

## **Frozen Foot Trail Run**

December 6 2008

Gunpowder State Park- Sweet Air

Each loop approximately 10 miles

No Aid on the course

Runners had to supply their own Aid for each lap

3 Significant stream crossings per each lap that guaranteed to get your feet wet and frozen

Runners chose their own destination and kept their own time

Some runners chose alternative courses and distances, **not** to get their feet wet

<b><u>50K (Three Loops)</u></b>	<b><u>Time</u></b>
1 Steve Boutilier	6:30
2 Tim Gavin	6:33
2 Mike Frank	6:33

<b><u>Twenty Miles (Two Loops)</u></b>	
1 Angus Repper	3:10
2 Gerald Prilutski	4:04
3 Hunt Bartine	4:05
4 Peter McLaughlin	4:25
5 Phil Nissen	4:33
5 John Hampton	4:33
7 Margie Hughes	N/T
8 Steve Jackovitz	N/T

<b><u>Ten Miles (One Loop)</u></b>	
1 Laura DeWald	1:48
2 Jeff Hinte	1:53

<b><u>Optional Course/Distances (No Wet Feet)</u></b>	
Nicole Bear	18 miles
Donna Cannella	8 miles
Phil Anderson	8 miles
Lisa McPhearson	8 miles
Caitly Weiss	8 miles

Weather- 17 degrees at the start, Sunny turning Partly Cloudy  
RD-Tim Gavin and Mike Frank