather and a lack of competition. In 1981 he finished again, in 15:36. In 1984 he was leading, but stopped after 60 miles. He explained, "I just didn't have the motivation to go on. You need someone to chase or push you in these things."

Max moved to Hawaii in 1979. He had started a line of running equipment and became a professional running coach. Hawaii at that time was a running mecca. There were more runners per capita than any other state. He felt that the time had come to reap monetary benefits from his fame. The Hawaii newspaper promoted that Max was running each weekday morning at 6:00 a.m. with some new running shoes he was promoting.



Later that year, Max, now 44, ran from sea level to the summit of 13,796-foot Mauna Kea and back, 90 miles, in 17:18. When asked if this was his hardest run, he replied, "I wouldn't say this was the hardest, but I've never felt so horrible in all my life. The altitude was the worst of it." He said that downhill portion really jarred his body.

Max was hired by Air New Zealand to do public relations. In 1980 he was trying to organize "adventure runs" with the airline, hoping to take groups to run across the Grand Canyon and to

Death Valley.

Max performed well at Hawaii's annual 50-mile race held in 1980 with 15 runners, finishing first in 6:09, setting a new state record. He also won a race he founded, the "Run to the Sun" race, 36 miles from the ocean beach to the top of 10,000-foot Haleakala volcano.



¹⁰ In 1991 Al Howie, of Canada covered 4,566 miles running across Canada from New Foundland to British Columbia in 72 days, 10:24.

Swift Endurance Legends

In 1981 Max finally competed away from Hawaii against stronger competition. He ran Western States and finished 30th, in 22:26. That was the only trail 100 that he attempted. A couple months later he ran up and down 12,000 Mount Fuji in Japan in 7:19. In 1982, Max competed again against good competition including Park Barner in a “go as you please” 200-mile race in New Jersey, called “Johnny Salo Memorial 200-Mile Road Race.” Max was very confident before the race, led the race early, but failed, dropping out at around 100 miles with “the worst thigh pains I have ever experienced.”

In 1982 Max attempted to run from Death Valley to the top of Mount Whitney. He was confident that he would run the 150 miles in 60 hours in late August and break the record of 75 hours. He was very successful with a time of 56:33 and got attention when it was discovered that he streaked a portion of it nude.

More mountain running firsts continued. In 1983 Max ran 35 miles to the top of 18,000-foot Popocatepetl in Mexico in 10.5 hours. He also went to the Philippines and ran to the top of 10,000 foot Mayon Volcano and back, 37.2 miles in 10 hours. In 1986 he finished 2nd in a field of 600 that ran up Ben Nevis in Scotland, the tallest mountain in Britain. In 1984 he entered the 166-mile Mr. Rogers Fun Run through West Virginia but dropped out before the half-way point.

Max started spending more time in the Philippines. He married again, meeting his wife in the Philippines and they moved to Hong Kong for a few years. When Air New Zealand wanted him to return to US, decided to retire and moved permanently to the Philippines. There he continued to run ultras, including the Bataan Death March 96-miler.

In 2011, at the age of 75, Max was inducted into Scottish Borders Hall of Fame. He said, “Running consumed my life. I’ve been running for 50 years and there’s no reason for me to keep running anymore but I still run every day. Running is part of my lifestyle. If I can’t run, I’m really irritable.”



In 2016 he was interviewed at the age of 80. “It’s great to see the growth in ultras. It makes me feel good to have helped in the growth. In the early days we were thought of being ‘nut cases.’ Not anymore.” He had run more than 180,000 lifetime miles, but they had caught up with his knees. He credited his long running career to inheriting strong legs from his father. Max is on LinkedIn and Facebook.



Don Aycock



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:53	1988	36	1987	1999	47	1999	47

Don Aycock was from Baton Rouge, Louisiana and Greensboro, North Carolina. He attended the University of North Carolina-Asheville, studying atmospheric science. In 1984, at age 32, while on the Asheville Track Club, he won a 1600 meter race in an all-comers meet at UNC-Asheville. In another meet he won the 5K, so he was fast. While a senior he was awarded a \$5,700 grant to do his graduate study of meteorology at the University of Wyoming. Don ended up getting his master’s

degree from the University of Hawaii in 1989. His thesis was: “Kinematic fields and precipitation associated with the mid-Atlantic coast cyclone of 27 February 1986.”

Don was a talented runner with very little experience running beyond 50 miles. He had run a track 50 of 5:58 so he certainly had ultra-distance speed. He jumped right into running 100-milers, running the 1987 Western States and finishing in 23:45:23.

The next year, 1988, like other elite runners of the time, Don went to New York to compete in the New York Road Runners Club 100 Miles at Shea Stadium which that year was poorly managed. (The race director even left before all runners finished.) Fifty-three runners started and the results were surprising. The race favorites dropped like flies. Stu Mittleman, George Gardiner, Cahit Yeter, and Ray Scannell all dropped by 53 miles. The new-comer, Don, won it all with 13:53. Frank DeLeo from the Bronx came in second more than an hour behind Don. The newspapers across the nation carried the story. His finish turned out to be the fastest 100-mile time during 1988.



Two weeks later in 1988 Don finished his second Western States in 17:55 for his best finish there, finishing 5th. For Don, Western States turned into an annual event, and by 1999 he was a ten-time finisher.

With his success in New York, at age 37, he returned in 1989 to run the 100-mile championship again. He reached 50K in 4:57, 50 miles in 9:24, 100K in 11:45, and he finished 14th, in 19:27. His pace was good and steady but far off his speed the previous year.

Visit number three to New York came in the fall of that year, 1989 for his first try at a 24-hour race at Flushing Meadows in Sri Chinmoy 24-hour race. His pace was slower. He hit 50 miles in 9:52, 100K at 12:23, 100 miles at 23:02, and he finished with 104 miles for 16th, of 36 runners. He watched Ann Trason lap him 39 times! In 1990, Don started working for the National Weather Service.

Don ran a very unique and fast 1991 Mardi Gras 100-miler that ran on the Mississippi River east bank levee near New Orleans, Louisiana. Years later after Hurricane Katrina, this levee was heavily fortified. But in 1991 the race was a very interesting point-to-point race from just south of Baton Rouge all the way to New Orleans. The surface was grass, shell, gravel, and many cattle guards. The levee was about eight feet wide and had some steep drop-offs on either side. Unmanned aid stations were set up on the levee every five miles with food and fluids. Drop bags were delivered to certain stations and 100-milers were encouraged to use crews. Don took off from the start and was never seen again by the rest of the pack. They had to contend with muddy sections where Levee repair work was going on. There were also occasional pipes to hop over. During the night a glow from the cities made it possible to run without lights. Don had a super race and finished with the win in 14:34.



Sections of the levee are paved in 2016

In 1993 Don found his 100-mile speed again, this time on trails. He went to Texas and ran the inaugural Rocky Raccoon 100 at Huntsville State in Texas, on a course of 20-mile loops with three long out-and-backs. Thirty-four runners started when the race director said, “Let’s go!” Don led the race from start to finish. He reached mile 80 before dark and ran the last loop in 3:30, finishing in 14:24, holding off Ray Scannell who finished 2nd, about 45 minutes later.

In 1997, Don was working for the National Weather Service and went to San Juan, Puerto Rico reporting on Hurricane Erika, daily in newspapers across the country.

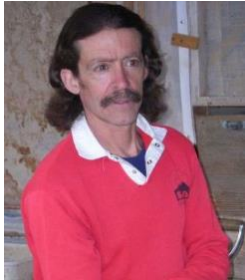
Swift Endurance Legends

In 1999, after finishing his 10th Western States 100, it appears Don retired at the age of 47 from ultrarunning.

In about 2000, Don was transferred to work as a weather forecaster in Fairbanks, Alaska. In 2011, Don retired from the National Weather Service in Fairbanks, Alaska. At the end of the year he started his own business and became the CEO of DJA Enterprises LLC in Fairbanks at the age of 59. You can find Don on LinkedIn.



Steve Warshawer



Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:54	1983	27	1983	1988	30	2009	51

Steve Warshawer was from Marietta Georgia and Santa Fe, New Mexico. As a kid in school, he was the “runt of the class, the one who was picked on all the time for being too little to pick a fight.” He struggled since age 13 until his early 20’s with drug and alcohol abuse. He said, “My lungs were crashed from inhaling that crap all night.” He started to run. Steve described his early running while in college, “I used to run with a guy every afternoon five or six miles. I just started doing it as often as I could, running 14 and 15 miles in a day in the morning before work. I lived in Santa Fe and I’d go right up in the mountains and disappear, and I’d end up on top of some peak looking out over the city. That’s what really got me running, the beauty of the places I could run.” As Steve struggle with his addictions, he knew he needed to change his life. “So I disappeared into the mountains in southern New Mexico and hid out for a couple of weeks without any drugs, sat in the hot springs and ran.”

In 1982 he ran the Boston Marathon and finished in 2:43. He ran Pikes Peak Marathon in 1981 and 1983 finishing 3rd each time. Steve burst on the ultra scene and immediately made an impact finishing very high in his first attempts around 1983. At the end of the year he tried his first 24-hour run at Across the Year on Washington High track in Arizona. He finished 3rd with 116 miles, behind Lion Caldwell with 125 miles. But what was significant for Steve is that he reached 100 miles in 13:54:12, his lifetime PR for 100 miles and the third fastest 100-mile time in the US on a track at that time.



In his early ultra years, Steve would run mega-miles each week, two-a-days on weekdays and long runs on weekends. He was 5 feet 6 inches tall and rarely weighed more than 115 pounds and was injured about 50% of the time. Once he moved to Georgia, he did more cross-training and improved his vegetarian diet. Steve really enjoyed the southern races, “In the South it’s more family. If someone has a better day than you, your goal is to be the first person there to shake their hand. We have a gas. Maybe 20 or 30 of us go to a lot of races and see each other, and it’s like family. Everyone who starts is a champion in their own way for having the guts to go try.” When asked if running 100 miles took special ability, Steve replied, “There’s nothing in the world that could stop anybody who runs the 10K from running a 100-mile race. It’s just mind over matter.” (Arizona Republic, 10/16/1985)

Steve moved from New Mexico to Marietta, Georgia in 1984. He immediately made a huge impact on Southern races. He ran a speedy Road 100K at Tallahassee. He competed against Ray Krolewicz and they both immediately left the rest of the field behind soon after the start. They ran together for about a marathon, averaging a blistering 6:30-mile pace and chatted amiably along the way. But when Ray took a short bathroom break, Steve pushed on ahead to go for the win, extending his lead through the remainder of the

race. The biggest burst came before the 50K mark which he hit at 3:24. He finished the full 100K in 7:19. He would return to Tallahassee in the next two years, placing 2nd and 1st.

In February, 1985, Steve firmly established himself as the new “king down south” by winning the Birmingham 50 at Oakwood State Park in Alabama. Gary Cantrell explained that Steve “has shown himself to prefer forcing an early decision over any come-from-behind or late-surge strategy.” He ran a pace “torrid from the start,” taking the early lead on the six-mile-loop rolling course with a significant climb on each lap. He built a lead, slowed down a bit toward the end and smashed the course record with 5:35. David Horton came in second with 5:57. (UR 4/85, 10). In March Steve continued his 50-mile dominance, winning Mississippi 50 in a course record 5:27, beating the next runner by almost an hour. Afterwards he commented that running ultras was a form of relaxation for him from his job of selling computers.

Steve had a span of racing ultras in 1984-85 that was amazing. He ran ten ultras in ten months, winning seven. During this time he successfully ran 100s on both roads and trails. He had no problem making the transition to trails.

In 1985 Steve was ready to take on his first multi-day race, the Atlanta 48 Hour, on a track, the first multi-day race in the South. The race started in the evening at 7:30 p.m. Steve took the lead from the start followed closely by Ray Krolewicz for the first six miles and then Steve pulled away. He ran through the night and at 100K took a couple hours' rest. A couple runners had gone in the lead and Steve was still behind at the 100-mile mark, at 21:40. But by 24 hours Steve had a good lead until he needed to ice a sore knee that slowed him way down, but the other runners slowed too. In the end Steve won by nine miles and reached 191 miles.

He ran the 1985 Old Dominion 100 which he said “was the most important competitive race of my life up to now.” He won and broke the course record with 17:11. During the race he took two wrong turns that cost him the lead and 40 minutes. He fell to 26th place. (Unfortunately with bad rules back then, he received a car ride from the race director back to the course and should have not received the win). Steve recovered and pushed harder, winning by 39 minutes over Ed Foley. David Horton finished third, Ray Scannell in 12th.



Steve on the cover of
Ultrarunning Magazine in 1985



1985 Western States. L-R: 1st Jim King, 2nd Jim Pellon, 3rd Steve Warshawer

Next up, a month later, he made his debut at Western States 100. The race was featured on ABC's Wide World of Sports that year. Steve made a huge impression, finishing 3rd in 16:51 only 48 minutes being the winner, Jim King. Rae Clark was there too, finishing in 6th.

In September 1985 Steve was back to road racing. He went to New York City and ran in the Sri Chinmoy 24-hour. He went out fast and reached 100 miles in 14:59, but then only covered 30 miles for the last nine hours, for 130 miles.

In the past year, Steve had raced every month, won seven ultras, and broke three course records along the way. He was asked how he felt after running 100 miles. “My feet are beat up. Blisters under my feet, and my toes are bruised from kicking rocks. I stub my toes a bunch of times. The rest of me is fine, normal.” He capped off 1985 by running Across the Years 48-hours and finished 3rd with 162 miles.

Swift Endurance Legends

He ran his best 100K time in the 1986 Edmund Fitzgerald in Duluth, Minnesota, with a time of 7:06, the second best 100K time in the country that year.

Steve explained his love for ultras. “I run ultras because I love to run and I enjoy consistent training. I enjoy my fellow ultrarunners, the traveling to races, and often I am able to combine my business with racing.” He said that for him winning races wasn’t important. (UR 1/86 29)

In 1986 Steve ran the Atlanta Track Club 24-hour race in Georgia and covered 142 miles, setting a Georgia road record that still stands as of 2015. During the year he raced just about every ultra in the South and dominated in them all.

In 1987 he returned to Western States. It was a blazing hot year with temperatures as high as 114 degrees. Steve was leading late in the race but Herb Tanzer overtook him at mile 94 for the win. Steve came in second with 18:01, 20 minutes behind.

Two months later was the big race of the year, Leadville 100. It was being filmed by NBC and it was loaded with fast runners including Jim King, Jim Howard, and three-time winner Skip Hamilton. There were 191 starters but less than half finished. The weather was bad as it rained almost the entire race. In the end, Skip won his 4th Leadville and Steve came in a strong second, 18:54, just ten minutes behind. The Jims were more than 4.5 hours back.

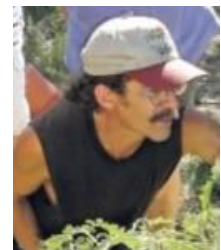
Steve’s greatest 100-mile accomplishment came a year later, back at Leadville in 1999. He won the mountainous race, tied with Rick Spady of Montana and set a course record of 18:04. Repeatedly throughout the race the two rivals caught up to each other and helped one another through the lows. After Steve took a wrong turn and lost 10 minutes in the first 25 miles, Spady brought Steve out the doldrums. Later Steve got hypothermic during a thunderstorm without rain gear and again Spady encouraged him. At 83 miles Steve caught up again and encouraged Spady, declaring a truce. They agreed to pace each other to the finish and did.



Steve after Leadville finish

In 1990 Steve ran in the Edmund Fitzgerald 100K, the 100K World Championship. The race has been called “the Greatest 100K Road Race in History” that was a “who’s who” of the road ultrarunners of the 80s. He finished 13th with a time of 7:21, right behind his friendly southern rival, Ray Krolewicz.

After 1990, Steve disappeared from ultrarunning seemingly at his peak. He moved back to New Mexico in 1994 to start farming land he had purchased many years ago. He eventually founded and owned Beneficial Farm. He explained, “At Beneficial Farm we practice the sustainable techniques of biodynamic farming, a method of farming aimed at treating the farm as a living system. In place of pesticides, herbicides and synthetic fertilizers, we use only natural means to build the soil and create a balance between all the elements of the farm: land, water, people, livestock, wildlife and plants.”



Steve still ran marathons, winning the 1996 Taos Marathon in New Mexico with a time of 2:52. He returned to ultrarunning in 2007 at the age of 49 but no longer competed in the mountain 100s. He did run one more 24-hour race at Hinson Lake and finished 8th with 101 miles. He no longer competed at 50-miles, but just enjoyed running Jemez Mountain 50 near his home in New Mexico. His last ultra was ultra was in 2009 when he was 51.

In 2016 Steve, now 59 is still in Santa Fe, New Mexico, working with agriculture foods. Steve can be found on LinkedIn

Kevin Setnes



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:54	1995	41	1993	2003	49	2012	58

Kevin Setnes, of Wisconsin, ran track and cross-country in high school. He enlisted in the Navy and hooked up with some local runners where he was stationed. After returning to the U.S. in 1979, he started running road races. His best marathon was 2:23 at Milwaukee. He ran his first ultra at 1986 Ice Age Trail 50 and “failed miserably” trying to run ultra distances on trails. He returned in 1987 and finished with an outstanding time of 6:23. He would go on to finish that race at least 12 times.

His first time running 100 miles in a race was in 1993 when he ran 160 miles at USA 24-hour Championship at Olander Park 24-hour race. The course was a 1.1-mile paved loop around the lake. He was known as a road 100K specialist, so a few people thought he would go out fast and then crash and burn. But he used a strategy to take a five-minute walk break after every 25 minutes of running. About 160 runners competed. He started in the front pack leading the race. After 25 minutes he slowed for his planned walk, surprising the other runners. He fell to about 15th place. He then ran again and caught about 10-12 people, then walked again. With that steady pace, he eventually went into the lead and competed with Tom Possert. After 12 hours Kevin had covered 85 miles. Tom really kicked up the speed the last hour but Kevin pushed hard to the finish and set a 24-hour American Record of 160.4 miles. Tom came in 2nd with 158 miles. (Kevin most likely broke 14 hours for 100-miles, but the time is unknown.)

This began Kevin’s interest in competing at ultra championships. He said he strived to “rise to the occasion and deliver on a specific day; that is what a championship is.” He learned “to peak for a major event and over-come the conditions that are thrown at you while managing a competitive field.” By 2001 he had competed in 16 national championship races that included 50-miles, road 100K and 24-hours.

Kevin’s 100-mile racing was not his specialty, just finishing about eight 100-mile races during his career. In 1995 he finished 2nd at Vermont 100 with a very speedy time of 14:59. Mike Morton won that year with a course record of 14:08. In 1997 Kevin went out west and ran Western States 100, placing 12th in 19:51 and he again won at Vermont 100 in 1999 with a time of 16:53. Kevin did run a few more 24-hour races including 134, 126, and 94 miles at Olander Park from 1994-2003. But he mostly concentrated on the shorter ultra distances of 50 miles on trails and especially the 100K on roads. The Road 100K was the official ultrarunning distance competed internationally. In 1992 he earned a spot on the USA 100K team. He was on the team for nine years and was a five-time 100K National Champion.

In 1995 he ran in the World 100K Championship in the Netherlands and finished in 7:07. That year Valmir Nunes from Brazil set a World Record of 6:18. Kevin’s teammate Tom Johnson received a bronze medal finishing in 6:30. His 100K team won a team silver medal.

At the end of 1995, Kevin ran at the Gibson Ranch Multi-day Classic in Sacramento, California on a 0.85 loop. He ran in the 100-mile division hoping for a great finish time. There were three other elite runners going for 100 miles, Tom Johnson, Carl Andersen, and Sean Crom. After 100K, only Kevin continued on to 100 miles with a fantastic time of 13:54, which was also his lifetime best.

In 1996, Kevin won the 100K National Championship at Edmund Fitzgerald 100K in Duluth, MN with a time of 7:06. He repeated again at the 1997 100K National Championship at GNC in Pittsburgh, Pennsylvania with a time of 7:11. Kevin’s wife Kris Clark-Setnes was also an elite runner. She also won

with a time of 8:45. A highlight of his running career was when they both were able to compete together on the 1997 USA 100K team at the World 100K Championship in the Netherlands.

In 1998 Kevin again won the 100K National Championship held at GNC with a time of 7:23. It was loaded with elite runners such as David Luljak, Ian Torrence, Roy Pirrung, John Geesler, and Ray Krolewicz. In 2000, Kevin again ran at the World 100K Challenge in the Netherlands and finished 40th with a time of 7:22.

In 2002, Kevin was elected president of the American Ultrarunning Association. In 2004 he established the American Ultrarunning Hall of Fame. Kevin contributed many articles to *Ultrarunning Magazine* starting in 1996.

Kevin's last ultra was in 2012 when he ran Ice Age 50 and finished in 8:11 at the age of 58.



Kevin in 2000 at Ice Age 50

Ray Krolewicz



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:58	1988	33	1979	2017	62	2017	62

Ray Krolewicz “The Amazing K”, from South Carolina, is a living ultra legend. It is believed that he has finished 500+ ultras and has more ultra wins (80+) than anyone. By the end of the 1990s, he had more finishes of 100 or more miles than anyone in the world with an estimated 60. Lifetime he has more than one hundred 100-milers to his name, a feat only accomplished by six others, as of 2016. He has run ultras every year of his life since 1979, with just a small handful of DNFs.

But even more important than these accomplishments, Ray is the champion for the common ultrarunner. He has taken on the role of mentor to the younger generation of ultrarunners, preaching that “there are no such thing as junk miles.” At all races, you will see him giving advice to young runners, helping them reach their potential, and cheering them on. It has been said, “If Ray K ever gives you advice on ultras, take it to the bank – it is good as gold.”

Ray started running in junior high when he went out for cross-country. The first day of practice he ran through town, stopped at a store to buy gum, and gave it to all the teammates who blew bubbles. The coach wasn't too happy and kicked him off the team. In high school he ran on the track team and ran about a five-minute mile. In 1971-72, Ray ran in a couple “hike-runs” of about 30 miles, not knowing yet anything about ultra distances, and finished first.

In 1979 Ray qualified for Boston by running 2:50. At the start of the Boston marathon in 1979, he met an old “grizzled” runner, Walt Stack, who had finished Western States 100 the year before at age 70. Walt mentioned the term “ultramarathon” and invited Ray to try a race, Lake Waramaug in Connecticut, a 50-miler with the option to continue running to 100K. Ray hitchhiked to the race and had an impressive first attempt racing 50-miles and 100K. His times were 6:29 and 8:10. He met for the first time other ultra elites of that time, Jack Bristol, Don Marvel, and Park Barner. At the race he received some great advice. Ray returned to this race year after year and became the race's “favorite son,” winning the 100K eleven times.

After running the 100K, he quickly stepped up the 100 miles, running in the inaugural 1979 Old Dominion 100, run on trails and roads. Ray led the race until about mile 70 and reached the mile 75

checkpoint in about 12 hours. About a mile later, while he was gabbing with a pretty girl going by on a horse, he stumbled and twisted his ankle. He could no longer run, but didn't quit. At one point he was lying on the ground taking a snooze and a horse nuzzled him awake. The rider asked, "Are you dead?" Ray's reply, "No, but I wish I was." He walked the last 24 miles and finished 9th with 21:16.

In 1980, Ray ran in the Miami Runners 24 Hour run and reached 89 miles. During his run, Ray ran some laps carrying his infant child. Race Director Ken Loveless commented, "It didn't seem to slow him up much. It seems his baby requires daddy to rock it to sleep in the afternoon. The little baby drifted right off. We didn't holler through the bull horn when they came by because we didn't want to wake it up."

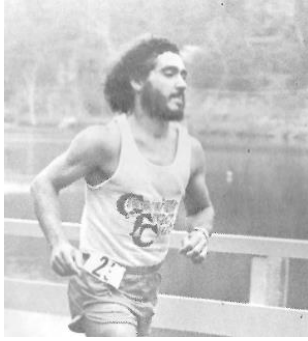
Trail races were still very new and few. Like the other elite ultrarunners in the early 80s, Ray concentrated on road races, and has for most of his running career. By 1981 he was running 24-hour races regularly, and achieved 132 miles at Little Rhody in Rhode Island. He passed the time by singing to music. He said, "I sang all the hits from the 60's. They liked it because I knew the words."

Ray's speed on the roads kept increasing. From 1981-83 he ran blistering times in the "shorter" ultras including 5:28 for 50-miles and 7:04 for 100K which are still world-class times today. In 1982 at AMJA 100 in Chicago (the preeminent road ultra event at that time in the country), he set a PR for 100 miles, 14:14. Also that year he ran in the 100-mile USA Championship in New York City showing up for the race six minutes late. That year he reached 100 miles in at least nine races. One runner described Ray as, "Solidly built, he looked as tough, and indestructible as a camel."

From 1979-1982 Ray had a remarkable stretch of racing. He had run 42 runs of 50 miles or more in a 45 month period. When asked if he was crazy, Ray replied, "Sure, I'm crazy. But I know people who spend hours and hours at home just looking at postage stamps. And that's not crazy? We all have our own insanities and mine just happens to be running." With all the races he ran, he still was very dedicated toward his teaching career. He was famous for driving all night and then running a race. Once after running in Connecticut, he got lost in the Pocono Mountains, requiring him to drive all night in order to not miss a school day. He brushed it off as good 6-day race training.

Ray went to Philadelphia to run the unique road race from the Liberty Bell to the Atlantic City boardwalk about 60 miles. The field was about 50 runners with support crews. After just one mile, a police officer held up Ray and the other leaders until the field was together for one mass run across a bridge. Then Ray blasted ahead again with sub-7-mile pace with a stiff tailwind to help. He pushed the lead to more than two miles and then took his time to the finish. He came in first with 7:32.

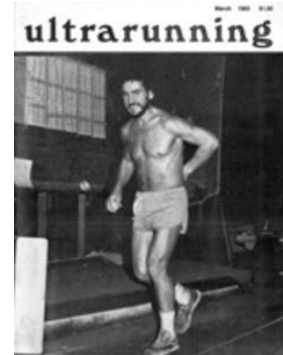
In 1982, the AMJA (American Medical Jogging Association) Ultras was held on the lakefront of Chicago. This was a huge two-day event including seminars and a party. The format of this premier race was five-mile out-and-back laps along Lake Michigan. Runners raced to 50 miles and then had an option to continue to compete for a 100K finish. That year, not only did they have 50-mile and 100K distances, but they allowed a select few runners go on to race 100 miles on the course. Ray signed up for that option and kept trading the lead with Kevin Eagleton, the eventual winner. Ray knew that Kevin could no longer be reached but wanted to hold off Park Barner for second place. Ray had a nine-minute lead at the 95-mile mark which everyone still watching thought would be a comfortable lead. However, Park kept pressing hard and in the dark kept sneaking closer and closer to Ray. With about 100 yards to go, Park caught up in the dark and yelled, "Sprint Ray!" That really got Rays attention and the two sprinted to the finish where Ray held him off by just a few feet. (Marshall, *1982 Ultradistance Summary*, 60).



Ray running at Lake Waramaug in 1983

In 1983 Ray returned to run the AMJA Ultras. Ray went out like a shot, running 6-minute-mile pace bothering another runner who was trying to shake Ray. At 20 miles, the other runner still couldn't shake Ray and yelled, "That Ray is crazy!" Ray's strange strategy was to go fast enough to set a marathon PR and then the rest of the 100K would seem easier mentally. Ray got his marathon PR of 2:37 that day and then backed off. Ray took 3rd in the 50 and was the only top-15 runners to continue on toward 100K which he won in 7:14, more than an hour ahead of the next runner. On this hot day, three out of the 225 runners were hospitalized. The second place 100K runner was unconscious for 24 hours from water intoxication and spent several days in the hospital.

In the mid-1980's Ray began running multi-day events and he was the best in the country at 48-hour runs. Those runs are so difficult because you must figure out how to keep your speed up with very little sleep. In 1983 he went to run Haverford 48-hours race in Pennsylvania, on an indoor track in a college fieldhouse on a 251-yard dirt track. It was the longest indoor American footrace in more than 50 years. True to his comedic personality, he started using a starting block and spikes. He ran the first lap in 4:26-mile pace. At the halfway mark Ray had covered 111 miles and was six miles behind the leader, Nathan Whiting. At 31 hours, Ray, who rested more, grabbed the lead and went on to win and set an American Record of 217.06 miles. He returned to Haverford the following year, 1984, and increased the record to 222 miles. That year he took a nap after 90 miles but reached 130 miles in 24 hours. He reached 200 miles in 39:29.



In 1984-85 Ray took his running talents internationally. He ran a 6-day race in the UK at 1984 Trentham Gardens and finished 4th, covering an outstanding 463 miles. Also in 1984 he ran at Montauban 48-hour run in France and placed 4th with 213 miles. After that finish he held the four best American 48-hour performances in history. The next year he returned again to France. In his 48-hour races, he had figured out well how to insert rest/sleep times in order to keep his speed up and avoid long periods of moving around the track like a zombie. He did this most impressively at the 1985 race in France. He took his only sleep time from hours 15-20. He still reached 110 miles in the first day. Then incredibly, already rested, he cranked on 114.5 miles on the second day for a negative split, more than Yiannis Kouros did on that day, and Ray finished with 224 miles, raising his American Record again. Yiannis won that year with a World Record 281 miles.

From 1984-86 Ray ran in the famed Spartathlon in Greece that goes from Athens to Sparta, about 153 miles. In 1984 he started out fast as usual, reached the marathon mark in under three hours and reaching 100K in under 8 hours. He continued well to the finish in 33:52 and was the very first American to ever finish Spartathlon. In 1985, he started out slower than usual, 3:20 at the marathon mark, and suffered with intestinal pain. He ran for a while with a runner from France who eventually finished third. But once over a mountain, Ray got sicker and just couldn't keep up. He still finished in 33:52, the top US finisher. In his third run at Spartathlon in 1986, Ray said he felt fine but just ran slow with his third finish in 35:23



At Tallahassee in 1985, an elite 100-mile race division was added to the 50-mile and 100K distances. It would be an anticipated showdown in the 100-mile distance between the two best runners in the South, Ray and Steve Warshawer. Steve had recently moved to Atlanta and had been winning almost every race he entered. At the start, Steve and Ray went out fast with sub-7 minute miles. Ray and Steve were focused and unusually quiet as they ran on the 3.5-mile loops in the park. Steve pulled ahead at the 50K mark and eventually lapped Ray but decided to stop at 100K, affected by the unusually cold weather. Ray took over

the lead and went on finish in 1st with a time of 14:57. Ray and Steve competed hard against each other, but they became good friends. Steve even spent several Christmases with Ray's family.

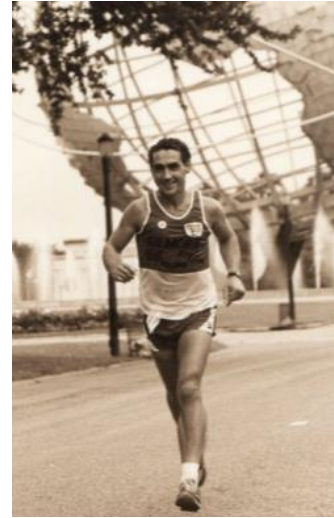
Ray commented on his reputation of going out fast in races. "Most races I go out hard and then see how I feel. As A.J. Foyt once said about racing cars, 'It's easier to stay out front than to get to the front.'" (UR 3/86 20)

In 1987, Ray tried to really step up his miles by entering the Sri Chinmoy 1,300-mile race at Flushing Meadow Corona Park in Queens, NY, the site of the New York World's Fair in 1964. He ended up with 514 miles before pulling out on day 12. His bio for the race said he had "an unusual and flamboyant sense of humor."

There was concern that Ray was losing it in 1987. Steve Warshawer was winning about every ultra in the South that year. In 1988 Ray announced that he was back and he was hungry. He backed that up by winning the SEMO 24-hour run on a 400-meter track with 134 miles, setting a 24-hour personal record. Ray also took control of the field at Lake Waramaug and won both the 50 and 100K by large margins. Just a couple weeks later he ran Sri Chinmoy 100 in Flushing Meadows. Ray had been averaging 115 miles per week in training. It all paid off when he finished with a lifetime 100-mile PR of 13:58 coming in 2nd to Terry Martin who ran 13:18.

Ray continued to win in 1989. Gary Cantrell said, "Unarguably, he remains a fierce competitor and given the opportunity will crack the unwary opponent like an egg shell." (UR 3/89 10)

Ray did have great years in 1989-90 and piled up the wins.



Ray running at Flushing Meadows



Rae Clark and Ann Trason in the race, both had an off race in the cold weather. They finished 44 minutes behind Ray

Even with all the very long races he ran, Ray kept his speed up in the shorter ultras and ran in the 1990 100K World Championships held at Duluth, Minnesota. It has been referred to as "The Greatest 100K Road Race in History." (This race included 12 runners profiled in this book.) On one of the biggest stages of his running career Ray shined brightly. About 150 of the best runners in the world took off from the starting line. This was the strongest field ever to be assembled in the U.S. At about 4K into the race Ray was right behind the two leaders cruising well below 6-minute pace. At 15K the lead pack was sticking together to be shielded from the wind. Ray pushed briefly into second place. By 25K the leaders were strung out in a line and Yiannis Kouros was pursuing the leader. Don Ritchie was also among the leaders running in the cold rain, but faded by the 50K mark. In the end Yiannis finished 4th and Ray was the second American to finish, in 12th, with 7:21. It was vindication for him because he had not been selected to the American 100K team.

Ray ran in a very competitive 50-mile race in 1991, at Houston Utras on a 2.09-mile paved, flat loop. Andy Jones and Ann Trason were gunning to break the 50-mile World Records in a terrific field of competitors. At the start, Andy quickly distanced the field running 5:30 pace and Ray was in third. Ann ran in a sub-six-mile pack. Andy started lapping many runners before they finished their second loop and Ann ran a consistent pace, gradually gaining speed. By mile 20, Andy started to struggle but by mile 25 he had lapped everyone, including Ray, more than two miles behind. Ray was in 5th, just three minutes ahead of Ann. Gary Cantrell reported, "No chivalrous thoughts were in Ray's mind as Ann closed in. Instead he braced himself to deal with a dangerous challenger." At mile 33, Ann caught and passed Ray and he

followed closely behind her. At mile 40, Andy dropped out and was carried off on a stretcher. As Ann was closing in on 3rd place, Ray put on a furious charge and passed her. In the end, Ray held on to third, finishing in 5:39:48, just 30 seconds ahead of Ann Trason who lowered her 50-mile World Record. Ray didn't realize that second place was only 2.5 minutes ahead of him. He said, "I was so busy watching my rearview mirror that I forgot to look out the windshield." (UR 4/1991 7).

During the early 1990s, Ray continued to pile up the wins with solid times at all distances, just too many to list here. Suffice it to say, he was one of the most dominant and aggressive road ultrarunners in so many races in the East.

In April 1995, Ray turned 40 years old and on his birthday he celebrated by winning the Athens Marathon in Ohio, in 2:58. But when he returned home he was faced with tragedy when he discovered that his house had burned down while he was away, but his family was fine.

As Ray reached his mid-40s, his speed finally decreased. He had a busy life rebuilding his house and working multiple jobs to make ends meet. His training time suffered, but he still ran many races and enjoyed doing it. He was a fixture at races such as Ancient Oaks 100, Umstead 100, and Across the Years. In his 50s he could still pile up the miles in 6-day races with 338 miles at Sri Chinmoy and 302 miles at Across the Years.

I met Ray for the first time at 2011 Across the Years and I remember receiving advice from him during my 48-hour race. It is always worth taking the time in the race to chat with him. As of 2016, Ray has run 1,442 lifetime miles at Across the Years. One runner wrote: "The inimitable Ray Krolewicz was full of stories. He was able to tell me that one kilometer is equal to 0.62137119 miles (to eight decimal places), and was able to calculate quickly in his head exactly how many kilometers I needed to have 150 miles." If you have a mile goal in a fixed-time race, Ray can quickly tell you what your split times must be.

In 2013 he ran the Vol State 500K, a very unusual race of at least 314 miles. Runners started at the Mississippi River and ran through Kentucky, and then finished in Georgia. There were no aid stations. They totally were on their own. He ran in the division that didn't even have a crew. He just found support running from town to town. He finished 11th, in about 6.4 days and ran it again in 2016, and finished in 9.6 days.

In 2014, Ray entered the amazing Self-Transcendence 3100 with a 52-day cutoff. He ended up running 2014 miles. It seemed like the right number to stop on, given the year. That is averaging 38.7 miles per day! He ran around a New York City block, .5888 miles, over and over again. That was 3,670 loops around a fenced high school, baseball/soccer fields, and a nice park at one end as well. Ray said, "I was able to play a little baseball, coach a little soccer, break up a fight, and swing on the swings during the event."

At age 61 in 2016, Ray runs 50s and 100K in more than twice the time he did in younger years, but he still loves the experience. Sri Chinmoy once said, "Ray always likes to have fun." Ray recently said, "I look forward to many, many more years of having fun."



Ray at 2016 Crooked Road

Author's note: I saw Ray at the 2016 Crooked Road 24-hour race cracking jokes as he ran around the course. He encouraged me along and congratulated me when I took the lead for the win. I look forward to getting to know Ray better and having him tell me his running stories.

In 2017 Ray taught high school and coaches cross country in South Carolina.

Mike Morton



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:08	1995	23	1994	2013	41	2013	41

When Mike Morton was running track in high school he heard about Ann Trason's accomplishments and knew that one day he would run 100-milers. While in the Navy, Mike began long-distance running while stationed on an island in the Indian Ocean and then was introduced to ultrarunning when stationed in Virginia. After being overseas for two and a half years in the Navy, a friend took him to run Uwharrie Trail 40. He said, "I fell into a groove I liked."

In 1994 at the young age of 22, he won his very first 100 miler, Old Dominion 100. Mike said afterwards, "I'm very tired, probably more mentally than physically. Mentally I'm burned out. I was just going aid station to aid station. It was probably a little more than I bargained for."

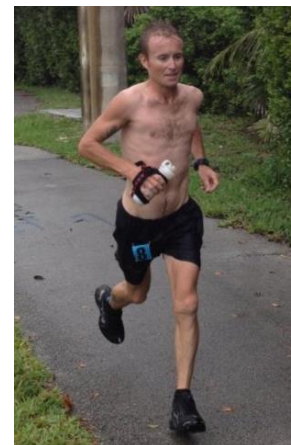
The following year he ran a blistering 14:08 at 1995 Vermont 100, breaking the course record set by Eric Clifton. The course record still stood in 2016. During the race Mike lost the lead for a while to Kevin Setnes, but regained it at mile 55 and then ran away from everyone.

During the 1990s, Mike served in the Navy and was known to be a tough, determined runner. One of his US 24-hour teammates once stated, "He does a really incredible job of defying limits, defying what one would think is humanly possible." Eric Clifton, a training partner added, "You tell Mike he can't do something and it's on."

In 1996 he travelled west to attempt Western States 100 for the first time and it was a disappointing race. He was running in third place but then got lost and later dropped. He returned the next year with more determination and came away with the victory, finishing in record time, 15:40. The record would last seven years until broken by Scott Jurek.

In 1998 a hip injury shut him down and he later had surgery. He took an overseas tour with the Navy and focused on healing. He only ran a few ultras between 1998 and 2010. But during the 1990s he finished five 100s and won them all. In 2002 he transferred to the Army, assigned to Special Operations Command and became a Green Beret.

Once back running ultras, he ran 153 and 163 miles at Hinson Lake 24 Hours which won him a place on the national 24-hour team. At the world championship in Poland, he won the event with 172.457 miles, setting a new American Record, a record that still stands today. "Seeing the Japanese guys in the middle of the night, knowing that I was only six miles ahead of them, it motivated me. I had one of those days where nothing went wrong." (From Running to Extremes). His 100-mile split time was 13:10. He was recognized as the USATF runner of the year.



He returned to 100-mile races in 2012 and over the next 13 months was 6 for 6 in wins including Badwater. At 2012 Umstead 100, he finished in 13:11 which set a course record and is still a USATF American Road age-group record.

In 2012, Mike ran at the World 24-Hour Championship at Katowice, Poland. The course was a fast one-mile loop through a park. Half of the course was on pavement and the other half on paver stones. He went into the race with a goal to break Scott Jurek's American record of 165.7 miles. His first 50 miles were a

struggle because he wore shoes that weren't quite working on the course surface. He said, "About two hours into it the ball of my foot started going numb." He changed shoes and it took another three hours for him to feel good. Despite his challenges, he hit his 50-mile goal of 6:15. The next 50 miles were good and uneventful. He hit 100-mile in about 13:10. At about 2:00 a.m., an Italian runner was making a move, two laps behind. The runner chatted with Mike, trying to figure out how Mike was feeling. But soon the Italian runner sat and wasn't looking good. With that news, Mike thought, "OK, I'm going to try to put a nail in the coffin." He cranked out three fast laps and put the other runner away. At 20 hours, Mike was told that he was on pace to break the record by six miles. Mike pushed ahead hard for both the team and for the win, reaching 172.4 miles, a new American Record. He also helped the US team bring home the silver medal. Mike Spinner, his crew chief, who had supported many international events said, "Mike's performance was, without a doubt, the individual greatest effort I have ever personally witnessed by a U.S. runner in international competition."

He was named Ultrarunner of the year for 2012. His last 100-mile finish was at 2013 Western States where he placed third. He then ran the 153-mile Spartathlon in September 2013 where he injured himself while trying to dodge a dog and later had to pull out of the race.

Mike left ultrarunning again. He had planned to run the Desert Solstice 24-hour race at the end of 2013 but cancelled those plans. Mike's last post to his blog was October 2013, and his blog disappeared from the Internet in April 2016. During the summer of 2017 Mike underwent major back surgery. He explained that after 2013 he experienced burn out. "I channeled all my anger and frustration from war into my running. After years of trying to deal with anger and depression through running, I reached a point where it was less painful to deal [with] the root cause and stop trying to "run" through it." He still hoped to one day go for a peaceful run.

Nick Marshall



Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:11	1983	35	1978	2017	69	2017	69

Nick Marshall, of Camp Hill, Pennsylvania has finished 100-milers across a span of more than 38 years. In addition to his running achievements, he left a huge mark on early ultrarunning through his efforts as a historian and record keeper.

Nick started running marathons in 1973. He realized that the longer the race, the better he could compete. He said, "I was motivated by a simple curiosity over a basic question: How far can you go?" He set his marathon PR of 2:41:15 in 1975 at the Harrisburg Marathon.



Nick running his marathon lifetime best in 1975 at Harrisburg

Nick's introduction to ultras came in 1974, at the C&O Canal 100K on a point-to-point course from Washington D.C. to Harpers Ferry. He averaged 8:12 for the 62.1 miles while finishing in second place to Park Barner. He was then hooked on ultras. In 1976 he broke 6 hours for 50 miles three times, winning the Ft. Meade 50 in 5:54:08 and placing 5th in 5:51:38 in the national championship at the Metropolitan 50.

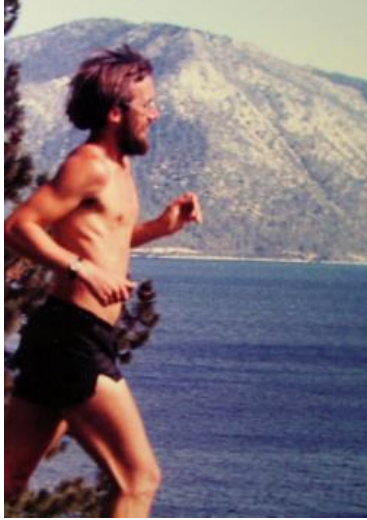


Nick at Washington Monument, 3 minutes before his first ultra

Starting in 1976, Nick, like most other ultrarunners of his time, made his way to Lake Waramaug in Connecticut to run the 50 and 100k. In 1976 he finished 2nd in the 50 with 5:56:05. In 1977, the race was a showdown between Nick, Park Barner, and Don Choi who were the fastest 100K runners in the country at that time. Don was the early leader but Nick passed him at 35 miles and then pulled away, reaching 50 miles in 5:42:31, and going on to also win the 100K in 7:17:06. Don and Park came in 23 and 27 minutes behind him. At that time, this was the second fastest 100K time ever recorded in the country. He returned to the race in 1978, running 6:17:40 and 7:56:22.

Nick is one of only a handful of men who have broken 6 hours for 50 miles on both the road and track. At Santa Monica, Cal., in 1977, he did his fastest track 50 with a time of 5:43:17 which earned him a bronze medal in that year's national championship.

Swift Endurance Legends



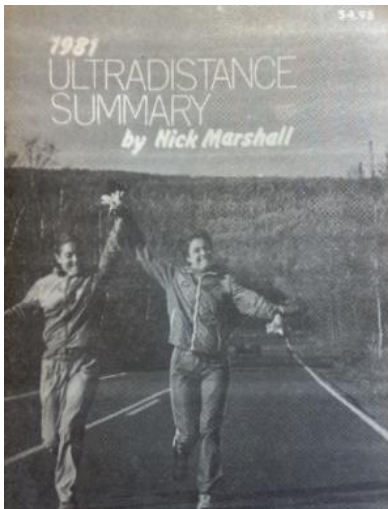
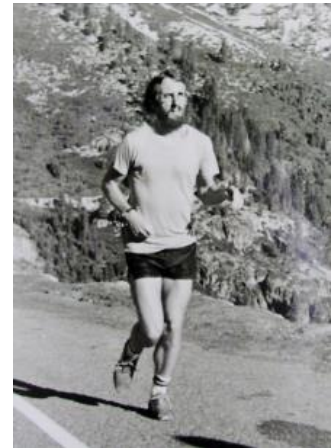
Running Lake Tahoe in 1977

Unlike some runners, Nick was never good at recovering quickly from a hard ultra, but in this instance he entered the Lake Tahoe 72-mile which was held just 13 days later. After a rugged start, he rallied to win the event consisting of a single circuit of the big lake. Nick wrote an article for Runner's World magazine about what was a scenic and memorable experience. It was titled "Super-Lap," and a reader in Tennessee later said this article was the first he'd ever heard about such a thing as an ultramarathon and it helped inspire Gary Cantrell to become involved in the sport. Cantrell went on to become famous in our world, as a beloved race organizer, superb writer/raconteur/storyteller, and a sage philosopher of endurance and perseverance.

During the 1970s, there were few opportunities to try 100 miles. 1978 was Nick's first finish at this longer distance. He travelled to Queens, NY, to run the Unisphere 100-miler at Flushing Meadows. He ran an outstanding race and finished

behind Park Barner, with a time of 14:37:05. That race took a lot out of Nick's legs and it took quite a while before he felt normal again.

Later, a hip injury sidelined him from ultras for more than two years. He got back to high-level racing at the Independent Man 100-mile/24-hour race in Rhode Island in 1982. He won the 100-mile in 14:45 and then took a long break, before going on to complete 133 miles while pushing George Gardiner to a new U.S. record for a road 24-hour.



At the time he got into the sport, no one was keeping track of race results or disseminating news in general. Almost by default, Nick became the leading authority on ultramarathons. He first started compiling lists of national records in 1976, and quickly took on the task of letting people know what was happening, and where. For the next decade, he published an annual Ultradistance Summary which covered each year's happenings in great detail, with both an extensive text and voluminous lists of statistics. When Ultrarunning Magazine began in 1981, Nick became a frequent columnist for the publication, including writing many profiles of other runners, as well as contributing race reports and creating long quizzes related to the various people and races in the sport.

In his own Summary, Nick publicized the fact that a well-known runner had been cutting ultra courses regularly for better times. (Unfortunately other runners are still doing this 35+ years later with a total lack of conscience). When Nick ran the 1983 Metropolitan 50 in Central Park, this runner who was not in the race, came onto the course and physically assaulted Nick an hour into the race, infuriated that he had been been "outed" for cheating. Despite having a bruised shoulder from the attack, Nick went on to complete the 50 miles in 6:14:01.

Nick also was involved in a long controversy over another character who never ran an official ultramarathon but achieved some fame in the general press for claiming to have set various records in solo runs he organized himself. Nick wrote articles in multiple running publications denouncing the guy as a fraud, and eventually the man faded from the ultrarunning scene. (More than three decades later, this same individual was involved in a defamation case in Georgia in 2014, and Nick was called as a witness, giving

four hours of legal testimony in which he reiterated his expert opinion that the guy had a long history of being a con man.)

In 1983 Nick again went to Queens to run the 100-mile National Championship at Shea Stadium. He had the fastest 100-mile time of his life, finishing in 14:11:10, finishing second behind Ray Scannell of Massachusetts. Unfortunately, that year the course was set up incorrectly and the length runners covered ended being 101.25 miles, so Nick likely reached the true 100-mile mark that day in under 14 hours.

Beginning at midnight on Thanksgiving Day in 1983, Nick ran a unique 166-mile “Mr. Rogers Fun Run.” This was held on a point-to-point course in West Virginia, going over hilly roads from Wheeling to Charleston. The race had only 7 starters but included several top competitors. Nick passed David Horton to take over the lead at 65 miles and pulled away to win in 35:52:41, while everyone else eventually dropped out. This race was the first ultra in the modern era to openly offer prize money (previously, the rules of amateur sports meant that anyone who accepted money could be banned from running for being a “professional”); and he took home a winner-take-all \$1000 prize.

Nick again ran the race in 1984. This time there were 13 starters and four men finished. Ray Krolewicz went out fast as usual, building a big lead as he went through the marathon in 3:03. The race had been shifted to summertime, though, and conditions were scorching. As the temperature soared into the 90s, Ray’s pace dwindled to a shuffle, and Nick overtook him at 77 miles. He soon opened up a sizable lead of his own, but encountered his own problems under a brutal afternoon sun. When he got to the 88-mile point in Parkersburg, he “got sick as a dog,” becoming violently ill from heat prostration. He ended up lying flat on his back for two hours in the town square, and Krolewicz and two other guys passed him during this period of distress. After that, Nick got back on course, walking until nightfall brought cooler conditions. Eventually he was able to resume a slow jog, and took back the lead. Despite throwing up ten times in the last 60 miles, he kept plugging away to win again, in 38:39, two hours ahead of Ray.

The following year, Nick made it three-for-three in West Virginia. This time it was Jack Bristol from Connecticut who took off at a torrid clip. Jack kept a blazing pace for so long that when Nick went through the 100-mile point in a speedy 15:02:37 himself, he was more than 8 miles behind Bristol. Luckily, several hours later Jack crashed badly, and Nick was able to pass him at 135 miles, while Bristol was sitting beside the road. Once he heard that Jack had dropped out for good, Nick was almost 20 miles ahead of everyone else. So after taking a 45-minute nap at 24 hours, he just walked the rest of the way to the capitol steps in Charleston, and still set a new course record of 32:42:28. Twenty-two runners started the difficult route that year, and only one other man finished it.

After winning this 166-miler, he was chosen as the U.S. representative in the 156-mile Spartathlon from Athens to Sparta in Greece. However, an injury before the race caused him to give up this trip, with Bernd Heinrich going to Greece as his replacement. Unfortunately, that was later followed by a non-running injury which put him out of action for a long time and ended Nick’s elite running career. In 1987 he hurt his back while trying to quickly move tons of boxes of books out of his basement when a furnace cracked and began flooding the cellar. (For 16 years, Nick was co-owner of a small independent bookstore and newsstand in Mechanicsburg, Pa.)

Over the next 8 years he managed to do a few marathons at a modest jog, but didn’t even try an ultra. A bad flare-up of the back in 1991 finally caused him to have major surgery on his spine. It wasn’t until 1995 that he could resume serious running again, though at a much lower level. His PR for 50 miles after this was 7:11:25.

A week before Christmas, 1999, Nick won a race for the final time. In a field of 46 runners, he did 4:09:44 to come in first in a 50K at Binghamton, N.Y. Two years later, he suffered the second really long interruption in his running. A month after doing a 50K in Central Park, New York City, in 4:35:09, he came down with a case of Lyme disease which damaged both knees. It was one of those cases where a runner

gets told by multiple doctors that his knees are in such bad shape that “you’ll never run again.” Nevertheless, as sometimes happens, the medical opinions were wrong. After being knocked out of running for an extended period, Nick was eventually able to get back to regular jogging again in 2005.

However, this second serious non-running-related ailment knocked his abilities down another notch. Nick observes that he’s had three distinct ultra careers: once as a top competitor who was always a contender to win a race; then as a mid-packer; and now as a back-of-the-packer. It’s not a trajectory he’s liked, but he takes the demotions philosophically, saying, “Oh, well, you just keep doing the best you can.”

He turned his focus mostly on trying to do 100-milers, even if he’s had to usually do a lot of walking to complete them. He has also done extensive research in compiling lists of runners worldwide who have had the longest careers in ultramarathoning. His efforts in this regard have encouraged many older runners to stay the course, and has even inspired a few retired veterans to make comebacks in the sport.

The only marathon he still hopes to do is the local Harrisburg Marathon, which he’s run 25 times, interspersed between his various layoffs. In 2013 at the age of 65 Nick ran it in an impressive 4:05:43 and the following year did it in 4:18:51.



Running Ted Corbitt 24-hour in 2013

In 2014, Nick said, “While many runners cross a finish line and swear they are never doing it again, when I cross a finish line I wonder when he could do it again.” He added, “I still have a great drive to see how far I can go, so I’m competing against myself in a little personal battle against the years. I look down at my watch and am amazed at how slow I go these days, but that doesn’t stop me.”



Legends Nick and Ray K together at 2016 Crooked Road 24, talking about the old days. Combined 80 years of ultrarunning!

At the 2016 Crooked Road 24-hour race in Virginia, I shared the course with two legends, Nick Marshall and Ray Krolewicz. Sadly at that time I didn’t realize just how legendary they both were and I had no idea who Nick was as I lapped him over and over again. I won’t make that mistake again.

He stopped that day at 53 miles, but more recently completed 100 miles in 29:41:02 at The Sole Challenge in Fayetteville, Pennsylvania in May, 2017. That was a personal worst time for the distance, being 15 and a half hours slower than his PR. But, “you just keep doing the best you can.”

In 2017, Nick was inducted into the American Ultrarunning Hall of Fame. Included in the announcement was, “He is the first in the 14 year history of the Hall of Fame to be inducted not primarily based on pure athletic performance. . . . But Marshall’s unique, groundbreaking, Hall-of-Fame-ranking contribution to the sport of ultrarunning consists primarily in his role as organizer, correspondent, journalist, statistician, archivist. If Ted Corbitt was the father of American Ultrarunning, Nick Marshall was its caretaker, it’s nanny in its toddler years. And he remains its wise old man.”

International ultrarunning historian, Andy Milroy said of Nick, “One man did more than any other to establish American Ultrarunning as a cohesive community, linking it into its history. That man was Nick Marshall. In his Annual Summary he not only produced annual and all-time rankings for the different ultra disciplines, he researched and added marks by earlier runners, initially from the 1950s and 60s and then from the heydays of pedestrianism in the nineteenth century. Alongside this statistical wrap up was a commentary that brought the whole to life through its insights and humour. Over the following years ultra

race directors and runners would send in reports that would add further to the summaries which were enlivened by Nick's opinions on issues relating to the developing sport.”

Paul Fendler



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:11	1989	32	1989	1989	32	1990	33

Paul Fendler was an accountant from Rye, New York. Starting in high school he became very successful in Sunfish Sailing races and he continued in college. In 1976 he won the Sunfish World Sailing Championship in Venezuela. He placed high in both World and North America Championships in the years to come and went to the Olympic sailing trials in 1980.

Paul was running in 1982 by the age of 25. He finished the Marine Corps Marathon in a speedy 2:34. His 5K PR was 16:05, 10K PR 33:08, and half marathon PR 1:13. Clearly he was gifted with speed.

In 1986 Paul ran his first ultra, the Metropolitan 50, in 1986, finishing 1st in 5:59. He certainly established himself as an up-and-coming ultrarunner. He beat the last year's champion, Mike Fedak, who came in 2nd. The race was run during heavy rain. He continued his winning ways in ultras that following year. He ran the 1987 Super Bowl 50K at Rockland State Park and won it in 3:41. He followed that up with a win in the 1988 Knickerbocker 60K in 4:07, running paved loops in Central Park.



In 1989 Paul ran in the TAC 100 Mile Championships at Flushing Meadow, in Queens New York. This was the crowning achievement in his short ultrarunning career. He ran a smart race, at a steady pace. He reached 50 miles in 7:04 and then started to pick off runners. He finished 100 miles in an outstanding 14:11 for 4th place. The field was stacked with elite runners. Rae Clark won, Roy Pirrung in 2nd, and Tom Possert in 3rd.

After 1990 Paul disappeared from ultrarunning. With that gifted running speed, surely he could have accomplished much in ultrarunning if he continued. Paul has stayed active in running. From 2001-05 he was the cross-country coach at Cape Cod Academy. He established a weekly adult running program in his city that has lasted 14 years. He designed and measured more than a dozen running race courses and helped score more than 50 high school meets. In 2008 at the age of 52 he finished the New York City marathon in 2:53.

In 2017, Paul lived in Hyannis, Massachusetts on Cape Cod. He has run more than 100,000 lifetime miles and stayed very active. You can find Paul on Facebook.

Tom Chiaro

100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:13	1983	32	1983	1983	32	1985	34

Tom Chiaro of New Jersey was a very fast runner who stayed on the roads and became one of the top road ultrarunners in the New York City area during the early 1980s. Growing up, he was a talented cross-country runner at St. Aloysius High School in Jersey City. As a freshman in 1964 he was already winning races and setting meet records. He was very fast in his teens, with a mile time of 4:25. He then went to Saint Peter's University and hung up his running shoes for eight years.

Tom started running again in 1976 at age 25, when in a "spur of the moment" he started training to launch a comeback. His first marathon time was 3:44. He continued to work very hard year round. On May 6, 1977, he started a streak to run every day, continuing for several years. In 1978 he ran 4,694 miles with 463 miles in races.

Tom believed he didn't have good speed. His marathon times during 1976 were all above three hours. But things improved during the 1977 New York City Marathon when he went under three hours for the first time, running 2:57, which was "a real joy." He lowered that in 1978 to 2:48 and still got faster after that.

Tom became convinced that he could run ultras. He signed up for the 1978 Metropolitan 50. Right at the start, he went out very fast and later flew through the marathon checkpoint in 2:57 thrilled to be running with the front-runners. He finished 6th, in 5:59. The next day he went and ran the Marine Corps Marathon, feeling fine the first 10 miles, then tightened up, but still finished in 3:35. In 1979 he said he was "a very average guy." He trained very early in the morning, and would usually run for 2.5 hours starting at 5:30 a.m. He would then go to work as an import documents supervisor. There would be no running in the evening. "Those are family hours."

Tom ran many races close together and felt "if you take care of yourself, these back-to-back races aren't that tough. You recuperate well. You'll bounce back with no trouble." He mentioned that he would like to try a 100K soon. But, "if you're going that far, you might as well run for a full 24 hours." He had that in his goals. In 1980 the newspaper referred to him as "a veteran distance runner with many races of 50 miles and beyond to his credit." Many marathon finishes started to add up along with many ultra finishes. In 1981 Tom ran the Knickerbocker 60K in Central Park. Several inches of snow fell the day before but Tom braved the brisk wind to finish in 4th, with 4:03. In 1983 he returned and finished in 3rd with 4:06.

By 1983 Tom had lowered his marathon time to 2:36 and felt he was ready to run the 100-miler. He competed in the 1983 TAC 100 Mile Championship at Shea Stadium with 84 runners. The race was packed with ultra talent, but he did exceptionally well, finishing in 14:13 in 3rd place. With six miles to go, he put on a ferocious charge and finished just two minutes behind Nick Marshall who finished 2nd. Ray Scannell won the race. Donna Hudson set a 100-mile women's World Record at the event.

His local newspaper now referred to him as "one of the nation's top ultra-marathoners." But he didn't continue to run 100s for some unknown reason. It looks like he was "one and done" with 100s and never ran the 24-hour race he had as a goal.

His marathon and five-mile race finishes continued to pile up in 1984 and he finished second that year in the Knickerbocker 60K in Central Park. By 1985 at age 34 it appears that Tom had retired from ultras, but continued to run short races up to 1992. At that point he likely retired from all racing. Tom explained, "The need to properly take care of my children and give them a better life required me to step up my career and cut back significantly on my training. Although I continued to run I stopped all competition. To me,

there was no fun running in a race with 25,000 others. My work responsibilities took me to many interesting places, and I ran through the streets of most cities and countries.”

In 2016, Tom is the Director of Logistics & Warehousing at Sam Ash Music Company living on Long Island in Bay Shore, NY. You can find him on LinkedIn. As if 2017 he hasn't run at all for ten years but once he retires has goals to get back into shape and hit the roads again.

Ken Young



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:14	1972	32	1972	1972	32	2001	59

Ken Young, of Petrolia California, was an accomplished runner. But he impacted running in America far more by collecting running results and creating running statistics. He grew up in Pasadena, California and attended high school in Phoenix, Arizona. As a kid he loved running and math. He ran a 10:10 two-mile in high school. In college he quit the cross-country team after one year because of his heavy course load. But in the late 1960s after reading an article about the benefits of running on health, complete with numbers and statistics, it struck a chord with him and he started to run while attending Arizona State University.

Ken ran his first marathon in 1969 at the National Junior AAU Championships in Redfield, Iowa. He finished in 3:21. He ran his first ultra in 1970, a 50-miler at the National AAU Championships in Rocklin California with a time of 6:20.

While working on his Ph.D at the University of Chicago, Ken joined the school's track club where he met Ted Haydon who was twice an assistant coach on the USA Olympic team. He asked Ken to help him with statistics for a race to introduce the idea of handicapping. That started Ken's lifelong computer work with runner data. He could compare results from various distances to determine who the faster runners were.

In 1971 he began a daily running streak of at least one mile a day that lasted nearly 42 years. In 1972, Coach Haydon set up a race to see if Ken could break an indoor world marathon record. He set the World Record in Chicago of 2:41:29. Later that year he made his mark running a 100-miler. He ran in Camelia Festival at Sacramento on a road course and finished 1st with an amazing time of 14:14:39. That same year on an outdoor track, he set an American Record for 40 miles of 4:08. Also that year on a track he ran 50K in 3:08 for an American record that would stand until 1977. Ken had serious speed.

But Ken's main concentration was running marathons and he raced several per year. In 1974 he ran his marathon best at Boston in 2:25.

In 1973 he received his Ph.D. in geophysics, with a minor in statistics, from University of Chicago. He then went to work at University of Arizona, in Tucson, where he taught and researched atmospheric physics.

Starting in 1975, Ken started running on various trail around Tucson. In 1976, he and a training partner set themselves a goal to run up and down the four highest peaks around Tucson, including 9,156-foot tall, Mount Lemmon. They had a rough go of it with overgrown brush and a blizzard, but they survived. Ken then had the idea to have organized races on the trails. Various small races were put together starting in 1977, including a challenging race, "Multiple Mt. Wrightson Massacre" to run from trailhead to summit as many times as you could during daylight. Ken established a series of races making up a "triple crown" and a grand prix circuit. More races were established in the 1980s including track, road, and trail ultras around

Tucson. Ken won many of them including the 1985 Tanque Verde Loop (28.5 miles) in cold, snowy conditions.

Ken traveled thousands of miles to libraries across the US and Canada and collected running data from their archives. He later founded the National Running Data Center in 1973. He eventually became associated with the USATF Long Distance Running Committee, where he was their official record keeper from 1979 to 1988. He also got involved with early official course certifications. In the early 1990s Ken started publishing a newsletter, Analytical Distance Runner.

In 2003 he banded together with other like-minded statisticians to establish the Association of Road Racing Statisticians (ARRS) which maintains a large runner website on the Internet at arrs.net. Andy Milroy, another founding member of ARRS said “Ken and the ARRS have revolutionized the way road running is tracked, both researching records back 100 and more years, and also going global. Ken is the conduit that keeps the data flowing.” By 2016 the ARRS database included more than 1.1 million performances from 214,000 races.



In 1981 when Alberto Salazar and Allison Roe set World Records in the New York Marathon, Ken pushed to certify the course distance. No one paid attention until three years later and it was determined that the course was 157 yards short. ARRS doesn't recognize their records, nor Grete Waitz' several fastest-ever marathon records on the same course. Ken determined that courses that were short one meter per kilometer gave runners an advantage, and he could show that with statistics.

Starting in 1994 at the age of 54, Ken started to run in American River 50 for several years and performed well with a best time 7:21. He would also run the roads at Jed Smith 50K and 100K in Sacramento.

In 1999, at age 59, Ken, lived in a small rural community near the Pacific coast in Northern California where he wanted to get away from the city. He was still running 50-55 miles a week and trying to regain his speed. He had recently run a 3:07 marathon. Small injuries had kept him from running ultras. He was maintaining a system that ranks the elite runners worldwide for head-to-head competition. Race directors were using that to determine which runners to invite to their races. Ken was asked why it seemed like runners were not as fast as they were years ago. He replied, “Last year three or four Americans broke 2:15 in the marathon. Years ago 23 did it in one race. I think they're avoiding the Kenyans. And I don't think they are doing the training. (UR 1/1999 28)

In 2002, Ken's running streak ended because of an injury and he ran his last marathon in 2013. His last ultra was run in 2001. But in 2013 he started a daily running streak again. He was very meticulous about distances. For his mile run, he would start with a 20 yard out and back at the end of his driveway. He explained, “I wanted a course that finished at the driveway, with mile splits accurate to within a meter.” In 2015 at the age of 73, he was running 2:10 half marathons but one day fell, broke a rib, twisted a knee, and hasn't had the speed since then.

Ken served as an unpaid running coach at area schools and volunteers with the local historical society and community center. In the 1960s he served two years in the US Air Force as a meteorologist in Okinawa. He has a lifelong fascination with the Japanese culture and has Japanese-themed tattoos covering about a quarter of his body. He also recorded his personal running statistics and comments in Japanese.



By the end of 2016 Ken had run more than 141,000 miles which included 4,500 miles during high school and college. He raced about 90

marathons. But more importantly over about a 40-year period, he sorted through running data for more than 40 hours per week. Ken said, “The world is full of so much chaos, and I’m a born planner, an organizer. I try to make sense out of things and look for an underlying structure.” On February 3, 2018, Ken passed away at the age of 76.

Mark Godale



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:15	1999	29	1995	2011	41	2014	44

Mark Godale, an art director from Ohio, is the youngest runner profiled in this book. He became a dedicated runner at USATF events and World Championships, and was a member of the Cleveland Southeast Running Club. He ran in junior high, high school and college. At the University of Akron in Ohio, he ran cross country and track. When he was a freshman in 1990, he egged on a friend to try a 10K, saying he would run a marathon the same day. Mark finished in a fast 3:17 for his first try. In 1991 he ran a 1:18 in the Buckeye Half Marathon.



By the time he graduated in 1994, he was regularly running sub-3-hour marathons, with a 2:47 at the Chicago Marathon, and 2:52 at Boston. He was speedy at the short distances too, eventually running a personal best in the 5K of 15:27.

Mark started running ultras at the age of 24 in 1994 with a first place finish at Buckeye Trail 50K in Ohio with 5:12. He would finish that race eleven times over the years with five wins and a best time of 3:56.

Mark took on his first 100-miler at the 1995 Mohican 100, on his birthday, in his home state of Ohio. He had never yet even run a 50-mile race. He and his brother Stephen were allowed to register for the race despite lacking qualifier requirements of a 50-mile finish. The brothers had been seen by race staff at Buckeye Trail 50K the previous year. “These two can really run. They even run up that long steep hill that nobody runs.” The race officials believed they had a “good” chance to finish. It was warm on race day with temperatures in the high 80s. 87 runners started. Eric Clifton was the runner to watch, seeking to break the course record. Mark was the “dark horse” in the race. Early on, five miles into the race, Mark was running with elite runner John Geesler, just five minutes behind Eric. At 45 miles Mark and John were an hour behind Eric. Soon John started to slow and Mark took command of second place and finished there in 18:24, which was nearly ten minutes faster than the previous course record. Eric Clifton shattered the record in 16:48. Mark’s brother Stephen finished in 9th, with 21:15. Mark certainly turned the heads of ultrarunners who were introduced for the first time to this new elite runner.

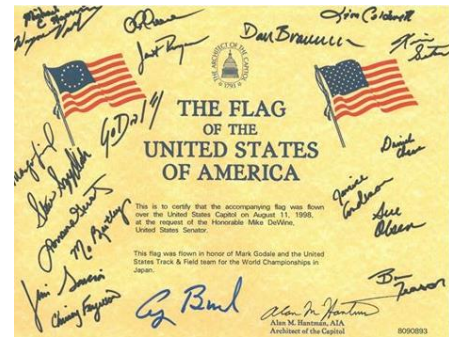
In 1995 Mark continued to run various road races, placing high, including running a 1:12:28 half marathon at the Buckeye Half Championships. He was the overall winner in five smaller marathons during the next five years, his first, coming at the 1996 Carolina Marathon in South Carolina. That year he also took on his first 50-miler, running in the very competitive JFK 50. He ran very well, finishing in 9th, with 6:27, right behind elite trail 100-mile runners, Eric Clifton and Mike Morton.



Mark winning the 1998 Silver State Marathon in Nevada with 2:47

Mark starting racing in ultras more often in 1997, including the famed Western States 100. He finished in 67th, with 23:11. In later years he would go on and finish Western States seven times, his best finish time of 19:40 coming in 2010. Each year he would compete in one or two 100s. Mark is color blind so has trouble at times seeing red streamers hanging from green trees. That once caused him to get lost during a 50K.

In 1997 Mark ran in his first of many World 100K championships at Winschoten in the Netherlands. He finished in 58th, the 5th American finisher, with 7:47. In 1998 he finished in 2nd to Kevin Setnes at the 1998 100K National Championship at North Park, Pennsylvania. He also took home the silver medal at the 50-mile National Championship. That year he ran on the USA 100K team competing in Japan. He would run on the US team for many years,



1998 USATF 100K Team signatures



1999 Team in France

1999 was Mark's break-out running year when he was named the USATF

ultradistance runner of the year. He was also named ultrarunner of the year by Ultrarunning Magazine. He would regularly train about 140-miles per week. He started the year by placing second at GNC 50 Mile Run Challenge put on by Chris Gibson in Pittsburgh, Pennsylvania, on a five mile loop. He finished in 5:30 which was his lifetime best running 50 miles. He excelled at other 50-milers that year including a National Championship win at Helen Klein 50-miler, a fifth place finish at massive JFK 50, and a second at Sunmart

50. In France, he ran in the 1999 100K World Championships, where he set his lifetime 100K best of 7:08, finishing in 32nd, a couple places behind Kevin Setnes.

Just a week after Western States, Mark ran a 1-mile race in his home town. A college kid ran right behind his shoulder the entire way and didn't help with the pace. With a few yards to go, the kid kicked past him for the win. Mark finished in 4:49. The kid's friend walked up to him and lets him know that he just sprinted past a guy who ran a 100-miler the previous week.

Mark took on a very difficult challenge in the West. He first ran Western States 100 in 23:42 and then a few weeks later ran Badwater 135, across Death Valley to Whitney Portal. He did outstanding, finishing in 29:58, in third place. Eric Clifton won in 27:49. Mark said, "I like the challenge of it, both physical and mental. And how many people can say they ran across Death Valley in the middle of July." Mark gave this advice to those training to run Badwater: "Don't do anything stupid like running in a sauna or hooking yourself up to a dryer. You don't need to pull a tire behind you for training because you aren't doing that at Badwater." Instead he encourages you to have an experience crew of ultrarunners that stops each mile to give you water and ice for your hat. Run at night instead of sleeping. Don't pour water over yourself, sending salt down your body and water into your shoes. (Ludwig, *Running Ultras: To the Edge of Exhaustion*, 122)



Mark and Eric Clifton gap the field at Badwater



In September, Mark ran at the 1999 Olander Park 24 Hour run at Sylvania, Ohio, which was the 1999 US national championship. That year it was highly competitive including, eleven elite 100-milers who are profiled in this book. It was the most competitive 24-hour race in the country during the 1990s. The weather was ideal on the flat, paved 1.1-mile road loop around the lake. 161 runners lined up at the start but all eyes were on Yiannis Kouros, the World Record holder. He was introduced and said, "It is an honor to run in America once again. I wish all of you success and a good run."

Andy Jones, from Canada shot to the front in the early stages of the race but Yiannis was soon in his familiar place in the lead. After three hours, Mark was still within a half mile of the leaders, running strong. By 12 hours, Mark had covered 86 miles, five behind Yiannis, and Mark had opened a huge 5.5-mile lead on Kevin Setnes, the defending champion and American Road 24-hour record holder. Into the night, Mark pretty much kept pace several miles behind Yiannis. Mark ran on and avoided walking, but just couldn't reel Yiannis in, who went on to be the overall winner. During the night, Mark reached 100-miles in a lifetime best of 14:15. Kevin Setnes was a full hour behind in third sticking with his steady strategy and Andy Jones was having violent nausea problems.

As the morning arrived, Mark was still holding within five miles of the lead and was nearly ten miles ahead of Kevin. After 21 hours of running Mark had not even stopped to change his shoes. To keep track of laps, he hung a bundle of tags on his shorts and he had to hand one in every lap to the timer. The tags eventually wore a hole in his shorts.

Mark realized that he had a shot at breaking the 24-hour American record held by Kevin of 160.4 miles. He did drop his pace somewhat. He explained, "You almost relax. It's almost like you fall asleep but instead of saying, 'Wake me up when it's over,' it's more like 'Kill me when it's over.'"



Mark running at Olander

Swift Endurance Legends



Yiannis Kouros congratulates Mark after his record finish

The American 24-hour record was soon in the rearview mirror, but Mark kept the gas pedal pushed down and increased the 24-hour Record to 162.4 miles. (Rae Clark set the track record in 1990 of 165.2. Mark's record would be broken by Scott Jurek in 2010 by less than a half mile). Mark had a rough recovery, suffering from severe dehydration and required an IV. He was asked what hurt and replied, "basically everything." He went home a new record holder and a few days later was again running through the rolling hills of northeast Ohio. One week later he ran 1:16 at the Buckeye Half Marathon.

Mark finished 1999 by setting a course record at Huff 50K in 3:26. The following year he also won this race in the slowest winning time ever, 5:04 in snowy conditions.

One of Mark's friends commented in 1999, "Most of us get to a point in a marathon or an ultramarathon where we say, 'that's it' and we start to back down. Mark runs through the pain. He's not super human, he does it with heart. He is one tough son of a gun" (Lancaster Eagle-Gazette, Dec 18, 1999).

In 2000, Mark ran his lifetime marathon best at Boston, finishing in 2:30, the 8th American to cross the finish line. 38th overall. Also that year he was on the silver medal team that ran at the World 100K Championship in the Netherlands. In 2001 he claimed a very impressive victory at Sunmart 50 in Texas, over a large field of 193 runners. Each year he continued to run several marathons, all faster than three hours. In 2001, he won the Edmund Fitzgerald 100K near Duluth Minnesota with a time of 7:46.

In 2003 Mark again concentrated on the very long distances. First he went to South Africa and ran Comrades. He was the first American to finish that year with a time of 6:51 on this "downhill" year. A week later he ran Mohican Trail 100 again with his brother Stephen. For the first 12 miles they ran within minutes of each other in the lead but Mark gradually pulled away, winning in 16:54. Stephen placed second in 19:05, for a Godale 1-2 sweep. Then just two weeks later he finished Western States 100 in 22:26. It was a very busy June for Mark. In September he placed 7th at the 100-mile National Championship at Olander Park with a time of 15:58. At that race, Stephen finished a place ahead with 15:50 on the loop around the lake.

In 2005, Mark became a world champion when he won the Masters World Champion 100K held in Argentina with a finish time of 8:28.



Swift Endurance Legends



Mark running Spartathlon

In 2007 he won Burning River 100 in Willoughby Hills, Ohio, and set a course record of 16:07. He wrote, “I was fit for the first time in years and focused to run. Conditions were hot, but I ran strong and steady. It was great to have family, friends and even co-workers at the finish.” In 2010 Mark improved on that time with a 15:48 which in 2018 is still the 6th fastest time ever for that race. Also in 2007 he went to Greece and ran Spartathlon (153 miles) finishing in 16th in 30:31. That year Scott Jurek won it all in 23:12.

In 2008 he had a great start to the year by running a personal best of 3:16:16 in the 50K at the USA National Championship at Caumsett Park at Huntington, NY where he placed 4th. He averaged 6:19 miles. But during the summer when Western States 100 was cancelled due to smoke from fires, he decided to do a training run there and injured his hamstring, hampering him for the rest of the year, and caused him to pull out of Burning River 100. He ran 4,957 miles that year.

Mark would train year round. He wrote, “In my opinion, one of the biggest mistakes an athlete can make is taking down time in the winter. I think many give excuses for why they can’t run. Some of the excuses I hear is its cold outside or its dark after work.” Many times Mark would run in the dark early morning and also in the dark after work.

In 2009 Mark again ran at Burning River 100. He had trained hard with 100+ miles per week leading up to the race. He had finished Western States 100 just a month earlier in 22:29 but still felt pretty fresh. During Burning River he took a nasty fall and thought he broke his shoulder but continued on. He really struggled the last 60 miles but finished in a very impressive 16:16 for the win.



Start of 2009 50K Championship in NY, Mark center in blue



Mark at Western States 100 in 2010

As he entered his 40s in 2010 his speed didn’t leave him. He still burned up the course at Burning River each year and reached 111 miles at NorthCoast 25 in 2011 which may have been his last 100+ miler.

In March 2012 Mark damaged his knee, ran Boston with a knee brace and then at the age of 42, underwent osteotomy and microfracture surgery in May. He spent 15 weeks on crutches, and then slowed down



Mark with Yiannis Kouros in 2013, in the Netherlands

and ran fewer races. His knee problem no longer let him compete on trails or run courses with lots of turns.



Mark and Stephen Godale in 2015

Mark's running career has been impressive with many podium finishes and wins in USA National Championships. On his USATF bio page, he included: "Running is not a punishment, but a lifestyle choice. I am thankful each and every day to be able to run. There are so many people that don't have the opportunity to run because of physical ailments, I think of all the positives I have and not dwell on the negatives. Every day I step out the door is a great day to run! I believe more people need to pick up good habits."

In 2018, Mark is still enjoying life running, coaches others, helps at races, paces runners, takes photos at races, and enjoys time with friends and family. During his running career he has run in about 1,000 races, including more than 25 100s. He has finished 24 consecutive Boston marathons including a 3:30 finish in 2017 on his damaged knee. He qualified to run #25 coming up in 2018.

He uses his design skills in ultras, to design logos, shirts, window stickers, buckles, and many other items. You can find him on Facebook, Twitter, and Instagram.

Bob VandeKieft

100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:19	1981	42	1981	1981	42	1988	49

Bob VandeKieft of Nesconset, New York is somewhat of a mystery. Not much is known about him. In 1979 at the age of 40 he ran Metropolitan 50 in Central Park in 6:04 for 10th place and ran it again the next year in 5:55, finishing in second place. He ran 1981 Knickerbocker 60K in Central Park in 4:09. Clearly he had great speed.

In 1980 Bob ran the Hudson Valley Two Bridges 36-Mile race held in Queens, New York. It got its name from the Two Bridges race in Scotland. (The name for the race was odd because it wasn't held in Hudson Valley and did not involve two bridges.) Bob fared well, coming in 3rd behind Stu Mittleman and George Gardiner. Also that year he placed 4th at the Metro 100K in Brooklyn, New York, breaking eight hours with 7:57.

Bob made his mark in 1981 when he ran in the TAC 100 Mile Championship in Flushing Meadows, Queens, New York. That year it was very hot and humid. Thirty-eight runners started but 25 didn't finish. It was said that you could actually see the air five feet in front of you. During that race Don Paul went out at world record pace but after 50 miles (in 5:28) staggered into the aid station, saying he was fine and then wobbling off in the wrong direction before being taken away by ambulance. Bob hung in there and ran 100 miles in 14:19, placing 4th. Ahead of him was Stu Mittleman, Cahit Yeter, and Park Barner.

Bob won the first race of his career at Crocheron 12-hour in Queens, New York. He didn't expect to compete against Stu Mittleman but when Stu dropped out at mile 72, Bob went on for the win piling up 84 miles.

In 1988 at the age of 49 he ran Knickerbocker 60K again and placed 3rd. When he was 61 years old in 2000, he was a member of the Long Island Road Runners Club and ran a few shorter races.

In 2017, Bob was 78 years old and lived in San Antonio, Texas.

Brian Purcell



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:23	1989	32	1985	2005	48	2013	57

Brian Purcell, an accountant from California, described himself as a “chubby teenager,” who didn’t participate in sports in high school or college. His family moved to Mexico for a year. He said, “I found that the only way I was going to make new friends there was to get involved with sports and activities. I had never had any interest in sports, but then I discovered that I would still be able to do what I enjoyed, eat, and get involved with sports at the same time.”

He started jogging in his mid-20s around 1980. His runs went from four miles, to 10Ks, to half marathons, and then to marathons. He started running competitively in 1983, but kept getting injured doing pavement runs, so he tried the longer, slower distances. In 1984 he went to a summer training camp at Pike’s Peak in Colorado. At some point they showed a video of Western States 100 that started his desire to run ultras, and one day run Western States 100. He said, “It looked so beautiful and challenging. I knew I wanted to do that.”

Brian starting running ultras in 1985 and took on the prestigious American River 50. He did well and it gave him the confidence when he ran Western States that year. For his first Western States 100, he did amazing and finished in 23:07. Brian continued to train and work hard. Later that year he ran the famous Quad Dipsea in California and came in second with a highly competitive field. He had both the talent and the speed on the trails. Brian didn’t finish Western States in 1986 or 1987 because of injuries, but he continued to run several ultras those years and claimed a couple wins in some of the lesser known tough 50-milers in California. He also ran 100 miles at Redwood Empire 24-hour race on a track in Santa Rosa, California.

1988 was Brian’s break-out year at age 31. He was very focused on doing well at Western States 100. Early in the year he used several ultras to help train for the big event. Among those was American River 50. Jim Howard was the record holder there. He ran that year and battled with some top veterans and he soon noticed the new guy tagging along, Brian. Jim Howard’s day was short and he pulled out after only 90 minutes. Others also went by the wayside. At 32 miles a favorite, Dan Williams, was in first as expected. Brian was only two minutes behind, which was much unexpected. Just past that checkpoint, Brian made a sprint past Dan into first place. In the midday heat, Brian blasted through the 41-mile checkpoint, grabbed a water bottle without stopping and headed on down the trail. His pacer came through the check point a few minutes later, unable to keep up with him. Brian still increased his lead. He ran the final section faster than anyone had ever done, and won in 6:01, thirteen minutes ahead of the favorite, Dan. Brian’s only disappointment was not breaking the 6-hour mark. “I think I could have done it had I had my pacer and didn’t have to stop for water. Heat just doesn’t seem to be a big factor for me.” (UR 7/88 7)

The 1988 Western States 100 was the year the legendary Yiannis Kouros ran, who had recently broken the World Record for running 1,000 miles. Brian was hungry and determined and took the early lead with a feverish pace. At mile 30 he held a one-minute lead, and at mile 55 extended that to 23 minutes. Even with the heat, he kept extending his lead and ended up breaking the course record in 16:24, nearly an hour ahead of the next runner. Yiannis Kouros finished in 20:12. Brian held the course record until 1997 when Mike Morton broke it. After his win, Brian commented, “I felt good from the first step to the last.”



Brian and Pacer on record Western States run

Brian continued his winning ways at 1989 Ice Age 50 in Wisconsin, competing with 317 others. Brian said, “They talk about this race in California and I wanted to come and see for myself.” He had a good view point from the front and won it in 6:15. He tried to defend his Western States 100 title that year, but pulled out with stomach problems at mile 41.

A race with a crazy format got Brian’s attention. “I read about this 50-mile ‘Man Against Beast’ race in Arkansas, which sounded like a challenge. It was runners against horses. I got lost on my way to the race so I started 20 minutes late. At 25 miles I had caught up to the lead runners. But there were no water stations for 15 mile stretches. They expected the runners to drink out of these horse troughs. By the end, I managed to beat all the runners as well as all the horses though the horses did have mandatory vet stops to make sure they weren’t overheating.”

In 1989, Brian had his sights on training hard to run Sydney to Melbourne (620 miles) the next year. He used some massive mile races to push his endurance fitness. First, he went Redwood Empire 24, in California to run 100 miles again. He battled with James “Echo” Edmonson for 100 miles and he reached it in a life-time 100-mile PR of 14:23, just four minutes ahead of Echo. Brian stopped as planned, using this as a training run. To Echo’s relief who went on to win the 24-hour race.



To finish out the 1989 Brian tried a 48-hour race for the first time. Again, training for the Australia race in a few months, he wanted to see if he could run 48 hours without sleeping much. He ran the Dallas Ultrarunners 48 which was held on a 400-meter track. The weather was cool with high winds but it didn’t seem to bother Brian. He took control early and reached 100 miles fast, being pushed hard by the previous year’s champion who was only three minutes behind him. Brian reached 146.9 miles at the 24-hour mark. He took a quick 20-minute nap, fixed his feet, and was back at it. When 48-hours was up, Brian covered 240 miles for a new American 48-hour record by 13 miles. Afterwards Brian explained, “I had never run over 100 miles or for longer than 24 hours, so I felt that this race would be a good opportunity to experience a multi-day race.”

His final tune-up before the big race was running in American River 50 again. He finished 5th, in 6:05

In May 1990, Brian traveled to Australia. His company, Hewlett Packard, sponsored him and provided him a crew. The race was an open road race from Sydney to Melbourne, a distance of 620 miles. Yiannis Kouros dominated this race every year and did again. But Brian ran very well against 31 other runners. This race is a big deal in Australia with about 350 race staff and media who followed them all along the way.

Swift Endurance Legends



Brian and crew member running in Australia

Brian's strategy was to run fast for 14 hours straight, break for a shower, take a 45-minute nap, and then run for another 14 hours. He managed to generally keep that schedule for 470 miles and competed for second place, for many miles. But then he was worn down and explained, "I hit the wall. It came on slowly, over a 12-hour period. I had to re-set my goal to just finishing." He took two long sleep breaks on the fifth and six days and ended up walking the final 160 miles, coming in a very respectable 5th place. His time was seven days, three hours. Brian said, "During the race, my mouth got so sore from eating that I couldn't chew anything anymore, not even raisins. All I could eat was mush. I lost 15 pounds. I didn't know if I'd ever run well again because I lost so much muscle mass. It was the hardest thing I've ever done." He spent the next four days in a wheelchair.

Brian didn't race again for months. In September 1990 he felt ready and went to the Sri Chinmoy 24 Hour race at Queens, New York. From the opening gun Brian took the lead. He was hoping to set a new American Record. He passed 50 miles in 6:33 and had nearly an hour lead on Dan Brannen, Tom Possert, and Ray Krolewicz. But not every race is a great success, Brian dropped at mile 64.

In the following year Brian was ready to run hard again at 1991 Western States 100. That year it was cool with rain and snow. Run-like-a-mad-man, Eric Clifton took the early lead and held on to it by mile 55 but was later passed by Tom Johnson who went on to win. Brian ran an excellent race finishing in 2nd with 16:39, only 45 minutes behind the winner. Brian finished again in 1992 in 5th place, and in 1995 he came in 7th.



Brian running Western States in 1991

Brian was on the Team USA 100K team in 1992 and 1994. He competed with the team in Japan in 1994 at the World Championships and finished 46th with 7:46.

As Brian entered his 40s, he would run in 50Ks and 50-milers in California each year and typically finished in the top three each time, with many wins. In 1998 he finished his 6th Western States 100 in 20:22, and his 7th in 2000, with 17:49, for 4th place. He still had great speed, finishing a marathon in 1998 in 2:37.

As 1999 arrived, at age 43, Brian ran fewer ultras, but did participate in shorter road races, always dominating in the masters' division. At 2000 Jed Smith 50K he ran an impressive 3:32 50K. By 2005, he had run in 38 races of 50 miles or more and had collected 18 wins. For what may have been his final appearance, he was back at Western States that year made it to his 8th finish in 19:15. As of 2016, that was his last 100-miler.

Brian's last ultra was in 2013. In 2015 he did a 1,000-mile bike tour in France. He stayed active biking, traveling and helping out at races such as Fire Trails 50. He still hopes to run ultras again. You can find Brian on Facebook.

Don Jewell



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:25	1984	45	1983	1989	50	1990	51

Don Jewell of East Islip, Long Island, New York ran his first ultra in 1980, the Metropolitan 50 in Central Park, New York and finished in 6:18. He ran that event again in 1981 improving his time by 18 minutes.

In 1983, at age 45, Don ran his first 100-mile at the TAC 100 Mile National Championship at Shea Stadium in Queens. It was have very competitive field and Don finished in 4th with 14:26. He again ran it in 1984, finishing second in an impressive 14:25:44. Lion Caldwell won the race that year.

His next time running 100 miles was later in the fall of 1984 when he placed second at the Sri Chinmoy 24-hour race with a distance of 145 miles. That was an American Record that stood for several years. He was second only to Yiannis Kouros who ran a world record 177 miles. One person observed, “The only person I really feel sorry for was Don Jewell. Imagine running 145 miles and being 32 miles behind the winner!”



Don (left) passing Nathan Whiting

Don did get a win back in 1983, the Sri Chinmoy 70-miler. Nathan Whiting, who came in 2nd, said of Don, “He’s one of the great American ultrarunners, and this is the first time he’s won a race. I’m happy to be second.”

The next year, 1985, he ran and again placed second at the USA 100 Mile Championship in 1985 held at Shea Stadium with a time of 14:39. He next ran Sri Chinmoy 100 in 1986 and finished in 15:53. In 1987 at age 49, he won the Sri Chinmoy 24-hour race and covered 130 miles with a 100-mile split of 15:49. He again won the event in 1988 with 133 miles and a 100-mile split of 17:18. He was back in 1989 and covered 127 miles.



In 1990, he ran in the Sri Chinmoy 100 at Flushing Meadows. He was leading the race at the 100K by 19 minutes over Frank DeLeo, but Don’s feet and face were getting “leaden.” He dropped out after 89 miles. After 1990, he disappeared from running ultras.

In his 60s and 70s, he was still running marathons. He ran Boston in 2005 with 4:49. In 2015 at the age of 77 he ran the Steamtown Marathon in Pennsylvania in 5:38. In 2017 Don was 79 and lived in Hawley, Pennsylvania.

David Horton



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:26	1986	36	1980	2004	54	2016	65

David Horton is a running legend and one of my heroes. Among all the runners in my list he has been the most diverse in all the types of races and runs that he has participated, and has been very successful in then all. He has finished about 160 ultras (including at least 25 100-milers) with about 40 ultra wins.

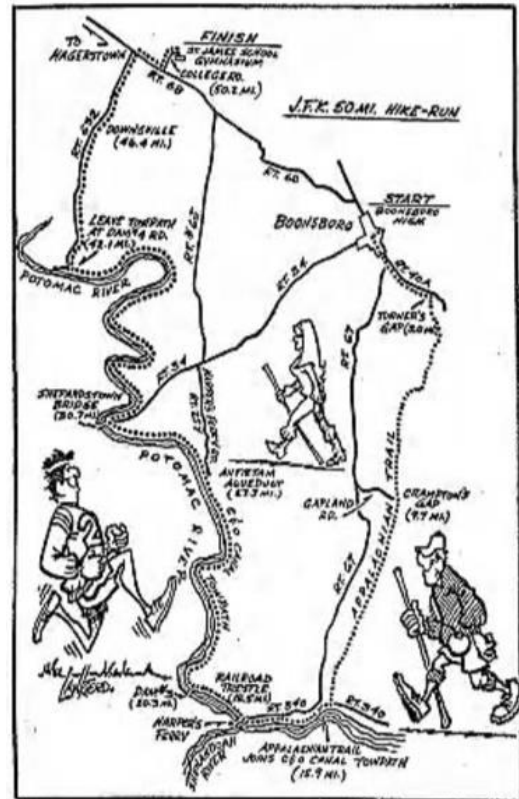
David started consistently running in 1977, and in 1978 he moved to Virginia to teach at Liberty University. Soon thereafter he took up ultrarunning and ran in his first ultra, the JFK 50 in Virginia and placed 24th. He then knew that he had found something that he could do relatively well in.

The following June, he ran his first 100-miler, 1980 Old Dominion, where he finished in 21:45. He would go on to win that race in later years, three times. In 1985 he won the prestigious JFK 50 in 6:16. Because of recent flooding, part of the course had to be rerouted. David said, “The course was much harder to run this year, without a doubt.” It was really muddy for four miles. “There was no way around it, you just had to go straight through the mud-pies.” David had run about 30 ultras at that point and was thrilled with the win. “This is the oldest ultra in America. That makes this win very meaningful.” (UR 1/86 10). David would go on to finish JFK 50 16 times from 1979-2006.

In 1981 David ran a 12-hour race in Memphis Tennessee, the Goblin Gallop. Mike Sandlin led for miles until David gradually overtook him for the lead and finished with 76 miles.

In 1983 he ran his first Western States 100. He had trained hard for it, running about 2,000 miles since the first of the year. That year the first 25 miles was in the snow and David fell 6-7 times. It paid off. He finished in 9th place with a time of 18:39. That was the historic year when Jim Howard beat Jim King by one minute for the win. Rae Clark came in 4th, about an hour and a half behind.

A debate around that time was: Which 100-miler is more difficult, Western States 100 in the Sierras, or Old Dominion 100 in the Appalachians. David had run both within minutes of each other but had gotten lost at Western States. He concluded that they were equally as tough as each other. The Old Dominion course was rockier and usually humid, but the Western States course had more horse ruts and was run at higher altitude.



In 1986 at the age of 36 he ran a blistering 100-mile time of 14:26 at Sri Chinmoy at Flushing Meadows coming in 3rd to Yiannis Kouros and Cahit Yeter.

As 6-day races started in popularity, David felt the yearning to do multi-day long runs. He said, “I’ve contemplated participation in a 6-day but just can’t seem to get motivated to run around in a circle on unvarying terrain for hours on end.” (UR 7/86 10)

In 1986 he organized a stage to run the length of the Blue Ridge Parkway, a 217 mile road that followed the crest of the mountain range in Virginia. Thirteen runners participated in the four-day stage race. Only three finished, David finished in first. He was discouraged that only three finished his stage race so he set out to find an easier one. In 1987 he came up with a four-day crossing of Virginia, a route of about 200 miles. There were 14 starters. Six runners completed the entire course. More than half of the runners dropped out by mile 100. In 1988 a new route was used decreasing the mileage to 158 miles and eight runners finished.

In 1990, David, Eric Clifton, and David Drach finished the “fun run” of the ridiculously difficult Barkley Marathons in Tennessee. They did three loops in 26:22 for 55 miles and about 27,000 feet of climbing. David’s slowest time in a 100-mile race up to that year was 22:05. They completed the fun run in time to continue on for a fourth loop. Eric went out to do 100 meters of loop four to claim the longest Barkley attempt ever. David was just waiting for his chance. With only seconds remaining to leave on loop 4, David went out and traveled 150 meters to claim the record.

David loved to be out in the mountains doing long adventure runs and doing them fast. He said, “When I do something I have got to do it all out. I have got to do it as much as I can and be the best I can. To find a friend to do what I want to do has been hard to do.” He soon turned his multi-day long run passion toward going after “fastest known times.”

In 1991 David sought to set the speed record for the Appalachian Trail, 2,150 miles from Georgia to Maine. His goal was to run it in under 60 days. His normal day was to hit the trail before 5:00 a.m., hike the uphill and run the flats and downhill. He would quit for the day about 12 hours later and be in bed by 8:00 p.m. By June he was ahead of schedule and had run 1,755 miles in 43 days, with about 40 miles per day as he was just entering New Hampshire. David continued on and smashed the speed record, finishing in 52 days, nine hours, and 41 minutes. He broke the record by ten days. David said later, “There is a tremendous feeling of satisfaction in having accomplished this goal. It was difficult to adjust the first few weeks back home. I had difficulty sleeping with continual dreams of climbing. I owe so much, to so many. The Lord Jesus Christ supplied me with strength, endurance, and perseverance as never before.” (UR 9/1991 35)

In 1992 and 1993 he won the first two years of Hardrock 100. David truly embraced attacking the most difficult mountain 100s. In 1995 he raced across the U.S. posting the third fastest time ever at that time.



After setting his lifetime 100-mile PR in 1986, L-R David Horton, Diane Hawkins, Cahit Yeter and Yiannis Kouros.

Swift Endurance Legends



Three Ultrarunning Legends in 1997. Left to right. Mike Morton, David Horton, and Courtney Campbell

In 1999 David set the speed record for the Long Trail in Vermont with a time of four days, two hours, 54 minutes. He broke the record set by Courtney Campbell the previous year by 16 hours. In 2001 he and Blake Wood became the first Americans to finish Barkley.

David continued to excel running the mountain 100s. In 1997 he finished Western States in 21:39. In 1998 he placed 10th at Leadville 100 with a time of 22:04. In 2003 he ran The Bear 100, finishing in 26:35. He finished his last 100-miler at Bighorn 100 in 2004.

David gave back to the ultra community by putting on various difficult ultra races including Mountain Massochist 50.

The term “Horton miles” became part of the ultrarunning dictionary. He is known for measuring his courses on the long side.

In 2006 a documentary was produced about his successful attempt to break the speed record on the Pacific Crest Trail. It is titled “The Runner: Extreme Ultrarunner David Horton.” (Available on Amazon.com) He set a new record of, 66 days, 7 hours, 16 minutes.

David said, “I don’t run for health or fitness. Health and fitness are by products of what I do as a runner. As a runner I ran to compete. I ran to do well in races. I ran to achieve. I ran for a purpose. I ran to also be an example to others and to try to motivate others to move, to do things.”

In 2007, I met David for the first time at the 2007 Bighorn 100. He gave the race blessing before we started. I was privileged to run near him in the early stages of the race and introduced myself to him as we climbed together to the top of Horse Creek Ridge. I was in awe to be running with this legend. He didn’t finish the race that day but he left a lasting impression on me.

In 2010 because his right knee was now bone-on-bone, David took up mountain biking. He said, “I am continuing to stay active and compete as a biker. I am still an athlete. Don’t ever stop. Consistency is key, getting back in shape is always harder than maintaining it.” In 2012 he had heart bypass surgery and in 2014 he had knee surgery. He hoped to run at least one more ultra to complete an ultra in 5 different decades. He was successful!

David wonders if there will be ultras in Heaven. I think so, but Barkley Marathons will be sent to hell. You can find David on Facebook where he posts regularly. His big plans for 2017 is to ride in the Trans Am Bike Race, 4184 miles across the USA starting in June.



James “Echo” Edmonson



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:27	1990	47	1990	1991	48	2002	59

James “Echo” Edmonson of Los Angeles, California, ran 800 meters in high school until he was stabbed in New York City. It left his diaphragm paralyzed and part of his lung needed to be removed. Years later he started running 5Ks and 10Ks. He eventually worked his way up to marathons.

In about 1990, at the age of 47, he started to run ultras. He appeared for a couple years, running like crazy, and then disappeared. He ran a 40-miler, Spunky Canyon Ultra in Saugus, California and did very well, finishing in 8th.

In March Echo really stepped up to high mileage, competing in the Redwood Empire 24 Hour race in Santa Rosa, California, on a track. This event had produced some very fast and long mileage in the past and Echo really ran well. He competed long and hard against Western States champion, Brian Purcell. He had no idea that Brian was only going 100 miles, so he kept up with Brian’s blazing speed. Brian reach 100 miles in 14:23 and Echo was close behind in 14:27 which was one of the fastest 100-mile times in the country that year. Once he learned that he was now two hours in the lead, the pressure was off, but he still pushed pretty hard and finished with 143 miles in 24 hours. That was the second highest miles in the history of the race at that time.

Echo went to run Western States 100. Before the race started, he proclaimed to others that he would be the winner. As with others before him, it was more difficult that he thought. Echo didn’t finish that year.

In April of that year he also ran a 100K in the Ruth Anderson 100K in San Francisco and won it with a time of 8:06, beating all others by nearly an hour and a half.

In September Echo ran in the TAC National 24 Hour Championship at Megan’s Run, in Portland Oregon against some of the best 24-hour runners in the country. Forty runners lined the start. Echo and Rae Clark “flew to the front like released pigeons. Echo was the most spectacular, with his long legs stretching out in front of him, eating up yards of track with each stride. He was breathing like he was doing the mile at a high school track meet, perspiration flowing down his body despite the cool, damp air.” (UR 12/90 12) At 50 miles, Rae was about 30 minutes ahead of Echo, who was about a half hour ahead of Marshall Ulrich. “By 2:00 a.m., the flamboyant Echo was reduced to a hooded hulk, circling the track like the grim reaper himself, silhouetted in the ghostlike glow of the stadium’s floodlights.” Echo reached 100 miles in 19:15 and finished 9th, with 117 miles.

On a warm day in March 1991, Echo ran a new race, Los Angeles 24 Hour in Culver City, on a 440-yard track. The race director said, “Echo is pure speed. When he’s running he’s always running fast.” Echo had a good lead into the 20th hour but Bill Dickey closed the gap because Echo was having some physical challenges and some severe blisters. As Bill was getting closer, Echo got back on the track. With less than a half mile to go, Bill was within two laps and eventually won by one mile, with 107 miles for the win.



Echo at Redwood Empire

Swift Endurance Legends

In 1992 Echo ran in the Runner's World Trans America Footrace from Huntington Beach, California to New York City. This race was conducted in stages each day for 64 days of racing, covering nearly 3,000 miles. Echo, as usual, started fast and won some of the early stages. After 186 miles he was in third place, about two hours behind the leader. At about 400 miles, after winning the ninth stage, a couple days later he dropped out of the race near Mesquite, Nevada because of an injury.

Echo then disappeared from ultrarunning races but reappeared again in 2001 at the age of 56 and ran in Jim Skophammer 12 hour race for a couple years in San Mateo California. He did well covering 49 miles the first year and 44 miles the next.



Start of the Trans Am race



In 2013 a YouTube video was produced about him. He was planning to again attempt to run across America, and do it at the age of 72. He was still living in Los Angeles and appeared to be living in an RV. He was still very fit. During the days he would scavenge through trash and collect useful items to either recycle for money or donate to thrift stores. He also collected a lot of things and admitted that he was hoarding too much. He looked lonely and forgotten. Certainly no one around him knew that he once was one of the fastest 100-mile runners in the country. He was still running, but never did run across America. In 2016 he was 73 years old.



Bob Emmons



Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:34	1985	26	1985	2000	41	2008	49

Bob Emmons is from Burlington, Vermont and is a psychiatrist. He graduated from Iowa Carver College of Medicine in 1985. Somehow he managed to run while in school and had elite speed. He ran and won the 1979 Quad Cities Marathon in Illinois with a time of 2:32 at the age of 20. In 1983 he ran a time of 2:22 at the Boston Marathon.

In 1984 at age 25, while still in medical school, he ran his first 24-hour race at Cornbelt Running Club 24 Hour. This was his first try to go the 100-mile distance. The race was held on a 440-yard track. Bob did amazing for a rookie. He reached 50-mile in 6:46 and 100 miles in 16:37 going on to take first place with 132 miles.

In March 1985, Bob ran in Ford Groves 24 Hour Run in Jackson, Missouri. Bob was the pre-race favorite in the race that started at 1:00 p.m. on a 400 meter track. He took the lead early and reached 50 miles in 7:11 with a full hour lead. He continued his torrid pace and reached 100 miles in 14:47 a four hours before anyone else. He left the track at 18:30 and tried to return a half hour later but his muscles were so stiff that

he dropped out with five hours left, reaching 119 miles. He ended up in 2nd to Marty Sprengelmeyer who reached 121 miles.

Later in 1985 Bob went to New York and ran in the Sri Chinmoy 24-hour race. The weather was poor because Hurricane Gloria was still surging. Yiannis Kouros broke his World Record with 178 miles. Steve Warshawer came in second and Bob came in third place. His 50-mile split time was 6:30 and his 100-mile split time was an elite time of 14:34. He reached 200K at 18:50, but then quit, reaching 125 miles with five hours to go.

Bob disappeared from ultrarunning for the next 14 years. He was likely very busy. He established his private medical practice in 1990, in Burlington, Vermont. It makes you wonder how great an ultrarunner he could have been if he kept running in his prime. In 1997 at age 38, he ran a half marathon in Vermont in 1:16, 1st overall. He still had the speed.



Bob Emmons running with Yiannis Kouros at Flushing Meadows in 1995

Bob ran in the 1999 USA 24 Hour Championship at Olander Park in Sylvania, OH. The competition was tough. Bob, age 40, came in 6th with 134 miles. Yiannis Kouros won with 167 miles. Bob returned the next year and reached 100 miles before 17 hours, and was running in 3rd after 19 hours. At about 22 hours, he pulled out with a knee injury. He placed 12th with 115 miles. That was likely the last time Bob ran 100 miles. The following year he returned but had problems and only covered 36 miles. That year he also finished a 50K in 4:04. At age 49, in 2008, he may have run his final ultra, Vermont 50. He finished in 8:36. In 2009 at the age of 50, he ran a half marathon in 1:27.

Mixing psychiatry with running, Bob felt that marathon running was 90 percent mental. In 2004, he talked about increasing runner performance, “One approach is to add motivational thoughts. For other runners it may be that they have performance-limiting thoughts. They would want to focus on decreasing those thoughts. It’s really a matter of increasing the positive and decreasing the negative. For example, don’t think about how much you hate hills, but remember the hills you ran successfully during training.”

“Do not pester yourself with fears about not being able to finish, but to decide that whatever the outcome you’re going to have fun that day. Visualize crossing the finish line.”

Regarding what to think about while racing he advised not to let your mind wander. He doesn’t want his thought diverted at all. Instead he thinks about his body all the time, his breathing, his gait, his hydration. “I’m focused just about every moment on my body. You need to be aware of where you are in the race. If you are slowing down, you need to know that.”

In 2009 Bob and his wife Susan continued to run in short races put on by the Green Mountain Athletic Association. In 2014, Bob was a psychiatrist in Burlington, Vermont. In 2017 he was 58 and living in Moretown, Vermont.



Bob in 2015

Neil Weygandt



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:35	1982	35	1982	2003	53	2008	58

Neil Weygandt, of Pennsylvania, who was a social worker and then worked at a sports store, is best known for his 45 consecutive finishes of the Boston Marathon. But in ultras circles during the 80's and 90's he was known for his achievements in fixed-time races, especially 6-day races.

Neil ran cross country in high school, their top runner, and was captain of his Haverford High team. In 1962 at the age of 15 he met Tom Osler, who was 22. Neil started to go on long training runs with Tom. This was the start of a long friendship. Tom was a very good runner and became Neil's lifelong mentor.

Tom attended the Penn Morton College (PMC) in 1966 and ran on the cross country team. He won an individual championship that year at the Atlantic Cross Country Championship. In 1967 his team won the championship. It was Tom Osler who convinced Neil to run in his first Boston Marathon in 1967. He did, and that started his long association with Boston.

From 1968 to 1971 Neil was a member of various track clubs that would run in races against other clubs. His buddy Tom was on his team. They both competed and frequently won. The length of the races would be up to 17 miles long. From 1971-73 he worked with the Road Runners of America as a Vice President over the Eastern United States.

Neil ran many races from 1972 to 1976 in New York and Pennsylvania including marathons and 20ks. By 1977 he started to run ultras, running in the Metropolitan 50 in Central Park finishing in 6:39. He also ran JFK 50 in 1982 with a great time of 6:20 for 5th place. He had proved to himself and others that he had special ultramarathon talent.



Neil on left with others finish race on the boardwalk

During 1977 Neil ran with Tom Osler and three others from Philadelphia to Atlantic City, a distance of about 60 miles. They hoped that this would be the start of an annual race similar to England's London to Brighton. The race did become a reality in 1980 where Neil finished 3rd. In 1981 Neil again ran in the race starting from the Liberty Bell in Philadelphia and ending at Convention Hall in Atlantic City. There were twenty starters that year and crews drove along to give them support. Dan Brannen won the race that year and Neil came in 5th with 8:44. The 1982 version of the race turned into a close race with Don Marvel. Don beat him by 42 seconds with a furious sprint down the mile boardwalk in Atlantic City (See Don Marvel's profile for details.)

Swift Endurance Legends

In 1982, Neil helped organize the first 24-hour indoor race ever held in the country at nearby Haverford College outside of Philadelphia. Neil was a member of the Haverford Athletic Club. He had never run longer than 12 hours but was eager to give it try. The track inside the fieldhouse was a 1/7 mile loop and the race started at 9:30 a.m. Twenty-two runners started and eleven runners were still in the race at the end of 24 hours. Neil ran hard and his rests stops were no longer than ten minutes each time. He feasted on puddings, corn muffins and chocolate chip cookies. One runner, Gary Novickij, paused at the 12-hour mark to propose to his girlfriend over a pay phone. Another runner finished his race with a beer in one hand and a cigarette in the other. The field house wasn't heated, so the temperature was always 40-50 degrees.



Runners in Haverford Fieldhouse running by lap counters

In the end, Neil came away with the win of 133 miles, his life-time 24-hour best. It was claimed to be an unofficial world indoor record. The next year, a 48-hour race was added. Neil returned to run 107 miles on the first day, and finished in 3rd place, with 196 miles in 48 hours. Ray Krolewicz won with an American Record of 217 miles. The following year Neil covered 192 miles. Ray again won with 222 miles.

Neil's fastest 100-mile performance occurred in 1982. He ran in the New York Invitational 100 Mile Run at Shea Stadium. Neil ran well and was spurred by a late challenge from Don Jewell that required him to blast his last five miles in under 40 minutes to keep 5th place. He finished with his lifetime best 100 mile time of 14:35. Stu Mittleman won with 12:56.

In 1983 he claimed an obscure American Record, running a relay 24-hour attempt, on the Fort Meade track. He and Dan Brannan alternated every mile and ran a total of 199 miles. The previous record was 193 miles. They did it in stifling heat that reached 94 degrees.



Weston at night

It was time to attempt a 6-day race. Neil ran the 1983 Weston 6-day race in Pennsauken, New Jersey on a quarter mile, dirt jogging track in Cooper River Park. His tough determination netted him a 3rd place finish with 425 miles. For 1982-83 Neil had averaged running 80 miles per week. He explained why he was running ultras. "I found out a long time ago that the farther I ran, the better I did. It's not like running a marathon. You hit that wall in a marathon and you either beat it or it's all over. If you hit the wall in an ultramarathon you can stop for a few minutes and probably come back.

To being 1985, Neil went indoors and competed in the 48-hour race at Haverford, Pennsylvania. He reached 118 miles on day one and finished in 5th with an impressive 208 miles. That year the old oiled dirt track had been replaced by an all-rubber surface.

With his great success in his first 6-day race, he returned to run it again year after year. In 1984 he placed 3rd with 433 miles. In 1986 he placed 2nd with 427 miles to set an American age-group record. In 1987 he again finished 2nd, with around 441 miles. In 1988 he finally came away with the win over a field of 23 runners, covering 452 miles, his lifetime best. He said, "I've been running this race for five years, always coming in second or third. I feel I earned this win. The heat of the first two to three days slowed me down a little, but once the weather cooled off, I felt like I had more energy." Neil continued run the race every year, his last in 1990.



Neil running at Weston

Swift Endurance Legends



A runner rests under a tarp at Dawn to Dusk 24

A 24-hour race got started nearby in 1985, Dawn to Dusk Ultras, on Knight Track in Philadelphia. Neil won the inaugural race with a small field. The next year he ran again hoping to defend his title. Among the field was Ed Dodd who Neil competed with all the way back in high school. When Neil developed heel blisters after six hours, Ed caught up. After twelve hours, Neil left the track. He explained, "I started getting dizzy and woozy toward midnight, the worst I've ever had it." Ed pushed on in the lead and won with 127 miles. Neil finished 4th, with 105 miles. In the upcoming years, 1986-89,

Neil won three out of four times with 124, 105, 121 and 116 miles.

Also in August 1985, Neil competed in Rowdy Ultimate 24-Hour in Brunswick, Maine on a track. Bernd Heinrich went out blazing fast but only intended in running 100K, which he completed in a new American track record of 7:00. Neil eventually caught up and went ahead, winning in 128 miles. He later said, "I really thought I had 138-140 in me, but I guess it wasn't in the cards. As usual, strange things happened. I felt great for 11 hours and ran well to 100 in about 16:45. By 102 I developed a cramp in my right quad and had to walk almost all of the last 7 hours. It was very depressing, as I felt pretty good overall but couldn't lift my leg. These things are humbling experiences." (Marshall, 1985 *Ultradistance Summary*, 66).

Neil came away with another win at the 1986 Broken Spoke 50 at East Allen, Pennsylvania, running 2.28-mile paved loops around corn fields. He had been close to winning this race in the past and this year finished finally won with 6:05 beating the great runner, Park Barner. "I'm a little surprised I won," reacted Neil. "I do about six ultramarathons a year and maybe win one of them. On really long races, like the 24 and 48-hour ultras, my mind tends to wander. I wear a Walkman for those. But I was really concentrating on this race today."

In 1989 Neil, at age 42, ran in the Sri Chinmoy 24 hour race at Flushing Meadows when Ann Trason won it all. Neil came in 10th with 114 miles. In 1993 he continued his skill in 24 hour races and ran in the Ted Corbitt 24 hour race held on Roosevelt Island in New York, reaching 112 miles.

In 1992 he started to get national attention for his streak of 26 consecutive Boston Marathon finishes. He would get interviewed nearly every year as the Boston Marathon approached.

Starting in 2000, at the age of 53, he started to run Olander Park 24 hour race each year in Slyvania, Ohio. He ran the race from 2000-2003, with 102, 101, 101, and 100 miles.



In 2008 at the age of 61, he ran his last 24-hour race at Ted Corbitt 24 in Queens, New York. He covered 84 miles. With that race, he finished a span of 31 years since his first race of at least 50 miles.

In 2009, Neil had run more than 100,000 miles. He was having hip problems and feared his body might finally be breaking down.

In 2012 Neil chose to stop his streak of consecutive Boston Marathons at 45. He planned to relax and run one mile a day. In 2016, at the age of 69, Neil still lived in Drexel Hill, Pennsylvania.



Neil's lifetime mentor, Tom Osler, said of Neil, "Neil is a compassionate and caring person and a loyal friend. His Boston streak is really quite an accomplishment. To be healthy enough and fit enough at the same time of year, every year, to be able to finish Boston like he has is really remarkable." Another runner shared, "With all that he has accomplished in running, friends never fail to cite his modesty and willingness to support other runners, regardless of speed. Even when he has been injured, he has attended races just to cheer on the runners."

In 2017 Neil was 70 and living in Upper Darby, Pennsylvania.

Joe Schlereth



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:38	1991	41	1989	2013	63	2017	67

Joe Schlereth, who worked in financial services and insurance, was from Fresno, California, and later from North Carolina. Joe is known for his running passion, talking about running, and helping others catch that same passion. Among my list of 100-mile runners, Joe has been the most consistent both in the particular 100 mile races he finished in each year and his performance each time. His pattern of 100-milers and other ultras were pretty much the same each year with some periodic variations. He finished Western States 12 times, Leadville 7 times, and Angeles Crest 8 times. He has finished about 45 100-milers and had at least 35 sub-24-hour finishes, including many finishes on tough mountainous 100-mile courses.

For Joe, it all began in 1982 when he was 32 years old. He said, "My company was putting together a team to run the 1982 United Way Corporate Cup Challenge 5K. I decided to give it a try to see if I could do it." His first 5K was hard and not physically enjoyable, but he greatly enjoyed the camaraderie and competition. "There were people passing me who I didn't think should be passing me."

Joe started to run marathons regularly and would continue throughout his running career, eventually finishing more than 150 marathons. His lifetime marathon PR was 2:40. In 1988 a friend asked him to pace at Western States, but he never got the chance because his friend dropped out before his turn to pace. But witnessing the event sparked his interest in ultras, his first coming that fall of 1988, at Lakeside Endurance Run, which was a double marathon.

At the age of 39, Joe ran American River 50 where he finished 13th and established himself as a legitimate ultra competitor to be reckoned with. He applied for Western States but didn't get through the lottery that year. He turned to other 100s. Even though he had a lot of experience running roads, he quickly challenged himself with trail 100s during 1989, including Leadville and Angeles Crest where he finished in 4th place.

At the end of 1990, he challenged himself with Gibson Ranch 24 Hour Race, in Elverta, California, held on a one-mile paved loop. It was unseasonably cold with frigid temperatures during the night down to the 20s. Joe took the early lead. For miles, only one mile separated the top three runners. One observer said Joe ran with "his beautiful style of running and showed why he has come so far in ultrarunning in just a few years." Joe eventually took a long rest period for several hours to sleep and lost the lead. He finished with 110 miles.

Swift Endurance Legends

In May, Joe ran Fresno 24 Hour Run as a “tune up” for Western States 100. This event was held on a 440-yard track. He didn’t hold back much, reaching 50 miles in 6:10 and 100 miles in a lifetime PR time of 14:38, on the way to winning the event with 132 miles. He would win this event for the next three years.

In 1991 Joe started a pattern of running the same set of shorter ultras in California, part of the “California Ultra Grand Prix” each year with some victories coming along the way. In January he ran Spunky Canyon Ultra in Saugus, California. “It will just be a training run. I’m only looking for a top-20 finish,” he said. Well, he won his training run. He had been running about 135 miles per week.

Each year he also ran 4-5 trail 100-milers. That year in 1991 he even completed the Ultrarunning Grand Slam, by finishing Western States, Vermont, Leadville, and Wasatch Front to be the 25th finisher in history. He was just 16 minutes off the Grand Slam time record which was also set that year. It was a busy year of 100s for him with six 100-mile finishes.

In 1992 he was contemplating retiring from running ultras. He was getting busier with his career as a life insurance executive and a family man with two children. Traveling to races was causing a strain. Naggng injuries were a problem. But, somehow he made things work and continued on where others have retired at their peak.



Determined to get the Grand Slam record, he ran it again in 1992 and this time claimed the record with a total time of 79:52, lowering the record by about 5.5 hours. He held the record for six years.

That year at Western States, Joe cracked the top ten for the first time. He had promised his 9-year-old son that they would run the final meters on the track together. But just before entering the stadium Joe passed Dana Miller for 10th place. Joe worried that Dana would catch up for a sprint for 10th place. “I balanced it in my mind, what was more important, my son or 10th. I finally decided my son was, although I told my pacer, let’s pick it up into the stadium to give us some breathing room. We ran together the final 100 yards.” Joe snagged 10th place. “The funny thing was, I was the one acting like a child. I cried like a baby as I crossed the line.”

In 1993 Joe was focused on running Wasatch Front 100 in under 24-hours to be inducted into the order of Crimson Cheetahs. He had missed it by just three minutes the previous year. That year 115 runners started in East Layton, Utah and would travel 100 miles to Sundance ski resort on Mount Timpanogos. Five-time winner Dana Miller took the lead for the first 50 miles, but soon Joe passed him and never slowed down, finishing in first with 22:14, getting his sub-24-hour finish. It was also his first and only mountain 100 victory of his running career.

At 1994 Western States, Joe had his finest race there, finishing in 17:51 for third place. The race report included, “Joe is quite like the Rodney Dangerfield of ultrarunning: ‘He just don’t get no respect.’ All he has done for the last five years is run four or five 100-milers a year, finish in the top five or six in all of them, and still does not receive any recognition. It’s time that we in ultrarunning recognize his accomplishments and heap upon him the accolades he so rightly deserves. He’s even doing all of this as a masters runner and he never feels too important to say, ‘Thank you.’” (UR 9/1994 11)

In addition to all his usual races, in 1994 Joe took on Badwater 135, to run from Death Valley to Whitney Portal in the heat of the summer. That year 23 runners started. Marshall Ulrich took off at a blistering pace and Joe stayed with him for 20 miles until Marshall dropped out with chest pains. Joe mentioned that he admired Marshall and wanted to try to run with him. He kept up the fast pace and at 100 miles had about a 13-mile lead. But then he had heat-related complications, did his best to cool down, but lost the lead and

Swift Endurance Legends

slowed down. Joe finished third, with 40:19. One observer mentioned: “Joe Schlereth gets my vote for ultrarunner of the year. With his enthusiasm, humble attitude, and boyish charm, he is always fun to be around. He has been running in the hills with sweaters on. He is a good smart masters runner who works hard for his successes. His family made a pretty awesome cheering section.” (UR 10/1994 29)

The year 1996 was his huge training mileage year. He averaged running about 170 miles per week and totaled 9,020 miles during the calendar year. He said, “It’s a milestone I don’t think too many people would try, and if they did, not too many would accomplish it.” (UR 3/1997 46)

By 1999 Joe moved to North Carolina but returned to California to finish his coveted 10th Western States 100 at the age of 49, with an excellent time of 20:44. That year he also started running the Umstead Endurance Run each year, held on a 12.5 mile lap in Umstead Park, in North Carolina. He would finish it nearly every year for at least the next 22 years. He would run either the marathon, 50-miler, or 100-miler. He won the 50-miler six years.

In 2007 he finished his twelfth Western States 100 in 28:10. He reflected in 2010, “In the past, the more I ran, the better I placed. I was able to do it, so I did it. I really enjoyed it. Today, fitness, routine, companionship, friends keep me going. Overall, I just like running, and I’m happy I can still do it. I try to run with others for conversation and companionship. I am less competitive as I get older. Trust me, I am still competitive, but less so than I used to be. I am running a bit less now, and enjoy it more for the social aspect. Going forward, I would like to help others enjoy long-distance running as much as I have. I also hope to continue to run as long as my body will hold out.”



Over the years Joe had informally coached many runners but in 2011 he started formal coaching and became a RRCA Certified Distance Running Coach. Joe still had speed. At the age of 61 he ran the Boston Marathon in 3:27. Joe taught about running goals, “What is that next running goal? It doesn’t have to be another race. It could be taking your running in a different direction. Perhaps it is trying trail running, or maybe a fun destination run. It could be signing up for the next organized group training program. By having a longer range goal, it will be much easier to hold onto that fantastic exercise routine.”

Joe was a member of his local running club in North Carolina and in 2013 went to run Boston with eight members of his club. After Joe finished, when he went to his hotel nearby, the bombs went off. “It was supposed to be a joyous day, instead it’s tragic.” It was a very hectic, worrisome experience while tracking down members of the club and witnessing the aftermath of the bombings.

Joe’s last 100-miler was at the age of 63, in 2013, at Umstead 100 with a very fast time for his age, 21:07. In 2016 Joe was still coaching and was the driving force behind a “Run For You” running program. Lifetime he has run more than 175,000 miles, more than 156 marathons and 170 ultras. In 2017 at the age of 67 he again ran Umstead 50 and finished with 10:01, in 16th place. The ages of those who finished ahead of him averaged in their mid-40s. He still had it. In 2017 he lived in Pineville, North Carolina.



David Luljak



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:38	1999	43	1995	2016	60	2016	60

David Luljak, from Maryland, has a Ph.D. in philosophy. He became a great multi-day ultrarunner. He took up running in his mid-30s. At that time he worked at a bookstore on Long Island, New York, and as an adjunct lecturer in philosophy and art history at Stony Brook University. He ran his first marathon in 1993 and the next year finished his first ultras, the Finger Lakes 50K and the Knickerbocker 60K run on pavement in Central Park, New York at the age of 37.

He had great success running Knickerbocker in the years to come, always placing in the top-10. He also traveled to Pittsburgh to run in the very competitive GNC 50, a paved 5-mile loop. The top finishers were a “who’s who” of elite Road 100-milers. The top six finishers were Kevin Setnes, Michael Morton, Courtney Campbell, John Geesler, Eric Clifton, and David Luljak. David finished in 6:02.

In 1995 David ran the Long Island 100 from Orient Point to Syosset, New York. The course was hilly, paved and hot. He ran in third for a while but soon took over the lead and held it the entire way. He finished with an excellent time, in 15:26. In 1996 he ran 81 miles in the Joe Kleinerman 12-hour race in Queens, New York.

David also ran on the trails. In 1997, David ran Vermont 100 and did very well, finishing in 15th with 18:24. But his true gift was speed on roads. He brought his 100K time down to 7:55 at Edmund Fitzgerald 100K at Duluth, Minnesota where he placed in second.

David really made a splash that year at the 1997 24-hour National Championship at Olander Park in Ohio. Leading up to the race he was training about 130 miles per week. David’s strategy was to run a very even pace for the first 13 hours and then slow a bit after that. He had a really bad hour just before dawn but seemed to feel better once the sun rose. Roy Pirrung covered just three miles less than David and John Geesler wasn’t much further behind, but David didn’t really get distracted with watching the competition, and only concentrated on his steady pace. David won with 156 miles. He was asked which he liked running on better roads or trails. He said, “I seem to do better on the roads. I also think it’s a little more in keeping with the tradition of the sport. I’m sorry to see that road ultras are not better attended.” (UR 12/1997 29) He was named the New York Road Runner Club best local ultrarunner.



Starting in 1998 he became a dedicated fixture at the Self-Transcendence 6-Day race in New York at a one-mile loop at Wards Island Park. He ran it six times from 1998-2016. In 1998 it was the only 6-day race in the country at the time. David ran cautiously and clocked 103 miles the first day during occasional rain showers. After 82 miles on day two, he really got moving and covered 100 miles on day three. He ended up averaging 95 miles a day. As the finish was coming, strong winds and rain arrived, but David pushed on. He came away the winner with an amazing 541 miles, a course record. That was the 4th best ever in North America at that time. Clearly he found his strength.

He returned the next year, 1999, this time going 464 miles and placing third. He likely went out too fast that year, putting up 228 in the first two days. In 2000, at the age of 45, by day two he had a 16-mile lead over his next rival and stretched that to 22 miles on day three with 287 mile total. With a 48 mile lead on day three, he lost energy and did a lot of walking. The lead diminished to 21 miles on the last day but David cruised for his second 6-day victory in three years with 502 miles.

Swift Endurance Legends

David was back to the 6-day in 2006, he ran 327 miles. But in 2007, he entered the 10-day race for the first time and went 517 miles for 15th place. Again at the 6-day race in 2011, he covered 347 miles for 11th place.

David did take time to branch out and try new races. In 1999 he won a 100-mile race again, but this time on trails at Umstead 100. He ran it in 14:38, setting a course record that stood for 11 years. He also won in 2000 at Fans 24 in Minneapolis on a small road loop. He went 131 miles

The 24-hour race got David's attention too. He ran 148 miles and 141 at Olander Park in 2000-01. Starting in 2005, he began to pile up the miles each year at Across the Years 72-hour race. His best was 261 miles.

David is still running. During 2016 at age 60, he again went to the 6-day race in New York and covered 359 miles for 8th place among 28 runners. In 2017 David was 61 and living in Baltimore, Maryland.



David Luljak followed by Yiannis Kouros at 2005 Across the Years

Paul Ryan



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:42	1979	33	1978	1983	37	1986	40

Paul Ryan was the king of Hawaiian ultrarunning. He first was a high school teacher on the big island of Hawaii and then in the early 1970s went to medical school at Hawaii School of Medicine on Oahu. While in medical school, he raced in ten-milers, marathons and then made his way to running in the various ultras that were introduced on the various islands.

In 1977 Paul placed a want ad in the Honolulu paper, "Physician, runner, 31 seeks cottage apartment or room in quiet secluded home." He must have found that place to study and run. That year he ran a 2:58 marathon.

In 1976, "Primo Ultramarathon and Relays" began at Hawaii Kai on the eastern tip of Oahu, using a four-mile paved road loop. It started as a 50-miler and by 1978 expanded into solo distances of 50K, 50-miles, 100K, and 100 miles. A massive 40-mile relay was also held with teams of 10 runners. In the 1997 event, Paul ran the 50-miler and placed second with 6:52.

In 1978 while he was a 33-year-old resident at Queens College in Hawaii, he stepped up to run the 100-mile race at Hawaii Kai on a four-mile road loop. He had prepared for the race by running about 120-130 miles a week during the previous two months. The race started at 4 p.m. in peace and quiet with four other runners. But by morning, there were about 4,490 runners who crowded the streets at 5 a.m. Traffic was squeezed down from four lanes to two causing a traffic jam. The police were very busy. Most of the relay teams picnicked on the sidewalks, screaming, chanting and waving signs and banners. Paul "hit the wall" at mile 89 and had to walk quite a bit during the last eleven miles, but finished in 15:30 for 1st place. He became badly dehydrated during the humid race and lost 14 pounds. Paul said after he finished, "You don't do something like this for fun but just to finish and I'm afraid if I sit down, I may never be able to stand up."



Paul also regularly ran in another 100K relay race, this one on the Big Island of Hawaii. Ryan ran as a solo runner each year, beating about half of the relay teams. In 1978 he finished in 8:47 and in 1979 finished in 8:57. One person pointed out that “Paul Ryan looks more like a running back than a distance runner.”



In 1979, in order to lure Ryan back to run the 100-miler, the race director, in jest, send him 25 cents for bus fare expense money. That year the ultramarathons and relays attracted 6,400 runners, which was thought to be the largest number of athletes to participate in a sporting event ever at that time in Hawaii. Ryan was well-trained and even ran some 180-mile weeks. Max Telford, a famous ultrarunner was entered. Max had moved from New Zealand to Hawaii. The 100-mile event again began at 4:00 p.m. Paul was in close pursuit of Max for about eight miles. Then came the rain, darkness, heat, and humidity and Max went on to win in 13: 53:44. Ryan came in second with 14:42:59, his lifetime 100-mile PR. Some wondered why he didn't win again that year. “Actually I was well-satisfied with my performance. My time this year was 47 minutes faster than my winning time last year. The only difference that I can see was that Max was entered in this year's race.” He explained, “I had muscle cramps at around 25-30 miles, but I took some aspirin and got rid of them. The hardest part was having to repeat the course over and over again during the night.” Three other runners also finished.

Ryan explained what it was like to run 100-milers. “Everything become painful. Every muscle in your body hurts, not just your leg. Your stomach, your back, your chest, your arms, everything's stiff and sore. You might have blisters, or knee or hip or arch or ankle problems. Your joints are all aching and you become depressed. You're approaching the boundaries of sanity. You get mad at little things. You get upset. You say nasty things to people. Everything is mass, self-inflicted punishment in the name of the sport. Anyone can do this. The hardest part is to condition the mind to continue.” (Honolulu Star-Bulletin 6/6/1979).



In 1980 at the event which was then name the Hawaii Festival of Running, Ryan ran the 100K and tied with his running buddy, Gordon Dugan for 1st place, with 8:36.

At the end of 1980, Ryan organized the Midnight Express 24-hour New Year's Eve Relay at the University of Hawaii track. Each relay team consisted of ten people with an entry fee of \$2.00 per person. The fee covered a buffet and champagne at midnight. Runners ran one-mile segments.



In 1981, he co-authored a book with marathon runner Noel Murchie, *Hawaii – A Runner's Guide*. The book included many interesting runs in Hawaii. The tone of the book was humorous. For example a running route by a Maui cemetery was called, “Coffin Connection” with a photo of sheet covered figures captioned, “Graveyard shift.” Later, from 1984 to 1986 they published the runs in a monthly column in Honolulu Advertiser. Paul also contributed columns to the Ultrarunning Magazine.



In 1981, Ryan and Noel ran for nine days circling the island of Maui. They visited many of the historical sites on the island and brought attention that many were being vandalized. Maui's roads took a toll on his shoes. He kept taping with black tape. To protect himself from the sun he ran in a Badwater-type suit.

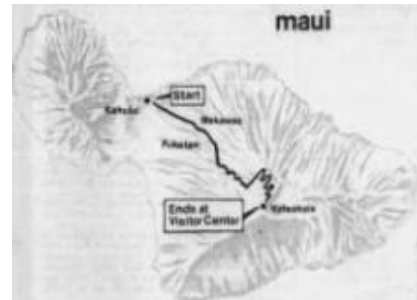
In 1981 Ryan ran the 100-miler for the third time in the Hawaii Festival of Running. He prepared for it by training about 120 miles per week. There were more than 6,300 runners at the festival and 12 starters in the 100-miler. It was hot and muggy, but he won with a time of 16:13. He was asked why his time was slower than in his previous two 100-mile finishes. He replied, “You need competition in order to keep your

concentration going and to keep pushing. I took the lead at around 28 miles and by 60 miles the competition had disappeared. It really makes a difference when you don't have anyone out there to force the pace. My thighs and legs are a little stiff and not ready to run another 100 miles, but mentally I feel good and ready to run again."

In 1981 he started to write into the newspaper editorials. He was pushing the county governments to include in their planning the creation of more running and biking paths. "Much of Oahu's North Shore are without safe pedestrian paths paralleling the main roadway." He also created a stir when he wrote a satire letter to the editor suggesting that joggers be licensed to get them off the public roadways because they inconvenience motorists. "In addition, they drink excessive quantities of water from public fountains and overburden public toilets. As a taxpayer and car owner, I want to see some action taken about these masochist maniacs. Let's get them all licensed and require they display an identification number prominently while jogging." Many took him seriously and wrote angry replies to the newspaper. (Honolulu Advertiser, 3/12/1981).



Paul regularly ran in a 37-mile race that was established in 1977 named, "Run in the Sun." This race was on Maui, started at Kanaha Beach Park, and ran to the top of a dormant volcano, Haleakala Mountain. The summit was at 10,023 feet. In 1981, 100 runners started at 5:30 a.m. Paul took the early lead through the low-lands and jockeyed with another runner until mile 17 but then faltered. Sid DeLong of Denver won that year with a course record 4:59. Paul finished 12th, in 6:39. In 1982 he finished 18th, in 6:10.



In 1983, Paul started off the year winning the Saddle Road 100K on Hilo Hawaii within 8:52, beating Max Telford by eight minutes. Later that year he ran the Hawaii Kai 100-miler for the fourth time and struggled from shin splints causing him to shuffle for the last final miles. He won in 16:49. That year a wheelchair athlete completed the 100-miler in 14:33. In 1983 Paul was practicing medicine on Maui. That year he traveled to California and ran in Western States, finishing in 20:35. He was the first from Hawaii to ever finish that race. Snow covered the trail for the first 23 miles.

By 1987 Paul dropped off the ultrarunning radar. In 2017 he would be age 71 but his whereabouts is unknown.

Paul Soskind



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:42	1979	33	1979	2004	60	2004	60

Paul Soskind of New York City, grew up in Brooklyn. In high school he ran track and was on the gymnastics and soccer teams. In 1966 at the age of 22, he met Harry Murphy, an accomplished runner who mentored him. He joined the Prospect Park Track Club in 1970 and developed his skills as a distance runner. Running taught him patience and he loved medieval music, literature, photography, and painting.

Swift Endurance Legends

Paul started running marathons and eventually ran his fastest at Yonkers Marathon in 2:41. By 1978 he was running ultras and finished Metropolitan 50 in 6:45 for 20th place. Paul's best 100-mile performance of his life came in 1982 on a track in Ottawa, Canada. He ran 100 miles in 14:53:50. Also that year he ran 134 miles at Sri Chinmoy 24-hour in Greenwich, Connecticut.

Paul took his ultrarunning skills indoors in 1982 when he ran the Haverford 24 Hour Race held in the fieldhouse on Haverford College in Pennsylvania. The place was not heated and rather dank and dusk with a 1/7 mile dirt track doused with oil. The race started at 9:30 a.m. with 22 runners. One runner paused at the 12-hour mark to propose to his girlfriend over a pay phone. Another runner finished his race with a beer in one hand and a cigarette in the other. The field house was always around 40-50 degrees. Neil Weygandt won with 133 miles. Paul reached 100 miles in 18:15 and finished in third, with 121 miles setting an American age record for age 34.



Neil Weygandt and Paul

In April 1983 Paul ran a terribly organized race that was rescued last minute by some kind volunteers. It was the C.W. Post 24-hour race on Long Island. During the race occurred one of the worst downpours on record as it poured for the last 14 hours. Paul was running well but went into his tent shivering and wasn't seen again. Luis Rios led for 90 miles, bellowed at Mother Nature, and couldn't take it anymore. Gary Novickij won with 127 miles. In August Paul placed second at Crocheron 12-hour race with 82 miles.



Runners in Haverford Fieldhouse running by lap counters

In 1983, Paul returned to Haverford, this time to run a 48-hour race. The race was open to those who had already proved they could run 100 miles in 24 hours. A unique aroma grew stronger as the race progressed, a mixture of oily dust and sweaty runners. The odor would stay in the fieldhouse for days. Paul ran more slowly this year, reaching 100 miles in 25:54 but finishing with a solid 170 miles for 8th place. Ray Krolewicz won with 217 miles. Paul returned again in 1984 and reached 183 miles. At the 1985 Prospect Park

12 Hour race in Brooklyn, he reached 65 miles, and at Long Island 12-hour he placed second with 75 miles.

In 1986 Paul ran a couple 12-hour races at Prospect Park and Long Island with distances of 72 and 76 miles. Those appeared to be his last ultras for many years. In 2003 he was back and during 2004 he switched from running to race walking and became very skilled at it. At age 60 or more, he walked 500 miles in a 6-day race. He continued to be very active in his 60s. In 2010, at age 66 he was competing in a race nearly every weekend of a distance of half marathon or lower. Over his entire running and walking career, he finished 104 marathons.

In 2013, Paul became ill and knew his time was short. He wrote, "As I enter the sunset of my life, and from the depths of my heart, I would like to thank all my friends from the Prospect Park Track Club; all of my friends who were teachers with me, all of my past students, my caregivers, my friends who are here today to celebrate my life and all those who touched my life in many ways." Paul passed away on April 2, 2013 at the age of 68.

Don Choi



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:44	1978	29	1973	1997	48	1997	48

Don Choi of San Francisco, California, was the father of modern multi-day races in America. He was a postman with a route on Telegraph Hill and became a very good runner. Running wasn't a problem for his job; he would work his mail route very quickly, in three hours. He was soft-spoken with a good sense of humor which concealed the fierce competitor inside. In 1972 at the age of 24, Don watched on TV, Frank Shorter win the marathon at the Munich Olympics. Don said, "It was almost like poetry to me, because I knew he worked at that thing." Deeply inspired, Don began training, even up to 200 miles in a week. He did hill training and sometimes twice a week ran 40 miles from San Francisco to Marin County's Mount Tamalpais and back. In 1973 at the age of 25 he was running races in Northern California, such as the Double Dipsea which he finished in 2:05.

Don ran his first 100-miler in 1973, when he finished the Camellia Festival 100 Miler in Sacramento with a time of 18:20 on a concrete sidewalk course. Rain was heavy during the first five hours and only one other runner finished. In 1974 he was a member of the Excelsior Track Club and ran a 2:47 marathon in Cupertino. In 1975 Don ran 100 miles in 18:20 at Sacramento, California.

In 1976, Don went to Lake Tahoe to run the Tahoe 72-miler, a road race that went all the way around Lake Tahoe counter-clockwise. The race was held on Fridays to avoid weekend traffic. There were no aid stations so crews were required to provide support. At mile 65, he started to tire, but he was determined not to slow down. He recalled, "Images would come up of people who influenced me in the past. So I gave it all I had." He set the course record on 9:45.

In 1977 he finished second in the PA-AAU 50-Miler which went from Pine Grove to Sacramento. His time was 5:59. Don had some serious speed.

In May, 1978, Don participated in an unusual race for that time, a 12-hour race in Pennsauken, New Jersey, that started at midnight. It was run on a cinder track at Cooper River Park (the future site of the Weston 6-day races). Don competed with 16 other runners and took the lead at 7 a.m., winning with 81 miles.



Start of the 50-miler

Also in July 1978, Don organized a 24-hour race on the Woodside High School track, in Woodside, California. The surface was crushed brick and the race started at 6 a.m. Don hoped to break Ted Corbitt's 24-hour record of 134.7 miles set in 1973, in England. Two runners took the first half lead but burned out in the heat after 50 miles. Don hit 100 miles in 14:44:00 for his lifetime best. At one point in the July heat, Don began weaving around on the track. His crew ran alongside him, stuffing pieces of bread into his mouth and bumping him if he swerved too much. He recovered and went on to reach 136 miles for a new American Record (unratified).

In October 1978 at Glassboro, New Jersey, Don ran in the first major 24-hour race held in the US in modern times with nine entrants. Don led at 100 miles with 14:54, ten minutes ahead of Park Barner, but the freezing temperatures and a sore ankles caused Don to drastically slow down and walk. He eventually quit in 20.5 hours with 113 miles. He just couldn't generate the body heat to continue. Park broke Don's American record (unratified) with 152 miles. By 1979, in six years, Don had run nearly 20 ultras.



Don running in historic 48-hour race

In May 1979, Don brought the first multi-day race to the United States, at Woodside, California with 20 runners. Marcy Schwam was there aiming to set a women's 24-hour World Record and achieved it with 113 miles. Don had his eye on setting an American record for 48-hours. He reached his goal with 204 miles. When asked why someone would attempt this, Don replied, "Ultramarathons really fill my need of living out an adventure. I've always had an innate sense of curiosity and been intrigued by how far I can extend myself. It's also a form of personal expression. When I'm out there, I feel like a little boy. I'm expressing leftover childhood dreams of adventure." (The Times - Shreveport, Louisiana, 8/2/1979).

Don continued to organize runs. He organized another run on the Woodside track, a Daniel Boone/Lorna Doone 100-Mile/24 Hour Run. Toward the end of that year, He put together the Rudyard Kipling Double Marathon Track Run, also at Woodside High School.

In June, 1980 Don ran the 100-miler in Flushing Meadow Park, New York City. He finished in about 17 hours but then did something astonishing. He kept going to log an extra 100 miles on the course in an additional 30 hours for some sort of "super workout."

Don was greatly inspired by ultrarunning history wanted to bring back the 6-day race which had been absent since 1903. On July 4, 1980, he hosted the first modern-day 6-day race on the track at Woodside, California. Don, age 32, won it with 401 miles. Don reflected, "Personally, I went through quite a range of moods from sulking to nonchalance to carefree elation and mirthful wackiness. Six days is a long time to run and sometimes it is very difficult to concentrate one's energy entirely on running. For the next one, I shall bring a football." (Marshall, *Ultradistance Summary* 1980.) After organizing that race, Don decided to retire from directing races and concentrate on running races.

Then less than two months later he ran in the "Edward Payson Weston Six-Day Go-As-You-Please Invitational Track Race" organized by Ed Dodd at Cooper River Park in Pennsauken, New Jersey. This race was named after the greatest pedestrian from a century earlier and "go-as-you-please" was historically used to designate that your pace could be either walking or running. Six runners started and Don hoped to reach 500 miles. Two runners called it quits by mile 55. Don only rested for three 15-minute stretches during the first 27 hours. He reached 100 miles in 17:50. He ate from his supply box loaded with baby food, turkey and meat sticks, and stacks of chocolate bars. After the first 24 hours, he reached 129 miles. On Day 2, he was hampered by tight hamstrings, stiffness, blisters, and did plenty of walking. By the fourth day, Don had covered 286 miles. He averaged about two hours of sleep per day. On the last day he took a seven-hour break. By the end of the sixth day, Don ran the last mile in 6:20 and won with 425 miles, a new modern record. He received the first place award of a silver belt buckle with the likeness of Edward Payson Weston, the famous 6-day racer in the 1800's. Don cried at the finish and said, "I'm an emotional runner and this is the most involved I've ever been in a race."



In 1981, Don got involved with Mountain Travel Inc. and was to host a 33-day "Run Around the World" trip to stop in places like Hawaii, Japan, Hong Kong, China, Thailand, India, Egypt, Greece and England. It was pricey, \$2,950 plus airfare. It apparently didn't happen.

Don tried in 1981, to defend his Weston Six-Day title and record. He covered 106 miles the first day, but while resting, "a dog, fascinated by the blisters on Choi's feet, accidentally lanced one with his teeth. Infection set in and thus, as the other members of the field ran on, day and night, through the heat and downpours, Don Choi was remanded to the sidelines." (Philadelphia Daily News, 6/29/1981). Three days later he jumped back into the race and finished with 259 miles. Park Barner won that year with 430 miles, breaking the American record. Marcy Schwam set the women's World Record with 384 miles. Don was still learning, "I did everything wrong. I changed my diet and wore different shoes."

In November 1981, England took America's lead and introduced the first 6-day race held in England since 1903. It was held in Harvel Hadden Stadium, outside of Nottingham, on a 400-meter track. Don and sixteen others ran. This was Don's fourth 6-day race. Mike Newton from England broke the World Record with 505 miles. Don returned in 1982 to compete in a large field of 25 runners. He covered 312 miles. Tom O'Reilly of England crushed the world record with 576 miles.



In 1982, Don returned again to the Weston Six Day race. Park Barner set a new American record of 445 miles. A downpour of rain badly flooded the track. Don reached 408 miles. Three weeks later, Don ran in the first Astley Belt Six-Day Run at Chula Vista High School in California. On the way to the race, he was badly scalded by steam from his



Astley Belt Six Day

car radiator. He had large and ugly blisters inside his upper right arm. But he didn't complain and competed with 14 other runners. He averaged about 74 miles per day in 80-degree weather all week. His longest nap was only 45 minutes. In the end Don came away with the win and new American Record with 446. He broke Park Barner's record of three weeks by one mile with 45 minutes to go. Loud cheering and applause greeted him. He called it good and joined the spectators in the stands to watch the final minutes.

Running for six days, gave opportunities to converse with competitors for hours. For example at the race in beautiful Chula Vista, one runner described a conversation when they considered, "how could anyone with even an ounce of sanity enjoy chasing a little white ball on a plush, cool, green golf course while wearing such despicable things like clean, dry clothes, especially when they could be running around a dirty, dusty track modeling the latest in greasy, grimy, sweaty clothes for all those curious and brave spectators (both of them)." (Marshall, 1982 *Ultradistance Summary*, 46).

During 1983 Don ran three 6-day races in less than two months. In June he ran again at Weston, in New Jersey. During the first 96 hours he was on the track for at least a portion of all but one of those hours but only had about a ten-mile lead over Ray Krolewicz. By the beginning of the sixth day, Don had increased his lead to more than 22 miles but he struggled and only traveled 12 miles during the next 12 hours. Ray went in the lead with 15 hours to go at the 412-mile-mark and built a 4-mile lead. But with 12 hours left, Don had renewed energy and took the lead back in 2.5 hours and his American record to 460 miles. In July, with just eight days rest since Weston, he ran at Downing Stadium on Randall's Island in New York. That was Don's 10th career 6-day race. At that race Stu Mittleman claimed a new American record of 488 miles. Just three weeks later Don ran Astley Belt again and won again with 420 miles.



In 1984, Don continued to pile up his 6-day wins. In April he won at Astley Belt in El Cajon, California, passing 500 miles for the first time. He was the first American to do so in more than 100 years. All the local TV stations were there as the event wound down. Don finished with 506 and he reclaimed the modern American record. It was also an all-time American outdoor record. In May he went to Australia and ran the Sydney to Melbourne 620 mile race, completing it in eight days. Don followed that up in June by winning Weston Six-Day again with 450 miles.



Don with the Astley Belt

Don's finest 6-day performance was in July that year, at the New York Six Day Race held at Downing Stadium, on Randall's Island. It was highly competitive with the best multi-day runners in the world including: Yiannis Kouros, Eleanor Adams, Siegfried Bauer, and Stu Mittleman. It rained much the first few days and the track was covered in water.

Yiannis ran an amazing 635 miles, breaking the all-time 6-day World Record. It was the oldest standing running record. Don set a new American Record of 511 miles. That would be his all-time personal best.

In 1985 Don set a new 48-hour American record of 227 miles, which was his amazing split time at New Astley Belt 6-day race. His fast start did take a toll and he dropped out after four days with 390 miles.



Later in 1985, the first 1,000-mile race ever held in North America was put on by Sri Chinmoy at Flushing Meadows, Queens New York. Don was one of the brave twelve runners. The runners had 16 days in order to reach 1,000 miles doing loops on the one-mile course. Don won this historic race and finished in 15 days, 6:14, beating Trishul Cherns of Canada by 14



miles. The World Record had been set in 1983 by Siegfried Bauer of New Zealand in 12.5 days on a grass track.

Don said after finishing, "I'm really, really tired. My feet feel rotten, and I'm starting to get pain all over. I didn't like it at all. Running across the continent makes sense but this race was crazy. I don't see any point in running 1,000 miles especially in a place like Flushing Meadows Park where there are so many distractions. One day I saw a bicycle stolen from a small boy, and I was so depressed that I went back to my tent without the desire to run anymore. After 500 miles (on day six), I was emotionally upset and lost all desire to continue. I considered pulling out, but other racers and the officials talked me into sticking it out." When Don would take sleeping breaks he would dream that he was running. Once when his crew tried to wake him up with, "Get up, it's time to run," he would reply, "A am running."

Don didn't learn his lesson and was back in 1986 to defend his 1,000-mile title, this time with stiff competition including Siegfried Bauer, the World Record holder, and Stu Mittleman. Don put up a good fight, taking off like a shot from the start, but Bauer and Mittleman dueled it out and Don didn't finish that year. Stu Mittleman shattered the World Record, finishing in 11 days, 20:37. As of 1985 Don had competed in 18 6-day races and had won more than anyone in the world.

In 1987, at age 39, Don ran what he thought would be his last 6-day race by again winning the Weston Six Day with 446 miles. He explained, "When I started out, it was for the challenge to see how far I could go in six days. But I've changed. Now I see that I have to be the best, I have to win. People expect me to win. That's not what I want." Don said he wouldn't give up running. "It's my life. I just ran my last six day race. Training requires too much. I spend four hours a night on the treadmill. I'm getting old and have to start thinking about the future.



Don's "love" for running loops in Flushing Meadows brought him back one last time to run further than six days in 1988 when he entered the 1,300-mile race. They would have 18 days to reach 1,300 miles. After 10 days, Don and his friendly rival Trishul Cherns were tied for first with 684 miles. Trishul would go on ahead but no one reached 1,300 miles. Don stopped when he reached 800 miles on day 15.

In 1990, Don took on a new challenge, Western States 100, a trail 100-miler. He finished in 28:41 but had to be airlifted to the hospital due to an imbalance of fluids and electrolytes. Also that year, Don ran and finished Spartathlon in 34:45. In 1991 Don conquered Badwater, finishing in 44:48 in 8th place. Starting in 1993, he would compete each year in DSE Distance Classic 12-hour race in San Francisco which he won four times.

Swift Endurance Legends

In 1995, at the age of 46 he came out of 6-day retirement and ran Gibson Ranch Six Day Classic. He ran 367 miles. In 1997, Don may have ran his last ultra at the age of 48. Don continued to run, but much slower. In 2008, at age 60, he finished the San Francisco Marathon in 6:03 and in 2010 he finished the Los Angeles Marathon in 6:26.

In 2017 Don was 69 but his whereabouts were unknown. He likely still lived in San Francisco, California.

Carl Andersen



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:46	1993	32	1991	1998	37	2003	42

Carl Andersen ran his first ultra around 1988. In 1990 he married Ann Trason, recognized as the greatest female ultrarunner ever. Carl was an elite ultrarunner himself. As Ann achieved amazing success, Carl cut back on his own racing to crew Ann. He said, "At best, I'm a good runner, but she's off the charts. By letting her quit her teaching job, by acting as her agent, by crewing for her, I can help her achieve some significant goals." Together they raced, crewed, and paced for many years.

True sportsmanship was shown when Carl ran San Juan Trail 50 at Hot Spring, California in 1990. At the 37.5-mile aid station, Carl was in the lead by only 100 yards ahead of Herb Tanzar. They battled on the next long downhill but Herb took a fall. Carl stopped to help him. Then Carl fell on some switchbacks and Herb stopped to pick him up. In the end they came in to the finish and agreed to tie, breaking the course record by 4 seconds.

Carl ran his first 100-mile race in 1991 at Western States and soon started to pile up the ultra wins.

Carl is probably most famous for his historic Quad Dipsea win in 1992 when he was the first to break the four-hour barrier with 3:52 on that famous course. He became known as the "Quad Dipsea King." He again won and broke four hours in 1998, 2001 and 2002. It wasn't until 2003 that another runner broke four hours, Erik Skaggs. Erik then broke Carl's 1992 record in 2008 by 13 seconds. (In 2016, Alexander Varner holds the record with 3:41, set in 2015).



In 1993 at Vermont 100 Carl dueled with Eric Clifton, who had thus far won every Vermont 100, four in a row. Eric as usual went out hard from the start and took the lead. By mile 18, Carl had caught up and by mile 36, he was leading by a couple minutes. He later said that he "woke up" at that point and really started to put the hammer down. He said, "The pace early on felt comfortable, but it took quite a while before I started to feel good." Eric soon dropped out and Carl had a comfortable hour lead on the next runner. He cruised well to a 14:46 win, which was his lifetime 100-mile best time.

He only finished a few 100-milers, being busy supporting Ann as she dominated the 100-mile landscape. Ann said in 1996: "I know things are changing because I see what's happening off the trail. I used to be the only woman in the race and Carl would be running alongside [crewing] with the wives. Now there are other women running with me, and other men with Carl."

Carl ran his last ultra in 2003 and had to retire because of an injury. In solidarity to him, Ann also left the sport abruptly in 2004 to join Carl in ultra-distance cycling. Ann said, “I’ve always been an all-or-nothing kind of person. Carl quit running, so did I.” They stayed involved with ultrarunning by putting on the Dick Collins Firetrails 50. Ann once said, “Someone who’s inspired me is Carl. Our greatest times have been when we’ve just been able to go out running together and exploring.” Carl and Ann divorced in 2013. In 2017 Carl was 56 and can be found on Facebook.

Joe Hildebrand



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:47	1999	41	1994	2002	45	2011	53

Joe Hildebrand, was a math professor from Urbana Illinois. He ran Pikes Peak Race in 1990 and 1991 and then stepped up to ultras in 1993, running the Sunmart 50 in Texas. He ran his first 100-miler at Olander Park 24-hour race. In 1995 he started to pile up 100-mile finishes quickly, finishing five in that first year when he was 38 years old. He still also ran occasional road marathons finishing in just over three hours in several during the late 90s.

Joe started to win trail 100s in 1997. He ran Haliburton 100 in Ontario, Canada in a privately owned forest. Twenty three runners started at 6 a.m. The course was forest roads and trails with “at least one really good hill per mile.” Joe was known for his very even pace in races. He reached 50 miles in 7:35 and went on to win in 18:27, a course record, which was an hour improvement on his finish there the previous year.

In 1998 he started dominating the 100s that he raced. 1999 was his best year when he won four trail 100-milers which tied him for most wins in a calendar year with Eric Clifton. His 14:47 at 1999 Rocky Raccoon was a course record. In 1999 at age 42, he placed second at the 50 Mile National Championship race in Phoenix with a time of 8:06.

At the 1999 Arkansas Traveler 100, Joe was going for his third straight win there. At about mile 15, Joe was running in second place. Bill Coffert came upon Joe on the ground and finally recognized Joe without his glasses on. He was on his hand and knees looking for them. He explained that a tree limb had knocked them off. Bill could have run on, but he got down and helped Joe search as the minutes ticked away. Eventually Bill replayed the “crime scene” and sure enough found the glasses in the tree limb. At mile 83 Joe finally retook the lead from Stan Ferguson. Stan said, “When he passed me, I lost all the juice.” Joe went on to win in 17:06, 51 minutes ahead of Stan.



Winning 2001 Vermont 100

Joe won his second Vermont 100 in 2001 with a time of 15:53. In 2002 he ran what might have been his last 100-miler at the age of 45 when he placed second at Arkansas Traveler 100 with 16:08. Joe finished about forty 100-milers during his running career and won ten of them. He likely had more 100-mile race finishes in the 1990s than anyone.

Joe then turned to running marathons. In 2003 he ran the Indianapolis marathon in 3:17. In 2006 he ran the Mad City Marathon in 3:33. In 2007 at age 51, he ran the Charlotte Thunder Road Marathon in 3:17. He reappeared in ultrarunning results in 2009 when he ran a 50-miler in California. His last race was a 50K in 2011. In 2017 Joe was 60 and still living in Urbana, Illionis.

Frank DeLeo



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:48	1989	32	1989	2009	56	2017	63

Frank DeLeo, from Brooklyn, New York, has been a fixture and a legend among New York City runners for more than 30 years. He started running the roads in and around New York City and he has stayed running those roads, never seeking races away from his beloved city. For a runner, he truly epitomizes the phrase, “I Love NY.”

Frank studied psychotropic chemistry at Le Moyne College, in Syracuse NY, graduating in 1974. In 1979 he ran his first New York City marathon in 3:26 at the age of 26 and as of 2016 has run in every New York City Marathon since. That is 37 straight years! His PR there was in 1982 when he finished in 2:52.

He joined the Prospect Track Park Club, a group of runners who formed in the 70’s and has been an honored member for at least three decades. By 1984 he was placing high in ultras in the New York City area. In the 1985 Prospect Park 12 Hour race he placed 3rd, reaching 74 miles.

In 1986 he ran in the TAC 100 Mile National Championship held at Queens. Frank had a very good showing, finishing in 3rd with 15:34 behind Lion Caldwell and Mike Fedak. He established himself as an elite 100-miler to watch for. Later in 1986 he ran in the Sri Chinmoy 100-mile race that featured Yiannis Kouros who ran 11:56 to win it. Runners up were Cahit Yeter and David Horton. Frank finished in 7th, with 16:28.



In 1986, for the first time, he ran the Knickerbocker 60K in Central Park, New York. That started a very long association with that race for at least the next 30 years. He has run it at least 25 years and won it in 1991 with a time of 4:43. In 1990 he also started running the Metropolitan 50 that runs on the same course. He won it on his first attempt in 6:30 and had established himself as one of the best ultrarunners in the city. He would run that race at least 17

times placing in the top-10 14 times. In that race he competed with the likes of Stu Mittleman, Lion Caldwell, and David Luljak on the pavement loops in Central Park.

In 1987 Frank, age 31, again competed in the TAC 100 Mile National Championship in Queens. He finished 5th, with 17:14, tailing Roy Pirrung and Chris Gibson. He also ran the Sri Chinmoy 100 later in the year and was able to shave 20 minutes off his previous best, in 15:23.

Frank ran again in 1988 and placed 2nd behind Don Aycock. Frank set a speedy 100-mile PR with 15:00. In 1989 he was there yet again and had his best 100-mile performance of his life. He ran steady as usual reaching 50K in 3:56, 50 miles in 6:45, and 100K in 8:39. He finished with 14:48, in 5th place. That was a crazy speedy year. Rae Clark won with 12:12, followed by Roy Pirrung, Tom Possert, Paul Fendler and then Frank.

Also during those years Frank established himself as a world-class 12-hour runner at the Joe Keirnerman 12-hour race at Crocheron Park in Bayside, New York. In 1988 he was in a classic duel with Christine Avin. He reeled her in toward the end and they ran side by side toward the end. But with 15 minutes to go when they moved onto a smaller 389-year loop for the finishing miles, they cranked it up creating great

excitement among the spectators. With a minute left, Christine went into a sprint that Frank couldn't match and won by 45 yards! Frank covered 79 miles that year. The following year at the same race, he covered an amazing 85 miles, finishing in second place just 674 yards behind the winner Mike DiBartolo. That must have been tough to miss the win so close both years. He returned in 1990 and this time finally won it all with 78 miles. In 1991 he again finished in second place. Roy Pirrung won with 83 miles and Frank reached 78.



The start of the 1991 race.

on Wards Island. He finished in 15:49. The field was small as interest was starting to dwindle in road 100-mile races. The trail 100s were taking off and drawing runners to the mountains. In 1991 he also won the Sri Chinmoy 50-mile race with 6:44

Frank ran a unique staged race in New York City, the NY Pioneer Club 100 Mile Memorial Trek that was founded by Rich Innamorato of the Broadway Ultra Society as a tribute to Ted Corbitt. Each day they ran 33.3 miles in three of the New York City parks. Every morning short talks were given about the pioneers of running. Ted Corbitt would stop by each day. Frank ran consistently, each day in around 4:20. He won the event in a total of 12:58.

The wins started to pile up in the early 1990s. He won at Sri Chinmoy 50K with 3:43 and in 1993 he won the Ted Corbitt 24-hour race with an impressive 134 miles. In 2008, Frank was inducted in the Broadway Ultra Society Hall of Fame.

Around 2011 when the barefoot craze was going on, inspired by the book *Born to Run*, Frank joined in. He has run minimalist ever since, especially in invisible huaraches.

In 2014, Frank ran in the USA 50K Championship and won his 60-64 age-group to be a USA champion. Frank, 64 in 2017, continued to actively run and keeps his streak alive at the New York City marathon. He is a living legend among the Brooklyn, NY runners and a great inspiration to all, including world-class runner Phil McCarthy who has followed in his footsteps. Frank still lives in Brooklyn and can be found on Facebook or Twitter - @bffrank. He runs mostly in Prospect Park.



Frank running minimalist in 2013, in Central Park

Dave Obelkevich

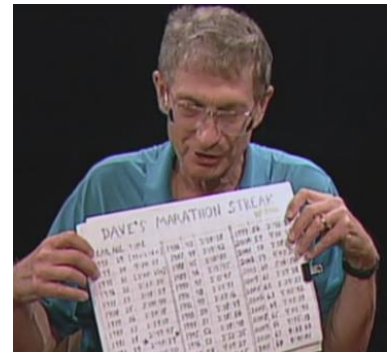


100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:51	1980	37	1980	2017	73	2017	73

Dave Obelkevich, was a music teacher from New York City and started running road races around 1973. He remained a true city road specialist his entire running career. He has faithfully run the same races over and over again including the New York City Marathon, which he has run every year since 1974, forty-one times as of 2016! He has also run the ultra races in Central Park: Knickerbocker 60K, twenty-five times, and Metropolitan 50, 16 times. He has finished Comrades in South Africa eleven times.

Dave was originally from upstate New York but in 1961 went to Columbia University and stayed in New York City ever since. He started playing violin as a child and played in the orchestra in college. He then received a master's degree in music.

When Dave was in high school he was invited to join the track team but only ran one race, the 100-yard dash. He became interested in running in 1972 when he watched coverage of the New York City Marathon on a morning TV show. The next year Dave went to the NYC Marathon which at that time went four times around Central Park. He wanted to run one loop and jumped in with slower runners that he thought he could keep up with. The next year, without much training, he officially entered and finished with 4:20 on a year that was extremely hot.



One Saturday in 1976 he looked out the window and was surprised to see a race going on, it was a 50K. He went out and ran one loop with them and the next year, in 1977, he ran a 50K. One of his first ultras was Metropolitan 50 in Central Park. He finished 19th overall with 6:43. His best of his 16 finishes there came in 1982 when he placed 2nd in 5:56. For the next few years he continued to run 50-milers in and around New York City with consistent times around six hours. He trained harder and mostly ran in Central Park.

In 1980, at age 37, Dave was invited to run in the New York Road Runners 100 Mile invitational race held at Flushing Meadows. He had a surprising fast race and finished 4th in 14:51 demonstrating to himself and others that he could run the seriously long ultra distances very well. That year he also won the Goblin Gallop 24-hour race in Memphis, Tennessee, with 118 miles.

Dave's best year running the NYC Marathon was in 1982. He ran the first half of the race with a famous runner from Scotland, Leslie Watson. He decided to stick with her because he knew she paced herself well and then finished strong the second half. After their first half marathon split of 1:21, Leslie took off her gloves and Dave offered to carry them for her. He finished in 2:40. In 1983 Dave won the Prospect Park 100K in Brooklyn in 8:07.

In 1986 he again ran the TAC 100 Mile Championship held in Queens, this time in Shea Stadium. His 50-mile split was 8:15 and he finished 11th, in 19:25. He returned to run for the next three years with times of 19:44, 16:50, and 17:05, always in the top ten, but far off his 1980 performance. In 1990 his NYC Marathon streak almost ended when his application was denied. His wife saved his streak by writing to someone on the race board. He was let into the race.

Swift Endurance Legends



After that binge in running 100s from 1980-89 he stuck with the shorter ultras, running about five per year. He also did other things. In 1990 he and his wife pedaled their bikes across the United States, 4,000 miles in eight weeks. In 2001, he retired from teaching music but he has stayed busy. He played violin or viola in string quartets and orchestras and traveled with his wife.

Comrades Marathon (56-miles) in South Africa was among his favorite races. He ran it for the first time in 2002 and returned ten more years to his huge race with as many as 15,000 runners. It inspired him to wear colorful shorts while running, with the South African colors. By 2006, Dave had run 44 marathons and 150 ultras.



Dave's Comrades green bib for 10 finishes

In 2008 after running the NYC Marathon 32 years in a row, news articles would be written about him nearly every year as the marathon came around. As the field got bigger and bigger each year he was asked how he handled it. His reply was, "I just pray and hope not to get mowed down."



In 2013, Dave was still at it, running the NYC marathon when 70 years old. He said, "You can run at any age. I'm never going to break a World Record at age 70, so I run the race for fun." He runs the marathon with business cards in his hat so when he meets people they can stay in touch with him. He said, "Many years ago I heard about a high school track coach that told his boys, 'I don't care if you come back from a meet and tell me you won every race you were in. If you didn't make at least two new friends, consider yourself a failure.' I'd never heard that before, but I think there is a lot of truth in that."

In 2017, Dave was still running ultras at the age of 73. That year he ran 100 miles at A Race for the Ages. It was his first 100-mile finish since 1989. He had now been running ultras for 39 years and 100s for 37 years. He still lives in New York City, on the upper west side. He has run 65 marathons and more than 200 ultras, and still going. He still runs about 30-40 miles per week. The president of the New York Road Runners said that Dave is a well-known figure among New York runners who is "inspiring to all generations of runners." Dave says, "Running keeps everybody young."

Mike Fedak



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:51	1986	35	1986	1986	37	1988	35

Mike Fedak, was an eye surgeon in New York City who ran mostly road races. In 1980 he finished the New York City marathon in 2:58.

In 1984 Mike ran Sri Chinmoy 24-hour race and covered 135 miles. His 100-mile split time was 16:47. In 1984 Mike won the Prospect 12 Hour race in Brooklyn, New York, running an outstanding 82 miles. Later that year Mike won the TAC National 50-mile race held at Metropolitan 50, in Central Park, with a time of 6:20. As Mike was running toward his victory a tourist in the park asked how far the race was. Mike replied, "50 miles." The tourist said to their friend, "See what I mean about this city? You ask someone a simple question and they give you a wise guy answer." (UR 1/86 27). One runner said that Mike gave "encouraging words to me every time he lapped me."

Mike was 34 years old and ran in the TAC 100-mile Championships held at Shea Stadium, home of the Mets. He finished in 3rd with 14:59. Mike returned in 1986 and this time finished in second place with time of 14:51, his lifetime best for 100-miles. The field of 52 men and three women ran in heavy rains at times around a one-mile loop in and around the stadium. Only 19 men and 21 women finished that year.

Mike tried his hand at a 12-hour race that year in Prospect Park, in Brooklyn, doing loops around a lake. He came away the winner with an outstanding 82 miles holding off Tom McGrath and Frank DeLeo. He returned the next year and finished again in first with 85 miles.

In 1988 he struggled and only ran 82 miles during Sri Chinmoy 24-hour race in New York City. Mike may have retired from ultra distances after that.

In 2010 at the age of 58, he ran a 5K in Weston, Connecticut, in 24:28. In 2015 at the age of 64, he ran a half marathon in Norwalk, New Jersey, finishing in 2:12.

In 2014 Mike and his wife sold their Park Avenue penthouse. They were spending more time at their Boca Raton, Florida condo and their weekend house in Greenwich Connecticut. That Greenwich apartment, bought in 2003, was transformed into a personal gym. In 2013 he was into billiards competitions. In 2017 Mike was 66 and living in Boca Raton, Florida.



Eric Rappold



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:51	1997	35	1997	1997	35	1998	26

Eric Rappold of North Carolina and Georgia was a pilot. He flew in the Air Force and later became a pilot for Delta Air Lines in 1991. Eric ran ultras only for a few years, but has continued to run marathons.

By 1994, Eric started running ultras and placed 5th at Strolling Jim 40 Mile in Tennessee. That same year he competed in the JFK 50 and finished in 3rd, with an outstanding time of 6:07. That year the top five were all elite 100-milers, Eric Clifton, Carl Anderson, Eric Rappold, Mike Morton, and David Horton. He certainly finished in good company and was very fast.

The year 1997 was Eric's best ultrarunning year. He first came in 4th at American River 50 and then ran what probably was his one and only 100-miler, Vermont 100. With amazing speed, he won in 14:51, nearly an hour ahead of the next runner. His last ultra race was probably in 1998. He ran Mountain Mist 50K in Monte Sano State Park in Alabama and placed 2nd with 4:18.

Eric likely became very busy flying for Delta all over the world. He started his career with them in 1991 and was still flying for them in 2017. Next time I fly Delta I'll check to see who is flying the plane.

As he traveled, Eric still consistently ran and competed in marathons all over. His times were consistently close to three hours. In 2012 he was on twitter and started to use it as a running log. In the various cities he had layovers in, he would run the streets, putting in 50-mile weeks consistently. His reading list included books about ultrarunning, so he had not forgotten his great, if not brief success in the sport. In 2017 he was age 55 and living in Marietta, Georgia. You can find Eric on Facebook.



Tom McGrath



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:52	1984	34	1984	1988	38	2016	66

Tom McGrath, a New York City bar/restaurant owner, was born in Northern Ireland. In his youth he played Gaelic football. He started running in 1969 at the age of 19, entered a few races, and won some. In 1971 he graduated from Queens University in Belfast, Ireland. He struggled a few months teaching kids in the dangerous, violent life in Belfast. In 1971 he decided to start a new life in the United States and moved to New York jumping between jobs to make ends meet. In 1974 he bought a bar in Queens from a friend.

In 1976 Tom attended the Olympic Games in Montreal, Canada and was greatly inspired by the competitions. An idea came into his mind: To run across America from New York to San Francisco. In August 1977, at the age of 27, he sold his pub, got married, and started out from Queens, New York to the cheers of many. His crew, including his new bride, drove along with him in an RV. Running through the Northeast was rough, especially when he was grazed by a truck. In West Virginia he had to contend with thousands of grasshoppers continually attaching themselves to his legs. In Iowa it rained ten inches in two hours. He ran 15-18 hours per day and was attacked by dogs the entire way. The desert across Utah and Nevada was lonely. He made it to California and after more than 3,000 miles crossed the Golden Gate Bridge setting a new record for running across American in nearly 53 days, beating the old record by about 12 hours, getting him in the *Guinness Book of World Records*. His record stood until 1980.



Tom arriving at San Francisco city hall with wife

Tom kissed his wife, accepted a can of beer from a friend, and poured it over his head in celebration. Asked how he felt, he replied, "I feel almost dead. It was much more severe than I had expected. The worst part was getting up to face each morning. I was tempted to quit every day. It became more of a mental battle than a physical one. The only thing that kept me going was the thought of my friend in New York and my family in Ireland."

During the early 1980's he got involved with gambling and suffered from alcoholism. In 1983 he went to watch a 6-day race held by the New York Road Runners. He went to watch them circling a 400-meter track. He wrote, "I got into it. Watching the runners, ego aside, I knew I was just as good as they were. I was in prime condition. Now, I had the bug to run this 6-day race in '84."

He trained hard and as many naïve runners did, set his sights on the World Record. He was devastated when he was refused entry into the selective race, but was invited to run in the 1984 TAC 100 Mile Championship at Shea Stadium. He vowed that he would prove doubters wrong and would win the race. At the start, he went out like a shot and led the race until about mile 60 when Cahit Yeter passed him. Lion Caldwell also caught up. Cahit had become "leg-weary and incoherent" and fell seven times. He didn't want to quit because he knew he was in the lead, but was finally convinced to withdraw from the race by the race director and carried off on a stretcher. Lion won the race in 13:56:26, Don Jewell was in second with 14:25:44, and Tom finished in a national-class time of 14:52:10 in third place. Only 21 of the 67 starters finished.

Swift Endurance Legends

Tom was allowed to run in the 6-day race just a month later. He set up his tent next to the legend Yiannis Kouros and they seemed to get along well. Stopping to go to the bathroom took too much time, so Tom's job was to "shield" Yiannis when he wanted to do it on the run, a common practice by most frontrunners in ultras, even today. Tom came up well short of his goals because of shin splits, but covered 326 miles. Yiannis won with 635 miles.

At the end of 1984, Tom ran in the historic Sri Chinmoy 24-hour race at Flushing Meadows on a one-mile paved loop. It was at this race were Yiannis Kouros set the World Record for both 100 miles (11:46:37) and 24 hours (177 miles). Tom finished 5th, with 130 miles. His 100-mile split was 16:16. In 1985 he finished 2nd at Prospect Park 12 Hour race in Brooklyn with 76 miles.

Later in 1985, Tom ran in the Haverford 48-hour race at Haverford College on a 1/7 mile track in a fieldhouse. Rows of storage bins were provided for the runners. The race started at 10:00 a.m. Ray Krolewicz blasted into the lead as usual followed by Tom. After two hours, Ray faded and Tom took the lead for four hours, but then a world-class runner from France took the lead for good. Tom closed the gap when the Frenchman took a rest after twelve hours, but never fully caught up. Tom soon faded on the second day and finished with 124 miles. A couple months later he ran a 12-hour race in Prospect Park, in Brooklyn. He finished in 2nd place with 76 miles.

In 1987 Tom ran in a Sri Chinmoy 5-day race and finished 3rd, with 357 miles. The race took place on a one-mile loop in Flushing Meadows near the Unisphere and the tennis center.



The 1,000 mile runners at the start. Tom center, #110

In 1988, at age 38, Tom ran in the Sri Chinmoy 1,000-mile race at Flushing Meadows. He ran to raise money for charity. Again he was constantly lapped by Yiannis Kouros over and over again. After six days Tom had covered 385 miles, an improvement from four years earlier. Yiannis finished in just 10 days, 10 hours breaking Stu Mittleman's World Record. Tom finished 4th in just under 17 days. Seven others were cut or dropped out. That finish gave Tom a ranking of 19th in the world for 1000 miles.

Tom eventually gave up formal 100-mile and beyond races but turned his efforts to charity runs. In 1989 Tom organized a solo run around the reservoir in Central Park to run 1,000 miles for charity. He set up a mobile home by the track and a booth with electricity and a phone. The mayor came every day to watch for a while. Tom completed it and would go on to run four more solo 1,000-milers for charity. Everyday hundreds of people would come out to watch. He would run 16-18 hours per day.



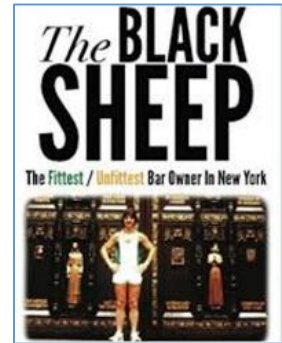
In 1991 Tom opened his bar, McGraths in New York City. In 1996 he was chosen as an Olympic torch bearer, a great honor. In 2011, he decided to do a six county run in Ireland, one of the very many charity runs he organized. The mayor of Belfast came out to the start. The run was 300 miles.



In about 2010 Tom got in a serious car accident while driving drunk. “When you wake up in the hospital and you don’t remember going there, that is really, really sad. The doctor told me – if you keep on going the way you are going, you will be dead within a week. It was a wake-up call for Tom.

In 2014 Tom ran a 6-hour Pajama Run in New York and in 2016 ran in the Delano Park 12-hour run in Alabama. He covered 45 miles. In 2014 he was the subject of a documentary film, *Lazarus Running*. In 2015 Tom ran the New York City Marathon for the first time and finished in 5:58 at the age of 65.

In 2016, Tom now age 66, co-authored a book about his life entitled, *The Black Sheep: The Fittest/Unfittest Bar Owner in New York*. He is the owner of the Black Sheep Bar in Midtown Manhattan. His book is available on Amazon.com.



Jim King



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:54	1984	27	1982	1987	30	2007	53

Jim King is a legendary Western States 100 Mile Endurance Run winner who also displayed his speed on roads.¹¹ When Jim King was in third grade, his father had him start running a half mile loop every day. When he was in eighth grade, he scoffed at the idea of running twelve miles in one workout. One of Jim’s friends growing up recalls going on backpack trips as explorer scouts with him around 1975. “We all would hike 20 miles, and be pretty much exhausted. Jim would put down his backpack, put on his running shoes, and head out for 2-3 hours. I always assumed it was what cross country runners did.”

He ran cross-country and track in high school, running a marathon after his first year. He wasn’t a star in high school, but kept up running on the cross-country team at Orange Coast College and UC Santa Barbara. Jim’s first ultra was the “Queen of Ultras,” London to Brighton, in England, which had been a premier distance race further than a marathon since the 1960s. In 1981 it was 53 miles and had 175 entrants. He placed 30th. Also in 1981, he won the Lake Tahoe 72-miler, a road race around Lake Tahoe. He beat elite road runner, Rae Clark. That was his first big win as a runner and it gave him confidence that he could be a great runner.

Jim set his sights on running Western States 100 and wanted to win. He turned down some good jobs in order to have time to train, and instead worked part time. Before the race he trained about five days a week, running 20-25 miles a day at 6:30 pace. He said, “Everyone told me you can’t win it if you are under 30 and you can’t win it your first time out. They say you can’t run the whole thing. Frankly I just didn’t buy it.” He trained on the course and knew what he could do.

Jim was ready to go and started Western States in 1982 with nearly 300 others. He led from the start and made it to Emigrant Pass in record time. “I chugged up there and crested the hill. It was just a neat feeling

¹¹ I’ve included Jim in the list because of his 14:54 finish at Western States 100 in 1984. However, it should be understood that the Western States course was significantly short of 100 miles until 1985. In 1984 when the course was officially measured, it was discovered to be about 93.5 miles.

coming over the top and looking out over the valley as it gently goes on and on and then drops off.” He was excited and told himself that he was going to win the whole thing. He later lost the trail and lost the lead, but eventually figured things out and then had to chase after the leader. When running through the valleys it was 100 degrees. With 20 miles to go he was suffering in the heat but he forced himself to continue running and not walk. When he entered the stadium at Auburn about 1,000 fans cheered his entrance. “They were going bananas.” He was surprised that they knew who he was. He crossed the line with a good kick to finish in 16:17 and then was surrounded by reporters and cameras. He finished more than an hour over the next runner.



Jim racing in Chicago

In 1983 Jim went to run the AMJA (American Medical Joggers Association) Ultra in Chicago which was a huge event in those early days. It was almost like an ultrarunner conference with seminars and a party the day before the race. At this year the hot topics included Western States 100, 6-day racing, and a transcontinental run planned for the following year. The race was on the Lake Michigan lakefront, with 5-mile out-and-back laps. Runners ran 50 miles and once there had a choice in continuing on for 100K. Jim went out fast, reaching 20 miles in a blistering 2:00. At about mile 42 he started weaving around and then passed out briefly from heat exhaustion. It looked bad but after taking in fluids he rebounded in the 84 degree heat. He finished the 50 in 5:19 and decided to stop, snagging the 50-mile win, and a free entry into Western States 100.

At 1983 Western States he ran an epic battle with Jim Howard and Jim (King) came in second, just one minute behind in 16:08. But 1984 was his year alone. He took the lead right away and was up to Emigrant Pass in just 38 minutes. Skip Hamilton caught up for a while. “It was much like bicycle racing when you have a break away. A couple riders in front can help each other and keep the distance from the following group.” But Jim eventually pulled away and finished with a record win of 14:54 that shattered the course record. For the shorter course, that record stood for 28 years and still is the 4th fastest time ever at Western States. Jim wrote about his finish, “I couldn’t help but smile for this was the end of a very long journey. Not just 100 miles, but three years of effort, prayer, and planning. I crossed the finish line with a leap, letting out my exuberance. I called for my crew and we ran a victory lap.” (UR 12/84) Jim also won in 1985 on a 100.2-mile course with 16:02.



Jim King after record win at Western States

In 1984 Jim won a tough 50-mile trail race, the San Juan Trail 50 in California. It was held in November during a cold rain storm that caused several of the best runners to drop out along the way. The rain “turned sections of the trail composed of adobe dirt into toboggan slides.” Jim won in 6:34.

Jim had a short 100-mile career. His last 100 may have been Leadville 100 in 1987 when he finished 18th, in 23:40. In 1988 he again ran Western States 100 but was pulled about half way because he couldn’t stop throwing up. After that he disappeared from ultrarunning for about 12 years. Jim said his stomach problems increased in competition and eventually edged him out of the sport. He left to focus on family and other opportunities. He continued to train and enjoy the trails.

From age 48 he ran occasional 50Ks and 50-milers but no longer competitively. His last ultra race was in 2007. In 2013, he said he still ran six days a week for about an hour each day.

Chris Gibson

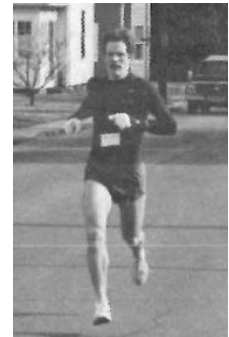


Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:54	1987	35	1987	2003	50	2012	60

Chris Gibson, a hotel fitness manager, of Pittsburgh Pennsylvania, played a little basketball and golf in high school but didn't start running until the age of 25 in 1978 when he wanted to get more fit. He worked up to running marathons and set his sights on running ultras. He said, "I realized that when I finished marathons I always felt like I could go father. I didn't feel the aches and pains everyone else had."

He competed at JFK 50 for the first time in 1984, finishing in 6:34, for 3rd place. Over the years he would finish that prestigious race 20 times, winning it four times. His best time was 6:16. He would duel with David Horton and Eric Clifton many of those years.

Chris ran his first 100-miler in 1987, at Flushing Meadows in Queens, New York. He went out hard and reached 50 miles in 6:15 building up a nice five-mile lead on Roy Pirrung by mile 70 in nine hours. But then he hit the "proverbial wall" and could see Roy chipping away at his lead because of the out-and-back course going in and out of Shea Stadium. At mile 90, Chris found his speed again but his lead was down to about a half mile. Roy pushed hard and went ahead with less than two laps to go. Chris finished with an outstanding time of 14:54, just three minutes behind Roy. Roy did an extra lap to honor his grandmother who turned 101 year old that year. Chris wrote, "That was the first of several head-to-head battles against Roy and he was a true champion every time we competed. This was my first 100-miler so I think I put too much in the bank with my 6:15 50-mile split. It was also the first time I competed against the legend Stu Mittleman. It was different running ultras in the 1980's. There were really great competitors who were genuinely competitive and supported one another."



In 1988, Chris had one of the best races of his life running a 12-hour race at Prospect Park, in Brooklyn New York, doing loops around the lake. He won with 88 miles, with great splits during the final miles of the race. That gave him confidence that he was capable of running very good 100-mile times.



In 1988 Chris ran won a small "del Passatore" 100K race held in Washington D.C that gave him an all-expense paid trip in 1989 to go run a historic race in Italy, the 100K del Passatore, in Florence, Italy, on roads. This race was massive, packed with more than 900 runners. Hundreds would walk for more than 15 hours. The race was established in 1973 by the "Union of Italian worker hikers." The race started in Florence and traveled through many towns and was on a slow hilly course. Don Ritchie won in 1979 and 1980. Chris did fantastic, finishing in 7:52 for 5th place. Ed Ayres from New York also ran that year. Chris returned to

Italy and ran again in 1990 and improved his time to 7:49, for 15th place, the first American finisher. There were 940 finishers that year, the last one crossing the finish line in 20 hours.

Also in 1989 he tried his first and only trail 100 at Western States 100. He finished 26th, in 21:19. He was named "ultrarunner of the year" twice by the New York Road Runners Club in 1987 and 1988.

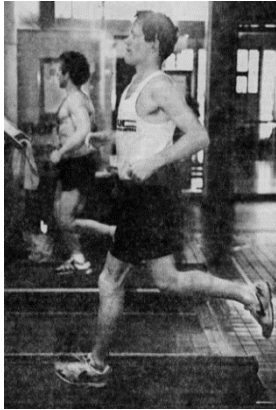
When asked what he thinks about during his ultras, Chris replied, "The inhibitions of my mind start being released and then I'm able to transcend the limitation of what I put on my brain in day-to-day living

Swift Endurance Legends

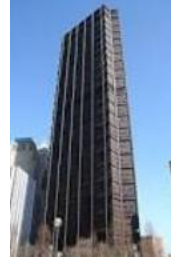
and I go into a more creative state. I'm obsessed with numbers. I'm constantly giving myself feedback. It takes my mind off what I'm doing and before I know it, I'm at the next mile."

Chris competed in the 100K championships multiple times and ran in the 1990 World 100K Championship at Edmund Fitzgerald 100K in Duluth, MN. It has been called "The Greatest Road 100K in History." He finished it in 16th, with 7:28 in a field with world-class international runners.

In 1991 Chris ran in the Groundhog Fall 50 Mile race, appropriately in Punxsutawney, Pennsylvania with a large field of 159 starters. The trail was fast and dry for a change, the groundhog probably saw its shadow that year. Chris ran a solid race, coming in first and missed David Horton's course record by only 22 seconds.



Chris started to do massive treadmill runs for charity to raise money for the Cystic Fibrosis Foundation. In 1991 he ran for 24 hours and covered an incomprehensible 137.5 miles. In 1997 Chris ran 100K again on a treadmill to again raise money for charity. He hit 50 miles in 5:40 and was shooting for 7:15, but ran out of gas and finished in 7:28, matching his road 100K PR. Another time he ran a marathon on the treadmill on top of the 66-story US Steel Tower in Pittsburgh, with great views.



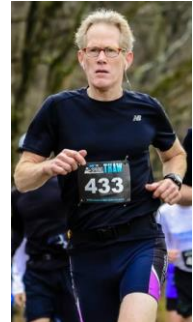
In 1995, a news article in the Pittsburgh Post-Gazette featured Chris. It mentioned that Chris had recently run a 2:52 marathon on a treadmill in the hotel fitness center where he worked. As he ran, he watched the traffic down below outside the window. Chris said, "It's just a character builder."

Chris ran in the 1995 100K National Championship in Sacramento, CA. As he trained for this race he ran weekly mileage close to 100 miles, but took a day off each week. He said, "I feel strongly about quality, not quantity. I have too much respect for my body to ever push it to the point of pain." Chris also competed in indoor rowing events. He would often run eleven miles to or from work.

Chris was the race director for GNC races held in Pittsburgh, PA for many years since 1988. It started with a 50-mile race and he added a 100K race in 1997. For several years the USA 100K National Championship was held at GNC. The course consisted of a rolling five-mile loop around North Park Lake.

He ran at Olander Park 24-hour race several times from 2000-2003 and reached 100 miles around 16 hours each time. His last 100-miler was there in 2003. He then concentrated on the shorter distances.

In 2017 Chris and resides in Pittsburgh, Pennsylvania and still runs. He has run 113 ultras lifetime.



Chris in 2017

Gary Krosch



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:54	1983	33	1981	1986	37	1989	41

Gary Krosch, of St. Louis Missouri, started running marathons in 1977 at the age of 28. He said, “The first time I ran a longer distance race, I ran it basically out of curiosity. I discovered as do a lot of people who go these distances. That it is an interesting thing to deal with psychologically. There’s a certain amount of satisfaction when you finish.”

A friend suggested to Gary to try a 50-mile race. Gary’s initial reaction was, “This is crazy. Nobody can do that.” In 1980 he ran his first ultra at age 30. He was a member of the St. Louis Track Club. Elite runner Kevin Eagleton was also a member of that team. In 1981 Gary ran the Boston Marathon with a time of 2:56.

In October of that year he and his team went to run the AMJA (American Medical Joggers Association) Ultras in Chicago along the Lake Michigan lakefront. Gary and his team competed at this large competition for many years. In 1980 he ran his very first ultra, 50-miler, and finished in an amazing 6:29. The following year he returned and his team won the team competition out of many talented ultrarunning teams. Gary improved his time in the 50 getting close to 6 hours. In 1984 Gary placed 9th in the 50 with 5:52. In 1986 he won his age group. In 1987 he placed 2nd in 6:11. His team again won the team title that year. That was the eighth year the team competed and their fifth title.

Gary’s first time running 100 miles came in 1981 when he ran solo in a 24-hour relay in St. Louis on a quarter-mile track. The event was rain shortened, but he reached 100 miles and went further than half of the relay teams. In 1982 he went west with two friends to take on Western States 100. He recalled, “We had no idea what we were getting into with mountain trail running and there is no equivalent training experience available in Missouri. There was deep snow on the ground when we got to Emigrant Pass, so we knew we were in for a long day. I was featured in the race film, falling off a rock and into the water while making the first river crossing, looking really dumb and getting a few laughs at the post-race activities.” He finished in 27:44. That was his first and only trail 100 of his career. “Realizing that I was out of my element on the trails, I went back to the AMJA in 1982 and then did some other 50k, 60k, 50-mile races.”

Gary normally trained about 70-90 miles per week. In 1983 at the age of 34, he decided he was ready to run the TAC 100 Mile Championship at Shea Stadium in Queens, New York. During the weeks leading up to the 100-miler, he boosted his weekly mileage to 120-140 miles. He said, “The training is a discipline in itself. You really have to stick with it and push yourself just to be prepared to do this sort of thing without doing damage to yourself.” Gary recalled this memorable and historic 100-mile race at Shea Stadium. “Ted Corbitt was the race starter, Fred Lebow was officiating, ESPN (a fledgling network at the time) filmed the race including a feature on Stu Mittleman before the start. It was a very hot and humid night. The nice folks from Sri Chinmoy counted laps and provided encouragement. Noisy aircraft overhead took off and landed at LaGuardia airport as we ran. This was my first time showering in a Major League Baseball team locker room. It was a surreal experience running through the night in and out of the near empty Shea Stadium. I ran much of that race with my good friend, Kevin Eagleton.” Gary did very well in the race, finishing in 14:53 for 5th place. Some of the fastest 100-milers of the decade finished ahead of him Ray Scannell, Nick Marshall, Tom Chiaro, and Don Jewell. Donna Hudson set a new woman’s World Record at this race.

Gary also ran the rain-soaked Knickerbocker 60K that year and came in 5th, with 4:22, again behind some ultrarunning greats, Stu Mittleman, Ray Scannell, and Tom Chiaro.

In 1983 Gary talked about ultrarunning, “Racing isn’t the thing that I like most about running. I enjoy the training and the health aspect of it, the general physical fitness. I find that ultramarathons are real challenges, from a discipline and patience point of view. They’re a true test of your physical and mental stamina. You have to concentrate on the task at hand rather than letting your mind wander to where you think about how nice it would be to stop right now. Once you do that, it’s difficult to come back.” Gary believed that most highly trained marathoners would excel at ultras if they only tried them. “There’s really nothing magical about 26 miles. Now, we go on training runs of 30 or 35 miles all the time. The distance isn’t the issue; it’s how hard you want to do it.”



In 1986, Gary at age 38, competed in the RRCA (Road Runners Club of America) 60K National Championship at his home training ground in Forest Park, St. Louis, Missouri and came away the champion, running it in 4:21. That year had been a challenge due to injuries and his training had fallen to 2,500 miles that year. Be it was enough to win. He said, “We don’t do this to get trophies; you do this for the personal satisfaction.” Gary no longer tried to run 100s, put he continued to run several 50s each year. He focused mainly on the 50-mile race toward the end of the year in Chicago. His definition for ultramarathons was this: “A 50K is essentially an entry-level ultrarace. A 60K is when you cross the threshold into ultradistances. The mid-30-mile range is when things begin to fall apart for a marathoner.”

Gary had been working for May Department Stores Company heading up a division. In 1986 he formed his own company and purchased from his former company’s twelve Colonel Day’s stores in the St. Louis, Missouri area. He soon opened a new store that specialized in Levi jeans and continued to expand his stores in the years to come, specializing in Levis. By 1996 he had 41 stores in Missouri, Illinois and Michigan. At its peak there were 55 stores.



In 1983, Gary was elected president of the St. Louis Track Club which put on races each year including the St. Louis Marathon. He would serve as president for two years. One of his big challenges was to improve the marathon. He worked to get major sponsorships, in order to offer prize money to attract more elite marathoners.



During 1987-88 Gary ran several marathons, all around three-hours, and he placed second in the 1988 Metropolitan 50, in Central Park. In 1989 he ran his last 100-miler in a 24-hour race. By 1990 Gary had retired from running ultras at the age of 41 but he continued to run marathons, although in 1993 he and 4 friends completed a rim to rim to rim double crossing of the Grand Canyon.

Gary continued to expand his community service in 1986 when he was elected on a board to raise over \$100 million to restore Forest Park in St. Louis where he ran all the time. He was also appointed to chairman of the St. Louis’ Economic Development Advisory Committee and later in 2007 was appointed to the board of trustees at Fontbonne University, where he eventually became chairman. In the mid 1980’s he also served as a board member of the St. Louis Chamber of Commerce.

After moving to St. Louis in 1980, Gary became one of the leaders of the 6:20 Club, a dedicated group of runners who meet to run in Forest Park each morning at 6:20AM for a fast training run. For 37 years

Gary and his wife Patty have hosted the 6:20 Club running group Christmas party at their home.

In 1999 Gary sold his Colonel Day's stores and retired. Three years later he was struck by a car and badly injured while riding with his bicycle racing friends. This accident essentially ended Gary's days as a distance runner. After over a year of recovery he decided to return to work. Gary became a Financial Advisor at Merrill Lynch and then moved to become a Senior Vice President of U.S. Trust/Bank of America where he has worked since 2006.



In 2007 Gary received a lifetime achievement award from the St. Louis Track Club. He has finished 104 marathons, including 29 ultra-marathon races. In 2014 he retired from running but still stays in shape in St. Louis by cycling 150-160 miles per week. In 2017 Gary was 69 and living Clayton, Missouri.

Gard Leighton



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:56	1985	50	1985	1995	60	2007	73

Gard Leighton, an insurance agent from Napa California, started to run long distance races later in life, at age 44. In 1980, Gard started to help out with the Napa Valley Marathon and would be involved with this race for three decades. For many years he was in charge of traffic control. This marathon was once voted as the best rural race in America

In 1982 Gard probably ran his first marathon, the Napa Valley Marathon, with a time of 2:57. He would improve that time a couple years later to 2:51. But Gard's true love was the ultras and mostly trail ultras. He ran his first ultra that year, the Jed Smith 50 in Sacramento and finished 16th with an outstanding time of 6:45. He would return in 1985 and set his lifetime 50-mile PR of 6:13, good for 7th place. He clearly loved the 50-mile distance and running American River 50, with nine finishes.

Gard achieved his running fame at Western States 100. He ran for the first time there in 1983, finishing in 28th with 20:58. He would be a fixture at Western States nearly every year. His tenth and last finish was in 1995, when he was age 60 and finished in 23:30. His best time was 18:49 in 1984 and he nearly always finished in the top-20. His ten sub-24-hour finishes earned him the gold belt buckle. He was the oldest person to ever win it.

Gard would consistently finish 3-5 ultras every year. In 1984 he ran the Lake Tahoe 72-mile race, running all the way around the beautiful lake on paved roads. He finished in hot weather with 10:58, not far behind Western States 100 legend, Tim Twietmeyer.

Swift Endurance Legends



Redwood Empire 24

In 1985, Gard tested his speed in a 24-hour run on a track, the Redwood Empire 24 in Santa Rosa, California. He finished in 2nd place, with 103 miles. His 100-mile split was an elite time of 14:56 which was an American Record for age 50 and over, breaking Ted Corbitt's record of 15:22 set 12 years earlier. He continued on to finish in second with 130 miles.

With that success, Gard returned in 1986. That year the Wall Street Journal included a front page article covering the race with a general negative tone. But to the runners it was an amazing event. Michael Witwer in *Ultrarunning* described, "There were times when the scene around the position board and lap counters tables resembled the training floor at the New York Stock Exchange, so intense were the excitement and the activity levels." (UR/5/86, 10) Gard, at age 51, reached 50 miles in 6:59 and 100 miles in 15:39 for a 100-mile American age record. He finished 2nd, with 136 miles. When he returned a third time to in 1987, he was a pre-race favorite. But the weather was very hot and he experienced dizziness and disorientation during the night and had to sit out for a while. He said "that was a first for me." But he did get running again and finished with 97 miles.

Gard ran in a point-to-point stage road race in 1985, Carson City to Sacramento with a distance of 166 miles. They started on the capitol steps in Carson City and then ran on back roads for four days in stages to the California capitol. Gard finished in 2nd place with a total run time over the four days of 24:40.

In 1989 at the age of 55, Gard still had elite speed on the flats. He ran the Bay Area Ultrarunners 24 Hour Track Run and covered 131 miles, to set an American 55-59 year old age-group record. His 100-mile split time was 16:05 which also set an American 55-59 age-group record for the 100 miles that was not broken until 2016 by Jay Aldous.

In 1990 Gard didn't race because of an injury with a long recovery. He was back in April of 1991, and ran the California 50 Mile Endurance Run on trails and fire roads. At the age of 56, he battled the youngsters and finished in 7th place. No one else over 50 placed in the top 50.

Age records continued to fall. In 1991 Gard ran a 12-hour race in his hometown of Hayward, California and covered an amazing 81 miles. That set an American 55-59 age-group record for 12 hours.

Despite his elite fitness for his age, in 1992 at the age of 58, Gard suffered from blocked arteries and underwent angioplasty to clear the blockage. He was back running ultras a year later and finished his tenth and last Western States 100 in 1995. In 2004 Gard had quintuple bypass heart surgery, but he was back running ultras in 2005 again setting age-group records at the age of 70.



Gard running Western States in 1993

In 2006, Gard started doing a reduced role at the Napa Valley Marathon but still was on their board. He said, "After 26 years I'm just getting tired of it frankly. For me, it's just a lot of work for about two months prior to it." He wanted to do other things like snow skiing. He had two stents placed in arteries that year.

Gard's last ultra was in 2007, Skyline 50K. He finished it in 6:13 when he was 73 years old. Lifetime, Gard had finished about 200 ultras. He holds national age-group and course records for the 70-and-over division. At age 72 he finished a marathon in 5:07 and of course won his age group. In 2017 Gard was 83 years old, still living in Napa, California.

Roger Welch

100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
14:57	1991	49	1991	1999	56	2012	70

Roger Welch, from Marshfield Massachusetts, was a founding member of the Marshfield Road Runners in the early 1970s. He ran mostly marathons through his running career, but in 1976-1978 he won the New England 50-mile championship each year in Cambridge, Massachusetts. In 1978 at the age of 35, he went to run at Lake Waramaug in Connecticut. He was an unknown and competed with some good competition. He reached the 50-mile mark in 5:51 and went to run the full 100K and surprised everyone by winning in 7:25. He had national-class ultra speed.



Marshfield Road Runners in the 70s

Roger did not continue to compete in the premier ultra races at that time, and stayed running locally in marathons and shorter road races. In 1982 he finished Cape Cod Marathon in 1982 with a time of 2:54. Also that year he ran in the Nifty Fifty in Coventry, Rhode Island on a 5.3-mile loop with two aid stations. Roger finished in fourth.

In May 1983 Roger ran a 50K race and 50-mile race on consecutive days as strength training for a June 100-miler. He ran very well in the races both days including a 6:12 50-miles at Lake Waramaug. His 100-miler didn't go as well a month later.

In 1984 Roger won the Sri Chinmoy 12-hour in Arlington, Massachusetts, running 73 miles. He made his mark when in 1991 he ran in the Sri Chinmoy 24-hour race in Flushing Meadows. He reached 100 miles in 14:47 and went on to win the event that year with 138 miles. He clearly had elite speed for 100 miles, but evidently went mostly back to run shorter races. Roger could crank out marathons, finishing several hundred over the years.

Starting in 1997 at the age of 55, he could still run marathons below 3:30, and he again started to compete in ultras. He branched out to run trails now and then. That year he ran the Bay Circuit Trail 50 in Rowley, Massachusetts and finished 11th, in 8:17.

In 1999 he ran 100 miles again at Vermont 100 and finished with a solid time of 21:42 for 16th place, first in his age group. Kevin Setnes won the race that year followed by Joe Hildebrand. Roger returned to run the Vermont 50 or 50K for the next several years and did well. In 2003 at the age of 60 he returned to Lake Waramaug and ran an impressive 4:32 in the 50K.

In 2012 at the age of 70, he ran a 12-hour run and covered 51 miles which was likely his last ultra. He reached the marathon mark in 5:09. In 2017 he was 75 years old and living in Duxbury, Massachusetts.

Ann Trason



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
13:47	1991	30	1988	2015	55	2015	55

Ann Trason is currently from Auburn, CA (lives at mile 99 of the Western States course). Ann is considered the greatest woman ultrarunner ever, on roads, tracks, and trails. When she was eleven years old, she ran a sub-6 minute mile at school and was encouraged by her dad to run. In high school she was a top runner. At age 17 she was 6th in the nation in the 10K. She was selected to attend an Olympic training camp. For one run during the camp, they ran 4.5 miles on the Western States 100 course. She wrote, “I almost died, but I remember thinking that it was the most awesome thing I’d ever done. It was such a beautiful and magnificent run, and to think that it was just the first 4.5 miles of a 100-mile race! I was definitely impressed and intimidated.” Unfortunately she lost the opportunity to compete in college due to a knee injury.

When she was 20, in 1981, she attempted her first ultra and ran American River 50. It did not go well and she didn’t finish because she lacked the experience and knowledge how to fuel and finish. She thought ultra-distances wasn’t for her. But she learned and developed experience on trails. Four years later in 1985, when she was 24, she again ran American River 50 and this time won and set the women’s course record. She returned and lowered it two years later, lowered the record again to 6:23 (a 50-mile World Record at that time), and eventually ran it in 6:09, a course record that still stands in 2016.



In 1987 Ann attempted Western States 100 on the trails she was very familiar with, but didn’t finish due to a knee issue. She again ran in 1998 but dropped because of dehydration problems. She thought she was through with the mountain 100s but a friend talked her into trying the Leadville 100.

Ann ran and finished her first 100 at 1988, Leadville 100. From 1988 until her first retirement in 2004, she finished 27 100-miles and she came away as the woman’s winner in every 100 she finished. During the 80’s and 90’s she had 21 100-mile wins. That is more 100-mile wins during those early decades than anyone, man or woman in their divisions. She was so dominant.

Ann would finish Leadville four times. Her famed performance was in 1994 when she came in second overall. In the book “Born To Run” it is believed that her portrayal during that race was inaccurate. She was focused on finishing in under 18:00 hours, not focused on beating others. Once she realized she would miss that goal, it was upsetting. She finished in 18:06 which is still a course record in 2016.

In 1987 a 100K World Championship race was established by the IAU. At the last minute Ann decided to take a break from the trails and see what she could do competing with the world’s best in Santander, Spain in 1988, with 389 runners. Eleanor Adams, the best in the world over 100 miles, took the early lead among the women. No one knew anything about the young American following behind. By the marathon mark, which Ann ran in 3:03, she had reeled in the three leaders ahead and then went ahead over hills and in the wind passing dozens of men. One British veteran runner said, “When she went by me I thought to myself, that’s the most beautiful stride I’ve ever seen. Why, I’d believe in God again if I could run like that.” (UR 12/88 8) Ann won the gold with a time of 7:30.



As with other elite ultrarunners of that time she continued to compete in road 100Ks. In 1989 she ran in the 100K National Championship at Edmund Fitzgerald 100K at Duluth, Minnesota and set an American road 100K record of 7:33. Along the way she clocked a 5:54 time for 50 miles, a World Record. The next year, 1990, she ran in the “Greatest 100K Road Race in History” when the World championships were held at the Edmund Fitzgerald 100K in Duluth, Minnesota. The race was packed with many of the fastest ultrarunners in the world but was run in poor weather. She finished 26th overall and won the silver medal with a time of 8:06.



Ann running Western States in 1994

In 1989 Ann finally had success at Western States 100 and finished in 18:47. Over the years she continued to run her favorite 100-miler, finishing 14 times, winning every time. Her 1989 win got large attention because she was the first woman to ever finish in the top-ten overall. Her 1994 course record time of 17:37 stood until 2012. She finished in the top-10 overall 13 times. She said, “Trying to explain why I have such a love for Western States is like trying to explain why one loves their spouse. It’s a matter of the heart. I feel at home on the Western States trail. I have developed a special relationship with the event.”

Ann has always been shy about the attention and praise for her accomplishments, but it is important to understand them as part of the history of ultrarunning. She once said, “I was just doing what I love to do. I don’t like to be the center of attention. We’re all out there trying to finish Western States—it never felt like I was better than anybody else.”

Starting in 1989, Ann tested her speed on tracks to see how fast she could run in a very controlled environment. She set a world 100-mile record of 14:29 at Redwood Empire in Santa Rosa, California. She also set a World Record of 85 miles in 12 hours. One observer wrote, “This marvelous athlete spun around the track, maintaining what could be described as a ‘furious’ pace if her form weren’t so perfectly graceful.”

In 1989 Ann ran a road 24-hour race for the first time, the TAC 24-Hour National Championship, at Flushing Meadows in Queens, New York, running a one-mile loop. It rained many times throughout the race. Her 50-mile split was 6:19, lowering her own World Record. She overtook the leading man at that point. She reached 100 miles at 13:55, lowering her 100-mile World Record. For the remaining four hours, she slowed to 4.3 miles per hour and did quite a bit of walking, but she reached 143 miles in 24 hours, an American Record. She was the overall winner, the first and only time a woman has won the 24-hour championship outright.



Ann running at Flushing Meadows

The press made a big deal out of the fact that Ann beat all the men. It was a motivator for her. She said, “Real macho men don’t like to be beaten by a woman. If there is anything that will especially bring out my competitiveness it’s men suggesting I shouldn’t be running with them.” About 100-mile races, Ann said, “I want to keep doing the 100-mile trail runs. I enjoy them a lot. They fit my personality more than road or track runs. After about 30 miles in a trail 100 you hardly see anyone, and I like the feeling of running alone in the wilderness.” (UR 11/99 28)

In 1990 Ann married elite runner Carl Andersen.



Ann and Carl meeting Ted Corbitt during her 100-mile world record race.

Ann went back to New York to run in the 1991 Sri Chinmoy 100-mle race at Flushing Meadows. She was determined to run a great race and did. She reached 50 miles in 5:58, trailing the leading man by about two miles. The weather was warm and muggy and Ann fought periods of nausea. Her pace dropped to ten-minute miles. Around that time, her husband Carl Andersen learned that legendary Ted Corbitt was standing quietly on the sidelines. Ann had always wanted to meet him. Knowing that it would help Ann and perk up, on her next loop he had her come over to meet one of her idols. Ann was thrilled and after meeting Ted ran much faster. Ann won the race and set multiple World Records, 90 miles in 12 hours, 100 miles in 13:37, and 143 miles in 24 hours.

In 1995 Ann was on the USA 100K Team that ran at the World 100K Championship in The Netherlands. The course was on roads, doing ten 10K laps. She took the early lead of 1:21 on the first lap and kept extending it each lap. Her estimated 50-mile split was 5:32, just eight minutes below her own World Record. She finished 1st, in 7:00, earning her the gold medal and setting a World Record. The top three US women as a team also won the team gold medal, outperforming 22 men's teams. Ann was thrilled with the win, but her heart still belonged to the trails and she said, "My ten trail 100 wins are more important to me. This was not fun. Western States is fun." (UR 11/1995 7)



In 1996 and 1997 she again received world recognition when she went to run Comrades 90K in South Africa, the historic race that had been run since 1921. Hundreds of thousands of people cheered each year along the course. Ann was sponsored by Nike and was told she couldn't run with her Nike shirt. It became an issue and she almost didn't run, but things got worked out with the race director and she received permission to race in her shirt. She won the race both years with times of 6:13 and 5:58. Her 6:13 was an uphill course record for ten years. Her victory in 1997 was surprising because she was still trying to get back into shape since surgery at the beginning of the year on her ruptured hamstring. During her 1997 race, stomach problems hit but she hung in there and ran hard to the finish. In one of the races she was behind the leading woman by two miles. Race staff kept telling her that she was two minutes behind. Finally she was tired of hearing "two minutes," really pushed hard for the last 15K, and ended beating the next woman by two minutes. Eventually she stopped racing internationally because there were so many athletes in those races who were doping, making it very unfair.

In 1998 she was back on the trails big-time. She took on the "Grand Slam" of ultrarunning, the four 100-mile races, Western States, Vermont, Leadville, and Wasatch Front. She won every one of those races and had a cumulative record female time of 79:23. She threw in Arkansas Traveler 100 a month later for good measure. In 2016 she still held the female record for the Grand Slam and only five men had faster cumulative times. After the race in Arkansas she had ankle surgery and was on the sidelines for more than a year.

From 2000-2004 she kept racing various 100-milers and winning them all. But soon after her husband Carl needed to retire from running because of injury, in solidarity to him, Ann also left the sport abruptly in 2004 to join Carl in ultra-distance cycling. Ann said, "I've always been an all-or-nothing kind of person. Carl quit running, so did I."

Ann discovered that she had an undiagnosed ACL tear and had been running on it painfully for the past ten years so she took care of that and stayed out of the spotlight.

Swift Endurance Legends

From 2004 to 2014, Ann rode in at least ten 200-mile ultra-distance cycling races. For example in 2009 Ann and Carl raced in the White Mountain Double and finished together in 14:13. She was the first woman finisher. The course went all the way around the White Mountain range in California. Eventually Ann and Carl divorced but they still worked together as race directors, giving back to the sport they loved.

In 2013, Ann surprised many when she returned to ultrarunning and ran a few 100s again. She was now 55 years old. It was no longer about racing and winning, it was about enjoying running and the mountains. She ran and finished the IMTUF 100 in Idaho, finishing in 33:34. That race is indeed tough. She also ran the Flagstaff to Grand Canyon 100 in Arizona. In 2014 she went back to her early roots and ran a fixed-time race, Race for the Ages and covered 115 miles. Finally she ran the 2015 Javelina Jundred 100K. That has been the only race I've shared the course with her. After that she again had knee problems with the same ACL.

In 2017 she did online coaching. She enjoyed motivating and helping others. Ann said once, "I'm asked, what made me a good ultrarunner? I'm a good problems solver. Where you are out there for 100 miles things are going to pop up all over the place. If you can't problem solve, you are done. I love to problem solve. There was never a 100 that there was something that I had to deal with. . . . There is a lot of 'P's in ultrarunning. Positive, Planning, Preparing, Pacing, and Problem Solving."

Ann was no longer running much. She was online for much of the day coaching while she walked on the treadmill. At times she was coaching 40 people online. She did spin class at times. "I get more out of helping people and experiencing their journeys." She still had goals to travel the world and experience the mountains.

Ann learned so much about herself and life by running 100 miles. "I've always just looked at 100 miles as life in a day. You have all the trials and tribulations of a life in one day." Some people have doubts about their abilities to run ultras. She said, "Don't let anyone else say you can't do something. The worst thing in life is not to try. I'd rather have failure than to not have tried at all." She tells people to not make a DNF into a "Did Not Learn."

In 2018 Ann was 57 and still living in Auburn, California. She wasn't able to run anymore but returned to ultrarunning by hiking and in January ran in a 24-hour race in Auburn and reached 70 miles. She was thrilled and registered for other fixed-time races for 2018.

Sue Ellen Trapp



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:05	1990	44	1989	2002	56	2011	64

Sue Ellen Trapp became one of the greatest 24-hour and 48-hour women runners ever. But in 1971, at age 25, she was a new mom just finishing dental school and decided to take up running to get into shape for tennis. Her first race was Bay to Breakers 12K. She said, "I thought I'd just try it and it was awful." But she continued and traveled with her husband to run various short races. She ran her first marathon in 1975, a 4:04 but gained speed quickly, winning her first marathon later that year with 3:19. She continued to win and lowered her time to 3:04.

Sue Ellen ran her first ultra in 1980, a road 100K in Miami and thought she had beaten the American Record, but Lydi Pallares of Miami won the race two minutes ahead of her. She said, "I remember, my shirt was soaking wet and everyone said to just keep running, but stopped change it. That was the race that

hooked me.” She then made the usual ultra pilgrimage to the 100K capital of the country at that time, Lake Waramaug 100K, in Connecticut. This time she grabbed the American Record for the 100K in 8:43. She had emerged as the top female ultrarunner in the country.

Sue Ellen ran a 24-hour race for the first time on a track at the 1980 Miami’s Tropical Park’s Grandstand Stadium and she discovered that she had world-class ability for that type of race. Marcy Schwam was the world record holder with 113 miles, but Marcy, still recovering from a serious Achilles injury only ran 11 miles. Sue Ellen reached 71 miles during the first 12 hours, reached 100-mile in 17:45, broke the world record in just over 21 hours, and went on to shatter it, winning with 123 miles. She was the overall winner. After that race she held the world records for 50-miles and 24-hours. She said, “I was hoping for the record, but I had no idea what would happen. This is as far as I ever want to go though, I can’t see going past 24 hours mentally.” The press were amused that she ate Big Macs during her race.

For training Sue Ellen logged miles by running home from work each evening about ten miles carrying with her a cassette tape deck for music. Also that year in 1981, Sue Ellen was the overall winner of a 100K in Miami and lowered the American Record to 8:05, beating all the men in the race too. A month later she tried to compete in a 24-hour race in Miami and was leading at 50K but withdrew at mile 43.

At the peak of her ultrarunning career, she retired. She ran a few half marathons now and then during 1982-83, but concentrated on her family and career. She disliked the limelight. One can only wonder what ultrarunning achievements she could have accomplished if she had continued.

In 1986, now masters age of 40, she started running short races and winning in masters and then ran marathons again. After her five-year ultra retirement, she was back briefly when she ran the 100K in Tallahassee and won with a 9:02. It was another two years before she fully get back into the ultra driving seat. She really changed things up, taking things to the trail ultras for the first time. She ran the 1989 Leadville 100 and finished 5th with a time of 25:19. She returned to Leadville in 1991, finished in 2nd, and got the big sub-24-hour belt buckle. But after that she left the trail 100s behind for good.

A month later in 1989 she again returned to one of her great strengths, the 24-hour race. She went to New York to run the Sri Chinmoy 24 at Flushing Meadows. At this race she would race against young Ann Trason for the first time. During Sue Ellen’s running retirement, Ann Trason had taken over the ultrarunning women’s world, snatching away many of the records Sue Ellen used to have. Ann now held the 100K World Record that was nearly an hour faster than Sue Ellen’s record eight years earlier. Sue Ellen ran a steady race, always in 2nd place to Ann and reached 100 miles in 16:04. She then went further and finished with an outstanding 136 miles, shattering the American Record at the age of 43. But Ann Trason went further, 143 miles and was the overall winner.

That accomplishment sent Sue Ellen to compete at the 1990 24-hour World Championships at Milton Keynes, England, on an 890-meter loop in a mall with a slick marble surface. This was when Don Ritchie of Scotland set a world indoor record of 166 miles. Things didn’t go well for Sue Ellen, she stopped after only 49 miles.



Sue Ellen Trapp running the 24 at Flushing Meadows in 1989



Sue Ellen Trapp, winner at 1990 Sri Chinmoy 100

A couple months later, in 1990, Sue Ellen was back in New York to run the Sri Chinmoy 100 at Flushing Meadows Park on a one-mile loop. It would be one of her finest races of her life. She ran nearly all of the race with her friend Sid Christie, also a dentist, who was using the race to train for Western States 100. They established a steady pace race strategy. At mile 40, Sue Ellen developed blisters but pushed on. At mile 66 they went in the lead, passing Frank DeLeo. A couple miles later, at dusk, a couple of people walking in the park were oblivious that there was a race going on and ran into Sid and Sue. Sid ran on ahead but was usually no more than by a half lap ahead. Near the end Sue Ellen's neck was very sore, forcing her at times to run with eyes pointed to the sky. She said, "It felt like I had whiplash." Sid joked, "I thought she'd fall over backwards." He was the overall winner and Sue Ellen finished two minutes later with 15:05 as the women's winner. She set an American Masters record. That was her lifetime 100-mile PR. Sue said, "I just loved the one-mile course and the

people. I felt great."

Sue Ellen was back on the 100K road in 1991 and won at Jed Smith 100K in Sacramento, California with an 8:38. That put her on the USA 100K team and she started to compete internationally each year at the World Championships. Also that year she won the TAC 24 Hour Championship in Oregon, traveling 136 miles on the 400-meter track. She set American age-group records along the way for all the ultra distances. She had a rare win over Ann Trason who stopped at mile 84 due to stomach problems.

In 1992 she even put aside her dental practice to train and then went to Spain. At the World Championship, she was the third American to finish. She said it was "a fantastic experience." She would continue to compete at Worlds in Belgium in 1993 where her team won the bronze medal, and in 1994 in Japan. In Belgium at age 47 she ran the second best time of her life, 8:17.



Sue and Roy Pirrung champs of 24 hours in Oregon



Sue Ellen returned to the 24-hour course in 1993 at Olander Park 24 in Sylvania, Ohio. At age 47, she broke Ann Trason's American Record and ran 145 miles for the overall win. Sue Ellen now held American Records for both track and road 24-hours. In the years to come she ran at Olander another seven times, coming away with five wins. For almost a decade she dominated in 24-hours.

Sue Ellen once said she would never race beyond 24 hours, but near the end of 1993 she competed for the first time in a 48-hour race at Gibson Ranch in Sacramento on a one-mile loop. She set an American Record with 223 miles, shattering the old record by 16 miles. She vowed that she would never run another 48-hour race.

Because of this record-breaking year, Sue Ellen made it on the cover of Ultrarunning Magazine and was named ultrarunner for 1993.

In 1996 Sue Ellen continued her 48-hour career by running at the World Championship in Surgeres, France on a 300-meter track. Yiannis Kouros was the overall winner with 294 miles, but Sue Ellen won among the women, raising her American Record to 225 miles. She missed the World Record by only two miles. She never took sleep breaks and only stopped to rest twice, once she put up her sore feet for 25 minutes, and another time for 15 minutes. She said that in 48 hours "you go through a lot more periods of death and recovery than you do in any other race." Sue Ellen had the reputation of rarely walking in a race.



In 1997 at age 51, Sue wanted the 48-hour World Record bad. She trained about 130 miles per week leading up to the race of her life. She arrived again at Surgeres, France, ready and determined. Yiannis Kouros again was the overall winner with 262 miles and Roy Pirrung place second with 243 miles, but Sue Ellen placed third overall with a stunning 234 miles claiming World Record the World Record by about seven miles. She would hold that record until 2006. After the race she said, “I feel just exhilarated. Each race has its own personality.” She celebrated by vacationing in Paris but was pretty sick for a while. She would run one more 48-hour race in 2001, at age 55, again in France, and covered 206 miles.

In 1999 Sue Ellen tore an ACL when her dog ran into her. She had that repaired and came back to run one more time at Surgeres, France and covered 206 miles in 48 hours. Her last 24-hour race win came at Ultracentric in 2002 with 133 miles. Her 100-mile split at the age of 56 was an outstanding 17:31, an American age record. Then her ultrarunning career started to wind down. She came back briefly in 2005-06 but no longer had the speed she once had.

In 2005 she was inducted into the USATF Masters Hall of Fame and in 2009 she was inducted into the American Ultrarunning Association’s Hall of Fame.

In about 2009 she underwent spinal-fusion surgery. She ran her last ultra in 2011 at the age of 64 and covered 65 miles in 24 hours. In 2014 at age 67 she still ran about six miles a day but needed another knee surgery.

In 2017 Sue Ellen was 71 and living in Fork Myers, Florida. You can find Sue Ellen on Facebook



Sandra Kiddy



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:12	1985	49	1983	1985	49	1992	55

When Sandra Kiddy of California was in her 30’s, in 1970, she and her husband started to jog to lose weight, running about two miles a day. She had never been very athletic in her youth. After moving to Palm Springs in 1974 she started running with a more serious group of runners. Eventually her group got her interested in road racing. Her first race was in 1976 at the age of 40. She ran a couple short races, but quickly tackled the marathon because the shorter races seemed like a sprint.

Sandra (called Sandy by her friends) started running multiple marathons a year. Her first win came in 1977 when she won the Orange County Marathon in 2:58, a new course record. Not only was she winning marathons, but her competitive nature was also in the cards. Her name was in the paper multiple times doing well in Bridge tournaments.

Sandra at age 42 burst on the scene of ultras when she ran in the Southern Pacific AAU 50K at Camarillo, California in 1979. She did well, very well, in fact fantastic! She won and set an American Record of 3:37, beating the current record by three minutes.

Throughout her ultra career, Sandra continued to race marathons. She said, “After I began running farther than the marathon, I would use races for speed work. I have done



Sandra Kiddy in 1979

speed work on the track, but I preferred races where refreshments were available and the excitement of the race made me work harder.”

In 1981 Sandra received a shocking telegram from TAC. (TAC later became USA Track & Field) She was informed that she was suspended indefinitely from TAC sanctioned events, including international competition because she competed a marathon that wasn't a TAC sanctioned event and received prize money. She reacted, “I think the suspension is asinine. What is a 45-year old woman going to do? I am not going to compete in the Olympics. What is the point of the suspension?” She didn't back down. She charged the TAC for sexual discrimination for not providing her the same support and aid to defend her titles as they did for male runners. At the time it was common knowledge the elite marathon runners were being paid to participate. This just illustrated the frustration women athletes had at that time fighting to be treated fairly in a male-dominated sport.



Sandra ran on and eventually the suspension was lifted. In 1982 she ran what was probably her marathon best time of 2:53 at San Francisco Marathon. But she also was running 50s. She won the Yakima Valley 50 in Washington with 6:15, coming just three minutes short of Sue Ellen Trapp's American Record. But her time was a world masters record. Sandra, Sue Ellen, and Marcy Schwam kept taking turns with various records although they weren't racing head to head. Sandra eventually brought her 50-mile time down to 6:09.

Now that she had tackled the 50Ks and 50-mile races with dominance, it was time to turn to the 100K which was the ultra distance recognized internationally. She said, “If you consider yourself an ultramarathon runner, you can't really do that unless you run a 100K race.” At AJMA Ultras, she dominated again and won with a time of 7:59:59. She was only the fourth woman in history to break 8:00 in the 100K. She had bad stomach issues during the race that lingered for another three weeks. She vowed to not race that distance again.



Sandra and husband Fred during Germany race

Next up, she wanted to tackle the 100-miler. Why? “Because I knew I could go more slowly.” Her longest training run up to this point had been 26 miles. So in 1983, she went to a special women's invitational World Cup 100 Mile event in Germany with 22 runners. The race started at midnight. She battled with tough competition including Monika Kuno of West Germany, who led for the first 50 miles. At mile 40 Sandra decided she wasn't going to worry about who was leading, that so much could happen in that next 60 miles. At the 100K mark, Sandra had a 21-second lead. It was close through mile 94, but Sandra pulled away for the win with a time of 15:40:50, claiming the 100-mile World Record beating Marcy Schwam's best by three minutes. (Donna Hudson broke the record a few months later in 1983). Sandra said she didn't concentrate on getting

the record until near the end. “It was a race right up to the last 10K lap. It wasn't until then that Fred felt sure I could win and we focused on the record. We knew I would be able to bring it in strongly and I did.” (Marshall, 1983 *Ultradistance Summary*, 11).

At the end of 1983 Sandra ran in the Tallahassee Ultradistance Classic and set a world masters record in the 50K of 3:32 on a flat 9-lap lasso-shaped course. She hit the marathon mark in less than three hours. Not only was Sandra fast, but her husband Fred was too. Fred ran it in 3:16 at the age of 49.

After she finished that 100-miler in 1983, Sandra said that she wanted to try 100 miles again, feeling confident that she could drop her time by an hour. But she went back to the more speedy 100Ks. Her dominance in the 100K continued in 1984. She was the outright winner at Edmund Fitzgerald 100K with a time of 7:49, just two minutes short of Marcy Schwam's World Record. She was put on the USA 100K team and was able to compete in the 100K in Belgium and later in Spain.

In 1984 Sandra ran in the Wolfpack 50-Mile race at Columbus, Ohio, and road course with four-mile loops. She said, "The course itself was fairly difficult for me, thanks to a short, steep hill which was only a 15-20-foot rise, but which we had to go over 24 times. It took a toll on my legs." But at age 47 she set a Masters World Record of 6:09.

Also in 1984 Sandra ran the Edmund Fitzgerald 100K at Duluth, Minnesota. She said, "It was the perfect race for me. I soundly smashed 8 hours. The weather was cool and the course was rolling. None of the hills were so steep as to slow a runner's pace sharply, and the down sides were gentle enough that you didn't go out of control or have to break your stride. It was the first ultra in which I didn't have any mental or physical depression, the kind of race every runner hopes for." As she approached the finish, the lone runner ahead of her, Harry Sloan was struggling mightily. Sandra explained, "After more than 62 miles, I passed the leader when he was in agony with less than 50 yards to go. The finish line was on top of a short, rather steep hill and he ran out of gas right at the crest. I went by him with about 30 yard left." She was the overall winner with 7:49:16, a world masters record and the fastest women's 100K ever run on American soil at that time." (Marshall, 1984 Ultradistance Summary, 62).

Early in 1985 Sandra was sick for four weeks and didn't run as well as she hoped for several months including a 100K race in Holland and London to Brighton. She became sick again but set her sights on doing well at the end of the years.



In December, at Tallahassee, an elite 100-mile event was added in 1985 along with the 50-mile and 100K distances on a 3.5-mile loop in a park. A small field of five runners were entered in the 100, including Sandra. Her hope was to "break some sort of record." By 100K, three of the runners had dropped out and it was just Sandra and Ray Krolewicz remaining, with Ray about four miles ahead. Sandra ran an excellent paced race and finished in 15:12:54, taking back her American Record for the 100. She missed the world record by only five minutes.

Sandra tested her speed at a popular trail race, the 1986 Ice Age 50 in Wisconsin, and won. In 1986 both Sandra and Fred won the Palm Springs Marathon. By 1989 they moved to Bishop, California.

Sandra was named "Ultrarunner of the Year" twice, for 1986 and 1987. Reflecting on her running accomplishments she said, "Most aspects of my life have been fairly average, but in ultramarathoning I've found something I can really do well." In her early 50s, she struggled with a persistent hamstring injury and backed off her racing. In 1990 at age 53, she had the honor of running in "The Greatest 100K Road Race in History," at the World 100K Championship held in the United States at Duluth, Minnesota. She ran in 9:23, finishing in 13th.

For her last hurrah running ultras, she went out in style by being the oldest athlete to ever be on a USA national team. She competed in the 1992 World 100K Championship in Spain and at age 55 ran 8:42 setting a world age-group record.

In 2004 Sandra was inducted into the American Ultrarunning Hall of Fame, the first woman to get that honor. In 2005 at 68, Sandra estimated that she had run about 75 ultras and finished them all, with no DNFs. She no longer raced but still ran about 65 miles each week. Sadly, her husband and running partner for years, Fred Kiddy passed away in 2006.



Running in Spain

In 2012, Sandra was winning playing Bridge in Reading, Pennsylvania. In 2017 Sandra was 80 years old.

Donna Hudson



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:31	1983	35	1983	1987	40	1987	40

Donna Hudson, a waitress from New York, made a huge splash in 1978 at the age of 31 as she started to run in various road races around her town north of New York City. She won nearly every one of them. The newspaper reports included phrases like “she made shambles of the field.”

Donna grew up in West Nyack, New York with her nine siblings and graduated from a Catholic high school in 1965 where she didn’t participate in any sports. Donna had always wanted to be a runner in high school. She wanted to be an Olympic champion. She was fast, enjoyed running, and would beat the boys in the neighborhood. But there was no girls track team. She never had a chance. She moved to Manhattan in 1968 and eventually became a runner. She began running in 1977 at the age of 30. She explained, “I had just quit smoking and gained 10 pounds.” Diets weren’t working, so she ran. On her first 1.5 mile run she felt like “hot stuff.” About two months later she ran a four-mile race in Central Park with 800 others and finished mid-pack. She met one runner there who had just set an American Record for 50 miles. That got Donna’s attention and determination to get stronger and faster.

Donna joined the Millrose Athletic Team in 1978 and finished 78th in the New York Marathon. Soon she started winning every race she entered.

In 1980 at the age of 33, she went to Queens, New York, at Forest Park, to try her hand racing 40 miles. She came away with the win and would win there four other years. It appeared that no one could beat this talented, fast endurance runner. She next competed at the US National 50K in Carmel, New York and again won. In those early years women were getting very little attention in ultrarunning, but Donna was paving the way. She must have received a lot of attention when next, still in 1980, she went to run the “Queen of ultras,” the famed London to Brighton 54-mile race in England, considered to be the “world championship” of ultrarunning in the 1970s.

Leslie Watson of Scotland was the favorite, but for the first half of the race she had to desperately chase this unknown American, Donna. At the 50-mile mark Donna’s split time was under seven hours, the fourth fastest American women’s 50-mile time. Leslie Watson won, but Donna hung on for second place and established herself as a world-class ultrarunner.

She returned home and continued to win every ultra she finished. In 1982 at the age of 35 she ran in her first fixed-time race, Crocheron Park 12-hour race and won it with 75 miles.



Donna Hudson finishes her world record run in Shea Stadium

Then she really made her mark. She went to Queens, New York, and ran in the 1983 US National 100 Mile Championship at Shea Stadium. Eight-five runners started at home plate and ran a one-mile loop around the warning track, and then out into the parking lot and back. The loud speaker system echoed throughout the stadium. "It was an immense setting."

Donna was nervous before the start because she felt under-trained and this was her first 100-miler. "I was so nervous because I thought I would do bad, because of back pains. Plus I was going against two of the best ultramarathon runners in the world (Marcy Schwam and Sue Medaglia) and I was afraid. I couldn't sleep and had to force myself to eat." Her goal was to finish in under 18 hours. The 16-hour barrier had only been broken by three women and some believed Marcy Schwam would break the world record at this event.

The race with 84 runners began at 6:30 p.m. when legend Ted Corbitt rang the bell. Donna ran well and was surprised at mile 12 that she was in the lead among the women, still having doubts that she could even finish. She was pressed by her teammate, Sue Medaglia, the entire way, swapping the lead a few times. Marcy Schwam dropped out early. Donna reached 50 miles in 7:26 and came away with the women's win in 15:31:57, a new World Record breaking Sandra Kiddy's recent record by nearly nine minutes. Sue Medaglia also finished under 16 hours with 15:55.



This was her reaction to her win, "I still can't believe it. Running 100 miles never really appealed to me. It scared me. It was just my day. I felt good until the last five miles, then I was really hurting. I never thought I'd wind up with a World Record. Running is a challenge and a way of testing my limits. It will take about a week or two before I feel normal again but I really don't care. Today is the highlight of my career."

For her win, she received an entry into the 1984 New York 6-Day Race. The race was held at Downing Stadium, Randall's Island on a 400-meter track. The best in the world were there including Yiannis Kouros of Greece. The race started at noon with 30 runners. Jim Shapiro, the historian of ultrarunning was in Donna's crew. The race favorite was Eleanor Adams from England. The previous year, Eleanor had won Spartathlon. Eleanor took control from the start. Donna tried to hang close but after two days, was 48 miles behind but had many blisters and tendinitis in her feet. Over the six days, she only slept 10 hours.

After 4.5 days Donna's body broke down. She couldn't lift her leg and she had a swollen ankle. "That was my most depressing moment. Every footfall was agony. My race was falling apart in front of my eyes. I broke down and cried right there." But she decided to continue and set a goal to reach 400 miles. At 392 miles her feet hurt terribly. "Every toe had at least two blisters." Eleanor finished with a World Record 462 miles. Donna finished 3rd, with 414 miles. Yiannis Kouros broke the long-standing World Record with 635 miles. Donna was discouraged afterward but reflected, "Ninety percent of the battle is mental and I can handle that. It's just that my body wasn't ready. But you learn from the experience."

Donna wanted redemption and turned her sights to Australia, the multi-day race capital in the world at that time. She went to a 6-day race in Colac Stadium and set an American Record with 481 miles, but again came in second to Eleanor Adams who won with 501 miles.



Donna raising her 3rd place trophy



Donna then accepted an offer to return to Australia in 1985 to run what was called “The World’s Toughest Ultra,” a 596 mile race from Sydney to Melbourne, a race that usually had an 80% drop rate. Crews and support cars were provided. They ran through windy and hot conditions. By about day seven Donna was gaining on Eleanor but then was forced to walk due to knee pain. “We ran on the left side of the road the whole way and the slope of the roads were sharp. My left hip hurt and made it painful to stride.”

Yiannis Kouros ran in the race. Melbourne has the largest Greek population of any city outside of Greece and when he neared the finish the city shut down as 30,000 Greeks flooded the streets to cheer their hero. He beat the course record, running it in a little over five days. Donna placed eighth overall and Eleanor Adams beat her again by about ten hours. It took Donna about 8.5 days. Donna was rewarded with \$5,000 of prize money and to help with expenses. The following year she ran the race again, improving her time by about four hours again coming in second behind Adams. She returned a third year, was led off the course by mistake five kilometers, but finished. She improved on her best time by a few hours, but was beaten by the best again, Eleanor Adams.

In 1986 Donna returned to Australia, again competing in the 6-day race. She was on world-record pace for the first three days, but then had a muscle tear in her shin, requiring her to quit. In 1987, which would be her last career 6-day and ultra, she was determined to raise her own American Record and wanted to shoot for the World Record of 502 miles held by Adams. Donna included race-walking training in her workout sessions. “I do a lot of walking in multi-day races. I can get a lot more mileage race-walking near the end than I can by stop-and-go running with walking.” For her career-capping race, Donna set an American Record of 487.9 miles, again placing second to Adams. Her American Record stood for many years until broken by Pam Reed in 2009 with 490 miles. With that, Donna retired from ultrarunning at the age of 40 after a short, but very impactful, ultrarunning career. She was one of the greatest multi-day runners in American ultrarunning history.

Probably tired of her waitress jobs, Donna next attended Dominican College in Orangeburg, New York and made the Dean’s list each semester in 1990. She graduated in 1991.

In 2013 Donna’s high school made her a member of their Hall of Fame and in 2014 she was inducted in the American Ultrarunning Hall of Fame. In 2017, Donna, age 69, was living in Milford, PA. She is on Facebook.



Marcy Schwam



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:44	1980	27	1979	1986	33	2013	60

Marcy Schwam was a physical fitness teacher from New York, who played on the professional tennis circuit for a while in the 1970s. She started running in the mid 70’s but said that a bad knee “prevented me from running the shorter races. I knew I’d never be fast, so I all I could do was try to increase my distances.”

The year after the Boston Marathon opened their race to women, Marcy entered and ran in 1973. She was one of 12 women to run. She ran the New York City marathon in 1976, finishing in 3:47 and kept running marathons for several years and improving. Her best marathon time was 2:48. She ran 12 marathons in 1977.

Marcy soon stepped up to running a 50Ks and won the 1977 National AAU 50K in Central Park with an impressive 4:20. Clearly she had talent for the ultra distances. She said that she enjoyed the training needed for ultras. When she ran Boston Marathon again in 1978 she met some people who were going west to run and she joined up with them. She first ran the Pikes Peak Marathon and then went to Lake Tahoe to run in the 72-mile road race all the way around the Lake. She was the first woman to finish in 12:01. She said, "That's really where it all started in terms of becoming competitive within the ultra community."

That same year she participated in a unique race, the Empire State Building Run-up. She was the first woman up the 1,575 stairs, in 15:16 and said the upward run "was a challenge. I wanted to do it because it was there to do." She explained, "My calves hurt a little bit. You need good thighs and you have to pick up your legs much higher. But it wasn't as hard as I thought it would be."



In 1979, San Francisco postman Don Choi, brought the 24-hour and 48 hour race to Woodside, California. Not many women had yet attempted a 24-hour race and Marcy was interested in going after the World Record. She set the record by running 113 miles. However the following year rival Sue Ellen Trapp improved the record by running 123 miles in Miami. Marcy was there too, but had to drop out because of an injury.

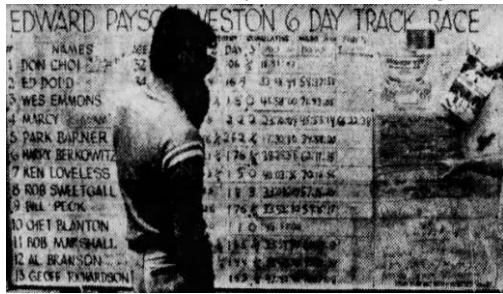
In 1980 she ran in the Sri Chinmoy 24-hour race at Greenwich, Connecticut on a track and set three World Records during her run for 50-miles (6:43), 100K (8:46), and 100 miles (15:44). Marcy broke the 100-mile record set by Natalie Cullimore in California, clear back in 1971. After reaching that mark, she took it easy and only walked 11 more miles for the rest of the race. Because ultrarunning was still relatively new for women, the various American and World Records would ping-pong back and forth between herself and rivals Sue Ellen Trapp and Sandra Kiddy.



Marcy setting 3 world records

In 1981 Marcy went to Spain and took the 100K American Record back from Sue Ellen Trapp, running 7:47:28, and became the first American woman to crack eight hours which she considered as one of her finest accomplishments. She finished third overall (with the men) in this premier 100K international race. It was described as a "landmark performance for the ages." At that time only France's Chantal Langlance had ever gone faster in 100K. Marcy described the rural venue in Spain, "It was interesting because you'd go up into these hills along the course into villages where the people don't even have electricity. There'd be kids sitting on the stoops of their barns with no shoes on and they'd have a list of the competitors and when they saw your number they'd yell out your name. Because I was the only woman, it was like there was this major, major thing going on. These little kids would run into the house and bring their parents out to see the woman who was running 100K. Because people were so spread out, they had two guys on bicycles singling Spanish music as we'd roll around the countryside." (Marshall, 1981 *Ultradistance Summary*, 37).

In 1980 the 6-day race was brought back from the past with a race put together in Pennsauken, New



WESTON 6 DAY TRACK RACE		
NAME	AGE	TIME
1. DON CHOI	52	106:5
2. ED DODD	41	106:9
3. WES EMMONS	41	106:9
4. MARCY	30	106:9
5. PARK BARNER	30	106:9
6. NICK BERNOWITZ	30	106:9
7. KEN LOVELESS	30	106:9
8. ROB SHRETTGALL	30	106:9
9. PAUL PECK	30	106:9
10. JET BLANTON	30	106:9
11. ROB MARSHALL	30	106:9
12. AL BRANSON	30	106:9
13. GREG TYNARDSON	30	106:9

The 6-day leader board

Jersey by Ed Dodd, the Weston 6-day. Marcy ran the race in 1981, the first American woman to compete in a 6-day race. The cinder track was poorly maintained and Marcy battled Achilles pain in humid weather, but she led the race overall for the first 70 miles and stuck to her strategy each day to rest from midnight to 4 a.m. At 48-hours she broke her own World Record with 158 miles. She averaged running 18 hours per day. During the night she would hallucinate and see things coming out of the puddles. She finished the race with 384 miles, establishing the American women's record. Park

Barner won the race with 430 miles.

In 1982, Marcy cut back on her usual heavy ultra race schedule to concentrate training for the AMJA Championships in Chicago. She had a goal to be the first female to ever break six hours for 50 miles. Nick Marshall observed that Marcy was cool and confident a couple days before the race. "Her whole attitude was an upbeat one of being well-prepared and very much in command of the situation." She believed that even if she "fouled up" and didn't make it at this race, she would get it at another. On race day, with 273 starters, Marcy "attacked the lakefront circuit from the gun." Her PR up to that point was 6:13 and the world record was held by Leslie Watson at 6:02. Marcy tore up the first 25 miles in 2:45. As she was running, they sent a guy out on a bicycle to keep everyone out of her way. By mile 30 she slowed and she had to walk for briefly before mile 40. She refused to let her goal slip away. With three miles to go, she kicked up the pace and finish with a 5:59:26 world record. She said, "Being the first female to break six hours for 50 miles is probably the thing I'm most proud of."



Marcy running in Chicago

In 1983, Marcy, now living in Massachusetts, was inducted in the Indiana University of Pennsylvania Athletic Hall of Fame recognized for both her tennis achievements and ultrarunning dominance. In July of 1984 she competed in the 6-day track race held at Downing Stadium, New York. It was very competitive with international competition. Marcy finished with more than 400 miles, in 5th place. Finishing ahead of her were Donna Hudson, and Sue Medaglia.

Marcy, age 30 in 1984, suffered a stress fracture in her foot during a 48-hour race in the fieldhouse of Haverford College in Pennsylvania. She walked for a long time but finally dropped out. Eight months later she ran the famed Spartathlon, 153 miles from Athens to Sparta. She ran much of the race with two other women from the US. One of the runners said, "Marcy kept our spirits up with stories and encouragement of all kinds" They ran in the back of the pack, the last to finish, but they still made all the cutoffs with a time of 34:15. Ray Krolewicz also ran that year finishing in 33:52.

In 1985 she was back on the Haverford indoor track and succeeded this time, running 187 miles in 48 hours. Also that year she ventured out on the trails and ran Western States 100, something her rivals never did. She finished in 25:12. That was Marcy's last time racing over 100 miles.

Swift Endurance Legends

She left ultrarunning after 1988 but was back in 1999 at the age of 46 to run Vermont 50 which she ran for several years with a best time of 9:15. From 2010 to 2013 she was a regular at Pisgah Mountain Trail 50K in nearby New Hampshire.

Marcy was inducted into the American Ultrarunner Association Hall of Fame in 2005, recognizing her pioneer efforts for women in ultrarunning. She had knee surgery but was determined to not let that slow her down. She had taken up snowshoeing races which she continued doing that in 2016, at age 63. You can find Marcy on Facebook. In 2017 she was 64 and lived in Marblehead, Massachusetts.



Randi (Bromka) Young



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:45	1992	40	1987	1992	40	2016	64

Randi (Bromka) Young was a waitress from Aspen, Colorado, who embraced trail 100s. She took up running in 1984 at the age of 32 to kick a 1 ½-pack-a-day cigarette habit. Every time the urge struck, she would go for a run. She kept increasing her mileage and said, “I embraced it. It became my way of living and breathing.”

Over the next three years, Randi ran six marathons and then thought the next normal step was to run nearby Leadville 100. In 1987 she trained for it and ran a 50-mile road race in Vail, Colorado where she was the overall winner. A veteran Leadville runner cautioned her, telling her that she really shouldn’t try Leadville for several more years. But she felt confident and believed she was ready. That year it rained nearly the entire time during the race. The trails were like creeks, but Randi did very well and won with 24:12. In the early years, few women entered and finished. That year six women finished. She would continue to have good success at Leadville, finishing three more years. Her best time was 21:55 in 1990 when she finished second to Ann Trason.



Randi at 1989 Ice Age 50 with Brian Purcell and Roy Pirrung

With that Leadville win, she quickly was offered a sponsorship allowing her to compete in many races. In 1988 she continued to win on the trails, this time at Ice Age 50 at Kettle Moraine State Forest in Wisconsin. She returned the next year and won again. The spring beauty and smells were amazing to her. She said, “The honeysuckle, wild lilac and prairie crab apple are busting with bloom. You almost have to wave your hand in your face to get rid of the perfume and get a clean breath in some places.” She returned in 1989 and won again with a course record, 7:31. Brian Purcell won overall with Roy Pirrung in second.

Swift Endurance Legends

In 1989, Randi took her running talents east and ran the famed JFK 50. She finished 2nd, just 22 seconds behind the winner. She also ran 3.85 paved loops in Scottsdale Arizona for 50 miles and broke seven hours, with a very speedy 6:51 for the win, second overall. She also ran in Western States 100 that year and finished in 3rd with 21:11. She also ran the 1989 Megan's Run 24-hour race in Portland, Oregon on a track and covered 133 miles. Along the way she reached 100 miles in 16:47 and set an American Record for 200K.



Start of race, Randi on left

With her success on roads and tracks, in 1990, Randi traveled to England to run at the World 24 Hour Championships in a shopping mall at Milton Keynes. She was able to run with some of the best 24-hour runners in the entire world, including Don Ritchie and Eleanor Adams. Don Ritchie won with an astonishing 166 miles. Some of the best from the US were also there including Roy Pirrung, who finished 3rd, with 154 miles and Sue Ellen Trapp. Randi reached 113 miles for women's 7th place. Randi recalled, "The marble floors weren't very easy on the legs, especially since I trained on trails all of the time. The temperatures in the mall fluctuated so much that people were perspiring on the hot side and getting badly chilled on the other side. It was the only indoor race I ever did, and I got hypothermic! But what a field of international superstars! I was in awe."

During the summer of 1990, Randi took on Badwater, but ended up dropping out of that difficult, hot race across Death Valley. She next was able to run in the World 100K Championship at Edmund Fitzgerald, in Duluth, Minnesota, "The Greatest 100K Race in History." In the highly competitive race, she did well, finishing in 6th, 43rd overall with a time of 8:40.



Winners Randi and Rae Clark at Megan's Run

Randi ran in the 1990 TAC National Championship 24 Hour run in Portland on a track at Megan's Run again. She took control of the race among the women and never looked back, contending with some of the best male 24-hour runners in the country. She reached 100-miles in 16:44 and won the race with 132.5 miles. Randi was thrilled by the entire experience and the win.

In 1991 Randi traveled to Australia and ran the Sydney to Melbourne ultramarathon, 596 miles.

Randi loved the snow in the winter and to run and ski in winter endurance races. She competed in the Beargrease Snowshoe Marathon in 1992, the only woman daring enough to race, and she finished in 4:05.

In 1992 Randi ran in the TAC 24 Hour Championship at Gibson Ranch 24 in Sacramento on a 1-mile loop. From the start it was evident that Randi was on a mission, not only to win, but to establish a new US masters record. She took the early lead among the women and stayed close to the leading men. Her 12-hour split was 80 miles and her 100-mile time was 15:45 which was her life-time best time for 100 miles. It was also the fastest women's 100-mile time in the U.S. that year. She battled with Tom Possert for second place overall and just missed it by a couple miles. She



reached 138.29 miles (her lifetime best) and broke Sue Ellen Trapp's US masters record. She set an age-group record for 12-hours and 24-hours that stood for many years.

In 1993 Randi ran in the Rocky Mountain 50, Laramie to Cheyenne, Wyoming and was the overall winner with 7:03. She had previously set the course record of 6:42.

A year later at age 42, Randi hung up her running shoes for 18 years. She kept active doing other things like skiing. As she was approaching 60, she wanted to run a marathon on her 60th birthday. She did and then started running ultras again including various 50Ks and a 50-miler in 2015 at the age of 62.

Randi was asked what she thought about roads vs. trails in 2016. "To me the trails are the reason to run that long, they enrich the experience so much." At age 64 she still lives in Colorado and sticks to running on trails.

Randi can be found on Facebook



Sue Medaglia



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:51	1983	48	1980	1984	49	1984	49

Sue (Suzuko) Medaglia of the Bronx, New York, was a secretary who became a masters runner sensation on the road races in New York. She appeared on the running scene in 1977 at the age of 42 when she won the JFK 50 with 8:19, a course record! She would go on to win JFK for five consecutive years. Her running background isn't known, but she burst on the New York running world with a blast. She was a member of the Milrose Athletic Association and a teammate of Donna Hudson.

In 1978 Sue was winning at a 50K in Vermont with a very fast time of 4:02, and again at JFK 50. She would win JFK 50 five consecutive years, lowering the course record three times, eventually to 7:41.

In 1980, Sue ran her first 100-miler at Old Dominion 100 in Virginia. Women running 100 miles was still an oddity that year. Only two women started the race, and Sue finished first with 22:08. That year she continued her dominance in ultras by winning Knickerbocker 60K in Central Park. She was also the only woman competitor to run at Lake Waramaug. At age 44 she became the sixth woman in world history to break nine hours, finishing 100K in 8:53.

Sue established herself as a world-class ultra-distance runner in 1981 when she ran a 24-hour race for the first time at Sri Chinmoy 24-hour race. 24-hour races had just started the last couple years in the U.S. There were 40 runners in the race at Greenwich Connecticut. Going into the race she was hampered by injury during the months leading up to the race, but she did put in one stretch of six 20-mile days leading up to the race. Sue ran almost continuously during the race. She reached the marathon mark in 4:13, 50K in 5:04, 50-mile in 8:22, 100K in 10:27, and 100 miles in 18:41. She became the first woman ever to break the 200K barrier in 24-hours and ran 126.42 miles in 24-hours. She snatched the 200K World Record away from Marcy Schwam and the 24-hour World Record away from Sue Ellen Trapp. Runner Dieter Dauberman commented, "She kept on trotting slowly and surely with short steps. She



never was in distress. Her feet were so low to the ground during the race it seemed she hardly picked up her legs. Excellent form. When it was over you would not have believed she'd run all day and night.” (Marshall, 1981 *Ultradistance Summary*, 38). At age 46 Sue said she hoped she could inspire other older women who might feel that such an age is too advanced for competitive running.



Legend together in 1982: Stu Mittleman, Sue Medaglia, Ted Corbitt, and Cahit Yeter

The following year, in 1982, she was back running the huge distances at the age of 47. First she ran in the USA 100 Mile Championship at Shea Stadium in Queens, New York. The race started at home plate, would run out on the warning track, and then out into the parking lot and back for a one-mile loop. There were 48 runners in the field but only 21 finished. Sue won among the women with 18:36.



Next, that same year, she ran the Sri Chinmoy 24-hour race at Flushing Meadows, in Queens. But the weather was cold, affecting all the runners. She had hoped to break her World Record from the previous year but hypothermia eventually struck her during the final two hours causing her to bundle up and walk. She was 1st among the women with 122 miles.

Sue tried again to break her 24-hour world record at 1982 Sri Chinmoy 24-hour at Greenwich, Connecticut. She was on record pace with 8:05 at 50 miles and 17:59 at 100 miles. But toward the 24th hour, she slowed significantly. She did break her record for 200K with 23:26:24 but fell short of her 24-hour world record by only 493 yards. That was certainly disappointing after all that effort.

She ran again ran the 100-mile race at Queens in 1983, back at Shea Stadium. Eight-five runners started. Sue ran her lifetime best for 100 miles, with 15:51. She came in second place to Donna Hudson. She also ran in the 1983 Sri Chinmoy 24-hour race at Jamaica, Queens, New York. Her 119.25 miles was the best performance by an American woman that year.

In 1984, a 6-day race run on a track in Downing Stadium in New York. Sue felt ready to give it a try. The woman's field was very competitive with the best multi-day runners in the world. On the 5th day about mile 350, Sue caught up and passed Marcy Schwam to move into 4th place. She stayed there, finishing 4th with 454, just three miles behind her teammate, Donna Hudson who finished in 3rd place. The winner was greatest woman multi-day runner in the world, Eleanor Adams from England who ran 462 miles.

After 1984, Sue disappeared from ultrarunning. She had a short but very dominant long-distance career. In 1998 at the age of 63 she was living in New Jersey crushing her age group in a series of short road races.

In 2017 Sue is 82 and believed to be living in Peoria, AZ.

Susan Olsen



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
15:45	1992	40	1987	1992	40	2016	64

During the 1990s, Susan Olsen, a manager at IBM, from Burnsville, Minnesota, became a fixed-time race specialist, running in dozens of 24-hour and 48-hour races. She was very consistent and nearly always went over 100 miles in 24-hours. Internationally, she was a force in the 48-hour race. She won at least 20 fixed-time races during her long running career.

Susan was racing by 1990, running marathons close to three hours. That year, she ran in the World 100K Championship that was held in the US at nearby Duluth, Minnesota. It was hailed as “The Greatest 100K Road Race in History” with many of the greatest ultrarunners in the world. This was the very first ultra she had ever run in. Susan finished in 9th place, with 8:56 in that huge competitive race. What a way to burst into ultras!

In 1991 Susan made the USA 100K team that went to the World Cup in Italy. She placed 16th with a time of 9:31. She was also on Team USA in 1992, 1998, and 1999. She was able to also compete in Spain, Japan, and France. Her times were under nine hours but each year the field become more competitive.

But soon Susan discovered that her strength was competing at distances of 100 and beyond. She first had an outstanding run at FANS 24 Hour in Minneapolis, where she won with 122 miles. Next, she ran in the TAC National Championship 24 hour race in Portland Oregon, on a 400-meter track. After Ann Trason dropped out at mile 85 due to stomach problems, Sue had the lead and reached 100 miles in a blazing 15:55. That was one of the top 100-mile times of the decade for women and her lifetime 100-mile PR. Still a rookie past 100-miles, she ran nervously and didn’t fight off Sue Ellen Trapp who passed her for the win. But Susan reached 134 miles. In 1992 she again ran the TAC USA 24 Hour Championship, this time at Gibson Ranch 24 in Sacramento, on a one-mile loop. She finished 2nd, with 123 miles. She admitted to not having one of her better days.

After those performance Susan received an invitation in 1993 to compete in France, at the most prominent international fixed-time race in the world at that time, the 48-hour race, at Surgeres. In 1985 a French runner, Jean-Gilles Boussiquet wished to establish a 48-hour record on the track of Surgeres in France. He got support from the community and friends who set up the event and finished with 207 miles. In 1986 eleven men and one woman ran in the first formal year of the race. Each year improvements were made and it soon became the premier 48-hour race in the world. Sue first went there in 1993 and would race there for a total of ten years from 1993-2010. Her best year was in 1994 when she set an American Record of 216 miles that is still one of the top 48-hour runs ever for an American woman.



1999 100K Team in France, Susan, Mark Godale, Brian Teason



Surgeres Track in 2016

Swift Endurance Legends



Olander Park

From 1993 to 2002, the USA 24-hour National Championships were held at Olander Park at Sylvania, Ohio, on a 1.1 mile loop. Susan went there once in 2002 and came back a National Champion. She covered 122 miles to get the win. Other top ultrarunners were there including John Geesler (won with 157 miles), Roy Pirrung, Eric Clifton, and Bob Emmons.

During the mid-1990s, Susan started racing each year at FANS 24-hour race in nearby Minneapolis, Minnesota, on a course that ran around a lake. (Over the years it moved to different lakes). This was her home town race and she dominated, winning it many times and placed in the top three nearly every time. She ran in it more than 20 times over the years.

In 1995 Susan was nearly nine months pregnant with her son John. She ran a marathon in four hours, and the next week completed 100K, 62 miles in the FANS 24-hour race with the permission of her doctor. The next day she gave birth to John. He was given the middle name of “Miles” as a joke. Ten years later at FANS 24 John Miles Olsen at the age of ten, ran 32 miles at the 2005 edition of the race. He said, “It’s fun. When you’re running, people are saying hi to you, things like that.”

In 2005, at the age of 48, Susan was on the USA 24-hour team that competed in Austria. She was running about 40 miles per week and also runs 6-7 marathons each year across the country as a pacer, sponsored by Clif Bars. Sue talked about these fixed-time races. “The hardest point of a 24-hour race comes at about the four-hour mark. I think that’s when I’ve burned up all my glycogen and start burning fat. It’s just a blah period. I know it will pass in about 20 minutes.”

In 2004 Susan graduated from Mankota State with a teaching degree. In 2016 at age 59 she still lives in Burnsville, Minnesota and was still running FANS 24 and marathons. You can find Susan on Facebook.

Natalie Cullimore

100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
16:11	1971	33	1971	1973	35	1973	35

In 1970 at age 34, Natalie Cullimore, of Mill Valley, California, ran her first race of any kind. A few months later she ran her first marathon in Belmont California and finished in 4:18. Two months after that she ran her first ultra, the National AAU Road 50 Miles Championship, in California. She finished first in 7:35. A reporter wrote, “The race became even more amazing when a gal, Natalie Cullimore, finished the whole route to wind up 18th and beat a lot of males in the process. These people who run 50-mile marathons are a funny breed. And they don’t get paid anything for it either. Well, to each his own.” Her winning ways continued running marathons in 1971. At Petaluma Marathon in California, she ran in a neck brace the whole way and won in 3:32. Two months later she ran her marathon PR of 3:18.

Then Natalie put her name into the history books when she ran in a 100-mile race in Rocklin California, the 1971 Camellia 100. Jose Cortez was the overall winner setting an American Record time of 12:54 on a course that was never officially certified. Natalie also set a woman’s 100-mile American Record with a time of 16:11. She would continue to run marathons, winning several more that year.

In 1973 Natalie ran the Pacific AAU 100 Mile Championship in Sacramento, California. There were only nine runners. She won in 18:09 and was the overall winner. The first man didn’t finish until four

hours later. Seven others dropped out. For several years her wins were pointed out in articles written about women outperforming men. That was her last known race.

In 1980 she married David Ross. In 2017 she is 80 years old and living in Clermont, Florida.

Christine Gibbons



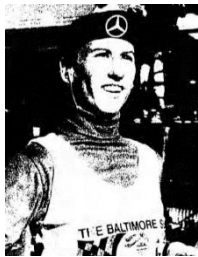
100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
16:41	1989	27	1987	2009	47	2014	52

Christine Gibbons, a massage therapist, from New Jersey, started running marathons around 1984 at the age of 22 with her husband Wayne, who would regularly race with her. Christine said, “We always run together.” Wayne added, “We have a deal that we keep up with each other.” They were truly inseparable in races, crossing the finish line together for more than two decades.

Wayne ran every day, seven days a week at least four miles per day. He had a long streak going of many years. One day in 1983, Wayne was running in a park in New Jersey when he literally bumped into Christine who was walking. They started dating and running together. Soon they married and later moved to Florida for a time while Christine was in college. Wayne was a chiropractor.



Christine and Wayne



Christine and Wayne ran many marathons together from 1984-1986. In 1984 she broke three minutes with a win at Atlantic City with 2:58. By 1985 Christine had finished her 20th marathon. They traveled all over. In 1985 she finished Boston in 3:06, and the next year improved to 2:55, finishing 28th. She was getting faster. She said, “I like to do marathons instead of long workouts.” She would always run with a portable radio, switching it from station to station, even during her races.

By 1986 they started to run ultras. One of the first was Tropical 50 Mile, the State Championships in Florida, on a 2-mile loop in a park. Christine ran it in 6:54 and won. Her speed in races started surpassing Wayne’s. He said, “She’s just terrific, and she leaves me in the dust. To be quite frank, she’s beating the crap out of me. I just can’t keep up with her.” In 1987, Christine was ready to tackle a 100 miler, and took on Leadville 100. In that early year, only six women finish, Christine in 4th with 28:30 with Wayne at her side.

Christine had qualified to run at the Olympic Marathon Trials, certainly a lifetime thrill. She ran at the trials in May, 1988 at Pittsburgh and finished with 2:53. The winner was Margaret Groos, with a record 2:29. Christine returned four years later and again ran in the Trials.

In 1988 at age 27, Christine returned to run Leadville and this time ran sub-24 with 23:25 for second place behind the new young ultra-sensation, Ann Trason who finished in 21:48. Christine ran there again the next year and finished again in 2nd, improving her time to 22:11. She was blazing the trail ahead for other women in trail 100s. She got a win at 1989 Vermont 100 with a blazing 17:42.



Start of the 1989 race. Legendary Ted Corbitt on far left.

But Christine's fastest 100 miles ever, came at the 1989 TAC 100 Mile Championship in New York at Flushing Meadows. Many of the fastest 100-milers in the country converged to run loops in the park. Again, Christine ran with Wayne. Her pace was steady, 50K 4:14, 50-miles: 7:28, and 100K: 9:39. She finished 1st, in 16:41. Rae Cark was the overall winner with 12:12.

Christine continued to pile up the marathons wins with times consistently below three hours including a 2:39 time at Las Vegas. Distinct from most of the other speedy women road runners of her time, she also established her elite ability running the trail 100s that were getting more attention. She came away with

wins at 1989, 1991, 2001 Vermont 100s. She also won at 1993 Leadville 100, when the Tarahumaras came and won. She placed 4th overall. At several points during the race she had led the entire field.

1996 Christine graduated from Tri-State College of Acupuncture in NY and teamed up with Wayne's Chiropractic practice.

Christine and Wayne started traveling internationally to run marathons, including places like Sweden and Peru on the Inca Trail. The wins continued. By 1999 they had run 100 marathons and 80 ultras

Christine's last 100 was probably in 1996 at the age of 40. She then started to run more 50ks and 50s with many wins. In 2002 at the age of 46 she won a half marathon in 1:26. In about 2008, Christine and Wayne divorced and she started going by Christine Daly, married to Timothy Daly. In 2009, at the age of 47, she placed second at Rocky Raccoon 100 with a very fast time of 19:14. That was likely her last 100-miler.



Christine's last ultra was likely in 2014, In 2017 she was 55 and living in Hackensack, New Jersey.

Ruth Anderson



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
16:50	1978	48	1978	1986	56	2002	72

Ruth Anderson, was a nuclear chemist from northern California. She started running in the early 1970s when in her 40s. She ran her first marathon in 1973, at Napa, California and finished 4th with 3:52. This started a 29-year career running marathons and she ran many. She quickly made her mark by breaking the woman's masters' marathon World Record by running a 3:29 in Phoenix. Then she kept lowering it and setting world age records. The following year she ran the National AAU Masters Marathon Championships in Portland and won it with 3:22. She followed that up by running Boston in 1975 for the first time with 3:25. Her times quickly improved with a 3:10 at Livermore. Eventually she would set a PR of 3:04.

Ruth clearly had the marathon speed, but she was ready to go further. She made her greatest running impact with the ultra-distances, leaving a legacy to inspire the next generation of runners. At age 46 in 1976, she ran her first ultra, the Sacramento Guard Highway 50K and won. Also that year she ran at the AAU 50K Championship at Sacramento, finishing in second, with 4:17. The next year at the same venue she came away the 50-mile champion with a time of 7:35 and the age of 47.

During 1978-79, Ruth was in the prime of her career. She ran her fastest marathon times in at least 15 marathons. She traveled the country and even went to Germany, to run the marathon at the World Veterans Championships. At the Los Angeles Marathon she narrowly averted disaster. A drunken driver side-swiped a woman running next to her. She said, "He zipped in almost like he was running into her and hit her by the side. My first reaction was, 'It could have been me.'"

It was then time to try something totally new, where her name would be entered into the running history books. In 1978 Don Choi organized a 24-hour race held at the high school track in Woodside, California. Ruth ran 100 miles in a 16:50:47. That was the second best 100-mile time ever recorded in the world by a woman up to that time. (Natalie Cullimore ran 16:11 in 1971, also in California.) Ruth considered that to be her greatest accomplishment. This was also the first ultra that was witnessed by a young, soon-to-be Western States 100 legend, Tim Twietmeyer. It was the first ultra he ever saw. He commented, "I spent hours watching them circle the track and watching how they paced themselves, what they were eating and how they decided to take breaks."

Also in 1979, at the age of 50, Ruth ran the legendary London to Brighton 54-mile race with a third place finish in 7:46. She was the first American woman to ever finish the race. In 1980, she was crowned American's overall female 50-mile champion by running 7:10 at Houston which was also an American age record. It was the 3rd fastest time of 1980 by any runner, male or female, in the 50+ age category.

Ruth not only ran, but she gave back to the sport. She served as a member of the Executive Board of the Pacific Association of the AAU. During the early 1980s Ruth contributed regularly writing much needed articles to highlight the ultrarunning accomplishments of woman runners.

Ruth discovered the joy of racing on trails. She first had this experience running American River 50 three years in a row and then ran Western States for the first time in 1983 with a time of 28:11. Up to that point, she became the oldest woman to ever finish. She again finished Western States in 1986 at age 56.

In 1986 she ran Redwood Empire 24 in Santa Rosa on a track. Ruth ran 110 miles. That was her last time reaching 100 miles in a race. Her 100-mile split was a solid 20:54. That year a 100K was started in San Francisco name in her honor.



Ruth was inducted into the RRCA Hall of Fame. In 1987 she served on a USATF ultrarunning subcommittee that helped pave the way to form the 100K teams to compete in the World Championships and she would later manage Team USA at Worlds.

Ruth continued to run 50-miles and 50K, mostly in California, until she was age 72 in 2002. She ran her last marathon in 2002.



On February 27, 2016, Ruth passed away just two weeks after her husband died. Ruth had been suffering from Alzheimers for the previous few years. Ultrarunning Magazine honored her on its cover and included, "She was a kind and enthusiastic person and an inspiration to many of us. Her spirit was something to behold, nothing ever even remotely intimidated her. She touched many lives deeply, and will be missed"

USATF named the annual women's ultrarunner of the year award after her.

Kay Moore



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
16:54	1986	44	1984	1986	44	1987	45

Kay Moore was from Mitchellville, Massachusetts and Florida. She ran a marathon in 1981 at the age of 39, finishing first with a time of 3:41. By 1982 she was running ultras. She ran Bowl of Tears 24-hour race that year in Aurora, Colorado on a 400 meter track, the only woman in the race. She reached 100 miles in 21:16 and covered 111 miles in 24-hours, coming in third overall. In 1984 she ran the USA 50K Championship in Washington DC and again won with an exceptional time of 4:16.

In 1984 Kay traveled to New York and ran in the Sri Chinmoy 24-hour race and won that event with 122 miles and set a world age-group record. Ultrarunning put her on the cover of its magazine because of this achievement.



Start of Haverford 48, Kay behind Ray K

In December 1984, she helped count laps at a 6-day race in Boulder, Colorado. During the race she watched and learned carefully, gaining confidence that she could do a multi-day race. In January 1985, she ran the Haverford 48-hour race in Pennsylvania on an indoor track at the college. Her plan was to try to do the race without stopping to sleep. After the first twelve hours she was already weaving around as her mind was going numb. She kept looking forward to changing directions every two hours. At 24-hours she reached 102 miles and she stopped to take a shower. Her goal was to reach 150 miles to set a new American masters' record. She reached it with eight hours to go. She finished with 164 miles (American Masters Record), second to Marcy Schwam. She commented, "Why do I subject myself to extreme exertion, often pain? I ask myself this every time I run.

And the answer is always the same. I do it because I need it. I need to know how far I can go. I need to know that my body and my mind are better, faster, than someone else's. I need the reward of knowing I won. There are no other reasons." (UR, 3/85, 7).

Now living in Denver, she continued her winning ways at age 43 in 1985. In February she won the Redwood Empire 24 Hour Track Run at Santa Rosa, California reaching 100 miles in 20:01 and 114 miles in 24 hours for a new woman's course record. Tim Twietmeyer who would later win multiple Western States 100s was there. He finished two miles ahead of Kay. There were other legends running this race including Helen and Norm Klein, Dick Collins, and John Vonhof. All these runners ran at least 105 miles.

In May, she experienced the nightmare that every runner experiences in their dreams. She showed up 17 minutes late for the Long Island 12-hour race. In the end she won with 73 miles, just one 440-year lap ahead of the next runner.



Swift Endurance Legends

That year she also ran in the USA 100 Mile Championship at Queens, in Shea Stadium and won that event running a 17:12. Also in 1985, Kay ran in the Sri Chinmoy 24-hour race again and won again with 104 miles.

Kay moved back to Florida and returned to New York in 1986 and defended her 100-mile championship with yet another win, running in 19:42. She was clearly the Road 100-mile race champion of the 1980s. She never did venture into the trail 100s, but she did run the Mountain Masochist 50 that year and finished in 12:13.

In April 1986 Kay ran another 24-hour race at Sri Chinmoy in Flushing Meadows with a small group of runners. She won among the women with 120 miles. A year later Kay ran her last 24-hour race, again at the Sri Chinmoy 24 hour race in Queens, and finished with 99 miles. She struggled for the first 50 miles which took her 11:26.

In June 1986 Kay ran yet another 100-miler at the TAC 100 Mile Championship at Shea Stadium. It was humid and rainy. She finished 1st, in 19:42.

Kay added one more 100-mile win for the year at Sri Chinmoy 70/100, She won with an outstanding time of 16:54, her 100-mile lifetime PR. This race was loaded with world-class 100-mile talent. Yiannis Kouros won with 11:56, just ten minutes off his road 100 mile World Record. Finishing ahead of Kay were Cahit Yeter, David Horton, Don Jewell, and Frank DeLeo.



1986 24-hour start

That appears to be Kay's last ultra as she disappeared from all results and the news at the age of 45. She had a brief, but nearly undefeated ultra career, with eight wins in three years for distances of 100 miles or more. She lived in Tampa Florida in 1987. In 2017 she was 75 but here whereabouts were unknown.

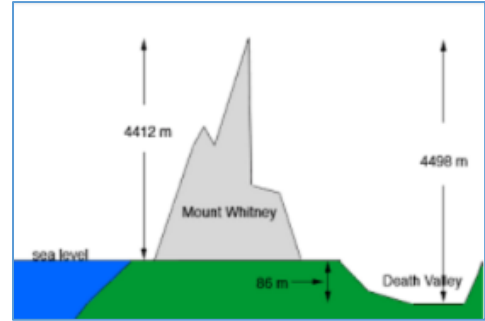
Linda Elam



100 Time	Year	Age at that time	Year First 100	Year Last 100	Age last 100	Year last ultra	Age last ultra
16:58	1989	43	1989	1998	53	1999	54

Linda Elam was a teacher from Modesto, California. She was married at age 17 and had three children. In 1975 she graduated from Modesto Junior College. Around 1986 at the age of 40 she ran her first ultra and embraced the trails. She ran for several years the Dick Collins Firetrails 50 in Castro Valley, California and was a mid-pack runner.

In 1987 Linda took on Badwater, running from Death Valley to the top of Mount Whitney, 146 miles, going from the low point in California to its highest point, in the middle of the summer. From 1974-1986, there were about 70 attempts to do this and about four succeeded. The first was Al Arnold in 1977 with 84 hours. The record was 56:33, set in 1982. In 1986 two Californians tried to organize an official race but it was cancelled because liability insurance wasn't obtained for the support crews. In 1987 the first official race was held and included legendary Eleanor Adams from England who was the best 48-hour woman runner in the world. There was no official route and one runner even used cross-country skis to cross some salt flats. Eleanor scaled Mount Whitney in a hail storm and finished first, together with another runner in 58:57. Linda made it to Whitney Portal in 69:12.



In 1988 Badwater was an invitation only race, and Linda was invited to participate. She said, "I don't want to finish first, I just don't want to finish last." She was one of only two official finishers, the only woman to finish, with a time of 61:47. A third runner finished in 80:32. In the first two years of the official race, Linda was the only one to finish twice and for years was the only woman to finish twice.

In 1989, Linda branched out to also compete in fixed-time races on tracks. First, she ran at Redwood Empire 24 in Santa Rosa, California and won it with 118 miles. She was a repeat winner there the next year with 103 miles, reaching 100 miles in 18:14, but then slowed with a stress fracture. She ran another 24-hour race on a track at Sri Chinmoy 24 Hour at Oakland, California with an outstanding 100-mile split time of 16:58. She became one of only eleven American women who ran 100 miles faster than 17 hours during the 1980s. She won again at Redwood Empire in 1992 with 103 miles.



Linda at Redwood Empire

Linda also ran in the 48-hour at Across the Years in Arizona. In her first attempt to run for 48 hours and she did not go far, just 79 miles. But she returned in later years and improved to 102, 169 and 177 miles with two wins. Not all her fixed-time races were great successes. In 1991 she competed in the Gibson Ranch 24 and had a large lead. But there was steady rain and she had to pull out after 19 hours because she was very hypothermic.

Linda's ultrarunning was very diverse, roads, tracks, and trails. In 1989 she ventured into the trail 100's finishing Western States in 27:47 and Leadville with 27:12. In 1991 she accomplished the Grand Slam of ultrarunning, finishing within the same year Western States, Vermont, Leadville, and Wasatch Front. She also added in Angeles Crest 100. That was a major accomplishment. She was only the 5th woman to accomplish the Grand Slam since it was introduced in 1986. Her overall time of 110 hours combined set a woman's time record at that time.

Linda disappeared from ultrarunning for a few years after 1992 but returned in 1995. For the next several years she ran many 50Ks and 50-milers as she entered into her 50s. Her speed had diminished to a mid-pack runner but she enjoyed competing on the trails. In 1997 at the age of 51, she finished at least 15 ultras including Western States, which she finished in 27:13.

Linda's last year competing in ultras was in 1999 as she finished off running her favorite ultras in California. In 2003, Linda moved to Durant, Oklahoma. Her husband Gary passed away in 2011. Linda then started to work at Stanislaus County School where she worked as a Head Start mentor teacher. She was a member of a running club, the Sulphur State Striders. Linda passed away in 2015 at the age of 69. In her obituary was no mention of her amazing running accomplishments and hopefully they will not be forgotten.