

RASAC – Gunpowders 50k in Gunpowder State Park

Date: 11/19/2011

Start/Finish: Gunpowder Lodge

No.	Name	Time	Sex	Comment
1	Huseyin Kara	5:12:50	M	1 st Man
2	Matt Nicodemus	5:19:14	M	The Camel
3	Mike LaFiandra	5:48:01	M	
4	Mike Moser	5:49:55	M	
5	Scott McGill	5:59:28	M	
6	Rick Thompson	6:00:02	M	6 th – again...
7	Tommy Thompson	6:09:51	M	Healthy – again...
8	Tim Gavin	6:11:03	M	
9	Jeff Hinte	6:21:27	M	
10	Mark Hawkins	6:35:44	M	
11	Seth McElroy	6:43:50	M	Slower, but better
12	<u>Trish McAndrew Young</u>	6:46:50	F	1 st Woman
13	Brandon Kilgore	6:50:38	M	
14	Eric Young	NT	M	
15	<u>Kat Brady</u>	7:09:48	F	
16	<u>Roxie McNeal</u>	7:17:17	F	Play that LOTTO number...
17	Phil Anderson	8:09:00	M	
18	Charlie Hogan	8:15:50	M	
	Shawn Ferry	18 miles	M	
	<u>Maureen Dunnigan</u>	18 miles	F	
	Vinnie Guariglia	11 miles	M	

Race Director's: Steve Boutilier/Ron Green

Volunteers: Bill Francisco, Gary Riley, Mike Frank, Mary Hogan, George Hogan, Emily Hogan

Conditions: Sunny, cool...a beautiful day for a trail race!!

Report:

It was another absolutely gorgeous day to be running the Gunpowder Trails; crisp and clear, and warming just enough to be comfortable.

21 started, 18 finished, and all had a good time (I think).

Huseyin Kara ran from the front almost the entire day, with Matt Nicodemus following not too far behind. Huseyin took a bit of a side trip to add a little distance to his day, and Matt ran “naked”, no water bottle. Both finished still smiling despite pushing hard for 31 miles...

Oh yeah, that 31 miles... the lowest Garmin reading I heard was 29.5 miles, and the longest was 30.95 miles... So I think we were in the ball park. At least, I’m guessing, after the rocky section between the two bridges no one was wishing we’d add a little more... Beautiful wasn’t it.

On the women’s side, Trish McAndrew Young ran almost even splits to an uncontested first spot.

At the Harford Road aid station Mike and Ron we’re making bets whether HAT Run Ultra Fries were better than GP50k Pierogis... I’m betting on the pierogis.... But come March I won’t turn down the fries... Let us know what you thought....

I’m glad you all came out to play with us. And I hope you can make it out again next year. Please feel free to send us your comments so we can make it even better.

Thanks,

Steve

Ps. We couldn’t have done it without the volunteers! Bill Francisco, Gary Riley, Mike Frank, and the Hogan family were invaluable and we couldn’t have done it without them.

Pss. A special thanks to Brian at Charm City Run for the HEED. Maybe next year he’ll make it out of bed and run with us as well 😊