

DANCING OVER ROCKS

by Jim Harris, RD

We had a lovely day at the sixth annual Youngstown Ultra Trail Classic in Mill Creek Park, with a cool, overcast start to the morning; it slowly warmed up and there was sunshine all afternoon.

As usual, first-timers to the park mentioned the beauty of the trails, with scenic views of lakes and waterfalls. They also exclaimed about the technical nature of said trails, with lots of rocks and roots to dance over.

Record numbers - with runners from 13 states, Washington, D.C., and Canada - were in both events, with 74 finishing the 50-km and 49 completing the 25-km.

YOUNGSTOWN ULTRA TRAIL CLASSIC

50 KM | YOUNGSTOWN, OHIO
SEPTEMBER 18 | ▲ 2,3

1. Shaun Pope	4:06:47
2. Jeff Allen	4:50:22
3. Jay Layshock	4:51:44
4. Dave Peterman	4:57:46
5. Richard Cook, PA	5:03:22
6. Joe Winch	5:08:25
7. Mark Carroll	5:12:28
8. David Kirk, PA	5:13:20
9. Joshua Strzala	5:17:57
10. Terri Lemke	5:19:20
11. Eric Deutsch, PA	5:22:34

Shaun Pope won the 50-km in 4:06:47, just over 40 minutes ahead of Jeff Allen's 4:50:22 for second. Terri Lemke was first for the women in 5:19:20, with Lee Connor next in 5:29:22.

All five of our legacy runners made it back to complete their tour of the lovely wooded trails and to see the waterfalls, streams, lakes and other gems of the park that give YUTC its reputation as a great run. Ron Ross, TJ Hawk, Dave Peterman, Bruce McMurray, and Bob Engel have completed all six versions of YUTC so far.

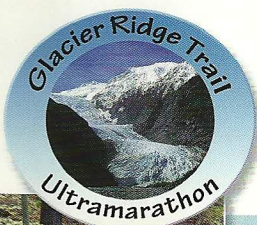
There are many themes at YUTC: the post-race party at the finish line, the tough and scenic

course, great aid, and lots of swag. My favorite theme is "continuous improvement", and we had two changes to be proud of this year. The first was to eliminate a little bit of pavement near the tennis courts. But the biggest change was that the park allowed us to close the road in front of the Log Cabin, to extend the finish-line party out into the street.

It felt like a summer block party with everyone milling around in front of the cabin, not having to worry about traffic interrupting our socializing and camaraderie after many hours spent on the trail. ■

12. Marc Ivory	5:23:01	30. Rick Freeman, PA	6:02:12
13. Ron Ross	5:23:10	31. Taylor Sowers	6:06:05
14. Brian Lauzon, ONT	5:28:54	32. Henry Cubero, KY	6:06:53
15. Steve Wilson	5:29:12	33. James Atkinson	6:11:07
16. Lee Connor	5:29:22	34. Steve Pilarcik, MD	6:14:34
17. John Delancey, PA	5:34:07	35. Mark Anson	6:15:01
18. Suneel S. Apte	5:35:25	36. Bob Baldwin	6:15:36
19. Ed Breault, PA	5:41:20	37. Heather Rybasack-Smith	6:19:50
20. Theodore Breault, PA	5:41:21	38. TJ Hawk	6:20:32
21. Paul Moore	5:42:58	39. Judd McGee, FL	6:23:39
22. Tom Corris, VA	5:45:08	40. Conrad Quesen, PA	6:24:52
23. Rich Henderson	5:46:19	41. Howard Zickefoose	6:28:20
24. Bob Fargo, PA	5:46:22	42. Michael Sally, PA	6:30:37
25. Jim Harris	5:56:00	43. Joe Falcone, FL	6:32:43
26. Bill Losey	5:56:01	44. Roger Walker	6:35:21
27. Jason Bour	6:00:24	45. Joseph Wuenschell, PA	6:37:06
28. Tom Parenti, PA	6:00:36	46. Kim Love-Ottobre	6:40:00
29. Eric Ripper, PA	6:01:09		

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Inaugural

Glacier Ridge Trail (GRT) Ultramarathon & Trail Race

30K - 50K - 50 Mile

Race info: <http://GlacierRidgeTrailUltra.com>

Saturday, April 9, 2011

Navigate challenging single-track trails, emerging foliage and spring wildflowers in the rolling hills of Moraine State Park and Jennings Environmental Center, just north of Pittsburgh, Pennsylvania.



For tourism information and accommodations call 866.856.8444 or explore www.VisitButlerCounty.com.

