

**64K Trail Run
28 August 2011
Race Report**

The 64K Trail Run utilized the shortened 5K trail loop repeated 13 times for 65K as the longer course is undergoing dredging operations to widen and deepen the drainage canal. The course actually measured around 66.6K. The long loop was modified by continuing south instead of exiting right to the west off Sahara Street at mile 1.9 and rejoining the traditional course at mile 2.6. The run invoked Matt Mahoney ultra marathon rules: no fee, no registration, no aid, no t-shirts, no awards, no wimps, no whining, just show up to run and sweat. The course was marked with flour.

And sweaty the endurance run proved to be. The trail run started at 7:30 AM with a temperature of 78 degrees and dew point of 74 degrees, nice and warm, with a forecast high of 92 degrees. Well, forecasts being forecasts, the actually high was 96 degrees with a Heat Index somewhere between 108 - 110 degrees. The day remained bright and sunny with no cloud cover. The morning southerly breeze that made Sahara St bearable for a few hours dissipated after lunch. Nice touch mother nature. With a cut off off 12 1/2 hours I was not all assured that I would finish.

A total of 32 runners logged in at the start, many driving a hard 3 hours from south Florida. The longest distance traveled to run my event was by Jennifer Ann Latham who drove down from Savannah, Georgia. There were 8 finishers, two females, six males. Alphonso Rodriguez won over all with blistering 7:55 finish; Bradford Lombardi battled Alphonso the entire day and came up just 12 minutes behind for overall 2nd place in 8:07. The female overall winner was Michelle Matys at 9:50, running a relaxed pace with ski poles and a ready smile on her face. The complete results are tabulated below. Full 65K finishers are color coded in Red.

<u>Name</u>	<u>Age</u>	<u>Home</u>	<u>Distance</u>	<u>Time</u>
Jim Schroeder	64	Indialantic	65K	12:13
Mylene Iwanowsky	44	Indialantic	35K	6:06
Bob Schnell	50	Pompano	45K	10:46
Sarah Schroeder	61	Indialantic	5K	1:17 (Course Marking)
Cindy Schnell	51	Pompano	20K	7:00
Steve Collela	52	Merrit Is	25K	4:51
Michelle Matys	31	Boca Raton	65K	9:50
Rick Wrijil	57	Florida	10K	1:20
Jeff Stephens	45	Lake Worth	35K	5:18
Bradford Lombardi	42	Stuart	65K	8:07
Brent Abbot	33	West Palm	45K	8:43
Chris Reesh	42	Florida	15K	1:29
Sung Ho Choi	35	Jacksonville	65K	8:41
Will Glover	40	Stuart	65K	9:07
Tim Puro	53	Florida	25K	3:45
Jodi Samuels	NA	Westin	65K	12:13
John Pyle	54	Sarasota	35K	5:49
Kati Craig	37	Rockledge	25K	3:08
John O.	36	Melbourne	35K	5:36

Smitty	37	Florida	50K	8:05
Matt Mahoney	56	Melbourne	25K	3:41 (After Leadville)
Manny Aula	36	Florida	30K	7:06
Eric Friedman	36	Ft Lauderdale	50K	8:41
Alphonso Rodriguez	21	Pembroke	65K	7:55
Bob Maggio	43	Palm Bay	10K	1:05
Jennifer Latham	33	Savannah	40K	8:43
Joe Ninke	41	Sebastian	20K	2:13
Sara Jackson	32	Melbourne	30K	3:46
Andrei Nana		Miami	65K	12:01
Todd Whitney		Melbourne	5K	34:33
Chris Lett		Melbourne	5K	34:33
Steve Lowery		Melbourne	10K	1:14
David Mueski		Florida	25K	3:53