

Ancient Oaks 100 Mile Endurance Run
Titusville FL
Dec. 12, 2009

The 11th annual Ancient Oaks 100-Mile Endurance Run was held this past weekend at the Enchanted Forest Nature Sanctuary in Titusville, Florida. The race began at 7:00 am sharp on Saturday morning and consisted of 29 loops of a 3.46-mile trail course for a total of 100.3 miles with a 32-hour time cutoff. The course included loose sand, grassy trails, slightly rolling woodchip paths, serpentine single-track in deep old-growth forest, two plastic-wood boardwalks, and a smidgen of asphalt and concrete pavement.

A total of 55 entrants began the race, and 22 runners completed the entire 100-mile distance. David James, 31, of Bridgeport CT destroyed the old course record of 19 hours 19 minutes with an incredible 16 hour, 41 minute, 34 second performance. Joe Ninke, 40 of Sebastian FL was second in 19:52:37, and 44-year-old Cheryl Lager of Newport News VA finished third overall in 22:58:06 to cap an incredible comeback. Cheryl was more than two hours behind early women's leader Shannon McGinn with less than six loops to go when Shannon faltered, allowing Cheryl's rock-steady pace to propel her into the lead with about five miles left in the race. McGinn, 33, of Rahway NJ went on to record her first 100-mile finish in 25:28:19 as second-place female.

Complete results are shown below.

I'd like to offer my deepest thanks to each and every person who pitched in and helped make this year's race a huge success, including Sue Anger, Keys 100 and Palm 100 Race Director Bob Becker, Jim Sullivan, Frank Norris, founding Ancient Oaks 100 Race Director Stu Gleman, Robin Siegel, and Val Aistars. Also much appreciated was the donations that runners and crew made that helped provide the pizzas that were delivered Saturday evening. This race was a LOT of fun and I look forward to presenting the 12th annual Ancient Oaks 100-Mile Endurance Run in 2010.

Sincerely,

Mike Melton
Co-Race Director
Ancient Oaks 100-Mile Endurance Run
mike at mcmelton.com

Place	Name	Bib No	Gender/Age	Laps	Time	Pace	Distance
1	Cheryl Lager	24	F/44	29	22:58:06	13:44/M	100.340
2	Shannon McGinn	30	F/33	29	25:28:19	15:14/M	100.340
3	Juli Aistars	29	F/51	29	29:20:25	17:33/M	100.340
4	June Leland	25	F/56	29	29:42:47	17:46/M	100.340
5	Sherry Meador	31	F/40	29	31:00:04	18:32/M	100.340
6	Sandy Melton	33	F/53	22	23:47:27	18:45/M	76.120
7	Karen Pearson	36	F/45	21	23:32:48	19:27/M	72.660
8	Juli Bane	40	F/46	21	23:40:18	19:33/M	72.660
9	Karen Riddle	38	F/56	19	29:37:00	27:02/M	65.740
10	Molly Sheridan	42	F/51	18	18:08:36	17:29/M	62.280
11	Lisa Hoehne	19	F/28	17	15:13:30	15:32/M	58.820
12	Robin Siegel	43	F/60	16	30:08:08	32:40/M	55.360
13	Sharon Zelinski	1	F/45	15	12:28:21	14:25/M	51.900
14	Terri Hayes	54	F/66	15	17:46:44	20:33/M	51.900

Place	Name	Bib No	Gender/Age	Laps	Time	Pace	Distance
1	David James	52	M/31	29	16:41:34	9:59/M	100.340
2	Joe Ninke	34	M/40	29	19:52:37	11:53/M	100.340
3	Adam Goodrich	17	M/28	29	24:19:43	14:33/M	100.340
4	Brad Cory	8	M/34	29	24:30:08	14:39/M	100.340
5	Mike Smith	44	M/52	29	24:49:59	14:51/M	100.340
6	John Turner	4	M/50	29	25:38:54	15:20/M	100.340

7	James Schroeder	41	M/62	29	26:25:40	15:48/M	100.340
8	Doug Failla	11	M/48	29	26:53:17	16:05/M	100.340
9	Claude Hicks	18	M/49	29	27:20:39	16:21/M	100.340
10	Matt Mahoney	27	M/54	29	27:21:54	16:22/M	100.340
11	Eric Fogleman	12	M/49	29	27:42:18	16:34/M	100.340
12	Amos Whitwam	51	M/23	29	27:51:05	16:39/M	100.340
13	Harry Good	16	M/59	29	28:00:44	16:45/M	100.340
14	Shane Sampson	3	M/46	29	28:14:00	16:53/M	100.340
15	Phil Rosenstein	39	M/39	29	28:42:33	17:10/M	100.340
16	John Dodds	10	M/58	29	28:49:43	17:14/M	100.340
17	Daniel Gerber	14	M/30	29	30:21:48	18:09/M	100.340
18	Charles Thomsen	47	M/58	23	29:09:28	21:59/M	79.580
19	Ray Krolewicz	23	M/54	21	27:17:48	22:32/M	72.660
20	Scott Maxwell	2	M/59	20	17:28:59	15:10/M	69.200
21	Eddie DeMasi	55	M/32	20	17:52:03	15:30/M	69.200
22	Bill Andrews	48	M/58	20	18:08:36	15:44/M	69.200
23	Rich Nuzzi	35	M/39	20	18:23:26	15:57/M	69.200
24	Carl Camp	7	M/48	19	19:54:28	18:10/M	65.740
25	Long Vu	50	M/60	19	21:38:01	19:45/M	65.740
26	Jeff Gleacher	15	M/45	18	16:32:11	15:56/M	62.280
27	John Pyle	37	M/53	18	17:26:19	16:48/M	62.280
28	Robert Bartholomew	5	M/52	18	19:23:17	18:41/M	62.280
29	Stu Gleman	0	M/65	18	21:16:18	20:30/M	62.280
30	Melchor Varela	56	M/48	18	28:02:25	27:01/M	62.280
31	Steve Durbin	53	M/54	15	10:01:21	11:35/M	51.900
32	Andy Velazco	49	M/61	15	12:44:51	14:44/M	51.900
33	Doug Dawkins	9	M/57	15	14:31:00	16:47/M	51.900
34	Steve Strait	46	M/68	15	15:13:30	17:36/M	51.900
35	David Hughes	20	M/64	13	11:55:06	15:54/M	44.980
36	Cas Camara	6	M/46	13	12:37:56	16:51/M	44.980
37	Jeff Stevens	45	M/xx	11	9:50:26	15:31/M	38.060
38	Rick French	13	M/57	11	11:16:48	17:47/M	38.060
39	Mark Lewin	26	M/68	6	6:18:03	18:13/M	20.760
40	Mark Jackson	21	M/32	4	2:44:49	11:55/M	13.840
41	Mike Keenan	22	M/50	4	2:51:20	12:23/M	13.840