

HARRC's Tuscarora Trails Ultra 50K

On March 28, 40 runners arrived at Big Spring Picnic Area, in the far western Perry County, PA. to run the Harrisburg Area Road Runners Club's Tuscarora Trails Ultra 50K. This is a free event, but all runners must register in advance and are required to bring a donation for the aid stations.



The starting area

It was a freezing spring morning temperatures only around 20F. The skies were threatening, but leaking only snow flurries on the anxious runners.

The course is about 50/50 trail/forest service roads, with about 4500 feet of climb, with some great trails, some good shoe sucking mud and some extraordinary rocks! And then it snowed.

Clayton Boucher, last year's defending champ returned, along with several other speedsters.



The speedsters hitting a flock of flamingos



Clayton flying down Hemlock Road



Ultra legend Gary Lukacs



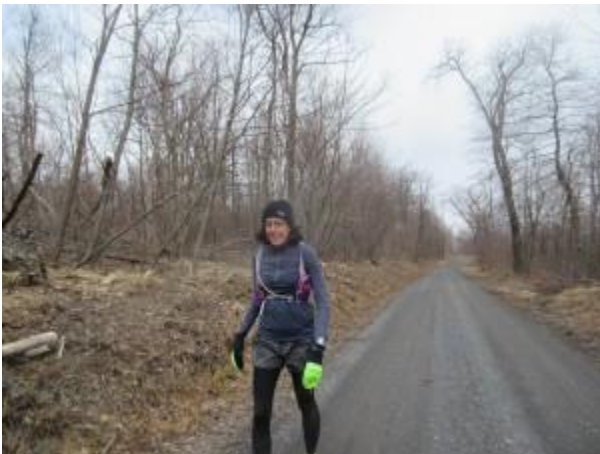
The RD sandwiched between Gary Knipling and Gary Lukacs



Shawn Eakins, before he went lost!



Terri Sanchez and Mark Maurer after sweeping a section of the trail



Cindy Cohen finishing a 3 mile climb.



Karl Barrus after finishing.



Rick Knepp, on right, talking with Mike Coale, who was taking a break from his run.

But speed is not what this run is about. We have no awards, except for best wildlife photo, we have no first, second places, and most important, NO DNF's. Anyone not completing the entire 31 miles is

still listed in the results with their approximate distance ran. I refer this distance as a ODR, Other Distance Ran. If you have ever tried running any of my races you would understand. They are difficult, some would just say HARD. And there is no shame in calling it a day if things are not working for you.



Corey Dubil at the first aid station



Alicia Hebert helping out



Brian Carr and Dave Herring



And my old friend Amy Gibson, who I met in her first half marathon

I am so fortunate to have extraordinary volunteers, like Rick Knepp, and his group from the Susquenitia High School who run one of the major aid stations, Ron Shields, from the Perry County Road Runners who helped me mark trail and help record runners in to the aid stations, Jen Henry and her family who ran the aid station on top of the snow covered mountain, Alicia Hebert and Tonya Nace, Asheighly Carr, who assisted me all day, Alicia Hare and Mary DiMagio who helped with trail work, Cassie Lizza, Jim Kreiser, Ann Wright and her friend Chris, Brian McPherson, Terri Sanchez and Mark Maurer who were sweeps. If I forgot anyone, I am sorry. But I didn't forget the key person on the volunteer list, Melanie Halke, who coordinates the race day sign in, checks you off when you finish, and most important, runs the kitchen at the finish.



Melanie, Ashleigh Carr, and Cassie Lizza



Jim Keiser, after he finished a sweep

So Don had another Grand Adventure and I hope everyone else that participated in this event did as well. Thanks for allowing me to share in it with you...And now the results:

	Miles Ran	Finish Time
Josh Litofsky	31	4:40
Ian Grettenberger	31	4:47
Matt Pennington	31	5:05
Clayton Bouchard	31 +	5:09
Cole Larson-Whittaker	31	5:17
Adam Murak	31	5:40

Randy Yasenchak	31	6:08
Jesse Smith	31	6:15
Craig Murphy	31+	6:30
Chris Janovich	31	6:40
Dave Herring	31	6:45
Brian Carr	31+	6:45
Amy Gibson	31+	6:57
Zach Geiple	31	6:58
Paul Moretz	31	7:09
Shawn Krause	31	7:09
Karen Sandt	31	7:21
Blake Cohen	31	7:28
Corey Dubil	31	7:30

Japhy Czysz	31	7:36
-------------	----	------

Gary Knipling	31	7:38
---------------	----	------

Katie Raezer	31	7:39
--------------	----	------

Gary Lukacs	31	7:41
-------------	----	------

Paul Crickard	31	8:48
---------------	----	------

Alan Lagon	31	8:48
------------	----	------

Michael Coale	31	8:54
---------------	----	------

Shawn Eakins	31	8:54
--------------	----	------

Karl Barrus	31	9:14
-------------	----	------

Cindy Cohen	31	9:15
-------------	----	------

Anne Weaver	23	5:30
-------------	----	------

Kristen Mam	23	5:37
-------------	----	------

Marcia Peters	23	6:00
Brian McNeill	23	6:00
Diana Rapp	23	6:10
Carli Moua	23	6:45
Vanessa Chamberlain	23	6:45
Alicia Hare	20	6:05
Brian Rainey	15.5	4:30
Danielle Diantoniis	15.5	4:30
Jeff Shetler	14	3:00
