

CAN LAKE UNSEASONABLE HEAT

by Tom Perry, RD

The weather was unseasonably hot... low humidity but 80 degrees high and very light winds... not our normal low 60s high and partly cloudy conditions. Nonetheless, Tim Fisler ran only the third sub-seven-hour in the nine-year history of the race and Daniele Cherniak ran the second best women's 50-km time ever, only six minutes off her own record. The 50-km had 36 starters, 31 finishers and five DNFs (86-percent completion rate). The 50-mile had 81 starters, 70 finishers, three over time limit and eight DNFs (86 percent completed within time limit). Our first time ultrarunners didn't match last year's 98-percent finish rate, but then, last year's weather was perfect. This year was very challenging. Nonetheless, 48 of 53 first-timers finished inside the time limit for a 91-percent finish rate. We are proud of how well they did.

STACEY ARNOLD SAYS:

Tom Perry, the race director of the CanLake 50, was calling for racers to line up to start and there I stood, about to begin my first ultramarathon on an unseasonably warm autumn morning. My nerves were in high gear and the looks on the faces of my fellow runners told me I was not the only one who was greeting this experience with some trepidation. With the sound of a cowbell, I began my journey. The lake view and fall foliage of the first few miles made me wish I had brought a camera, but the hills to follow made me wish I had brought a second pair of quadriceps.

After a few rolling hills, I assumed the first giant climb was the infamous "Bopple Hill." Muscling up at a power-hike, the peak and subsequent aid station were a welcome relief. I exclaimed to a volunteer that I was thrilled to be done with Big Bad Bopple, but like a doctor delivering bad news, she gently informed

that Bopple was the next hill. Remembering the advice given me about eating during the walk/uphill portions of an ultra, I shoved a peanut butter sandwich in my pocket à la Napoleon Dynamite, and prepared for the climb.

At almost two miles long, this category three bad boy was the largest peak on an elevation map resembling an EKG printout. My hike up this "monster" (described with painful accuracy in the race details) gradually turned into a huffing-and-puffing death-crawl in the eventual 80-degree heat and blazing sun. Af-

ter what seemed like an eternity, I was met with a cemetery (no joke) and an unforgiving downslope that would eventually demolish both my love of down hills, and the big toenail on my left foot.

The beauty of the scenery and camaraderie of racers and volunteers offset the ache in my hips from pounding on asphalt at an off-kilter tilt due to running strictly on the left side of the road for miles on end. At some point midway, I switched on my iPod (I'm one of those runners) exclaiming, "A little less than a marathon to go!" Thank you, AC/DC.



A beautiful sweep of road invites runners to pick up their pace, till they hit the hill

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DECEMBER 2011

CAN LAKE 50 ULTRAS | CANANDAIGUA, NEW YORK | OCTOBER 8 | ▲ 2, 1

50 MILES		50 KM	
1. Tim Fisler, 41	6:55:04	27. John Boser, 20	9:33:24
2. Daven Oskvig, 34	7:04:27	28. Kristin Woodard, 44, OH	9:41:04
3. Todd Baum, 53	7:14:12	29. Tom Nesterick, 46	9:43:27
4. Benjamin Lloyd, 40	7:24:08	30. Tom Howard, 41, VA	9:46:05
5. Philip Nesbitt, 25	7:39:56	31. Laura Pomeroy, 43, NL	9:48:25
6. Christine Torres, 43, ON	7:40:23	32. Stacey Arnold, 30	9:53:01
7. Michael Halovatch, 33	7:45:47	33. Randy Coughlan, 29	9:53:53
8. Graham Correia, 32, MA	8:00:50	34. Scott Cassese, 41	9:57:13
9. William McGovern, 52	8:05:49	35. Darwin Lalonde, 46, ON	9:58:14
10. Steven Sjolund, 60, MN	8:09:31	36. Patrick Diaz, 30	9:58:16
11. Tanner Fogarty, 27, MA	8:11:18	37. Jeannie Kwong, 36, TN	9:59:04
12. Shaun Daylor, 32, MA	8:12:52	38. Joseph Packard, 48	10:09:17
13. Greta Ledgerwood, 38	8:26:19	39. Tammy Sieminowski, 42, ON	10:10:46
14. Lindsey Hikes, 29, NC	8:32:17	40. Brenda May, 46	10:13:36
15. Mark Cinotti, 34	8:39:23	41. Lai Sun, 47, CT	10:14:52
16. Josh Truesdell, 24, CA	8:52:54	42. Gary Richardson, 47, KY	10:15:52
17. James Mlasgar, 48	8:53:52	43. Thomas Grimshaw, 61	10:19:31
18. Philip Downs, 32	8:56:57	44. Nick Kilmer, 45	10:21:07
19. Greg Herman-Giddens, 50, CA	9:02:20	45. Michael Tsoumpas, 38	10:24:27
20. Jim Costello, 43	9:02:28	46. Rachel Domske, 31	10:25:09
21. Mo Hourihane, 47	9:05:46	47. Edward Andrews, 52, MA	10:26:41
22. Richard Brown, 44	9:08:53	48. Roger Winslow, 33, VA	10:36:15
23. Travis Money, 31	9:13:43	49. Shep Hildebrand, 53, PA	10:39:53
24. Holly Grant, 27, NL	9:16:26	50. Michael Patton, 38, GA	10:41:39
25. Lisa Camillacci, 37	9:16:35	51. Stephen Harris, 60	10:45:38
26. Christopher Washburn, 49	9:20:32	52. Ashley Gosnell, 28, MA	10:50:57
		53. Ronald Lepine, 57, TX	10:56:09
		54. Bob Gates, 50	10:57:14
		55. Aaron Newman, 40	10:59:29
		56. Frank Noble, 41, KY	11:00:20
		57. Bernie Weis, 39	11:03:47
		58. Tim Woody, 34, OH	11:08:56
		59. Mark Ladenheim, 59	11:09:20
		60. Dan Prevost, 23	11:15:22
		61. Emmanuel Odebumi, 28	11:19:33
		62. Jeffrey Ike, 37	11:20:33
		63. Matt Korsky, 31	11:24:35
		64. James Lampman, 28	11:29:06
		65. Anthony Longano, 40, NJ	11:34:54
		66. Aaron Klein, 43	11:40:26
		67. Maria Lopez Ledesma, 45	11:41:21
		68. Thomas Butler, 46	11:42:04
		69. Jill Rider, 32, NC	11:56:43
		70. Michael Van Meurs, 22	11:57:12
		71. Natalie Werner, 35	12:01:15
		72. Daniel McPartlan, 29	12:32:08
		73. Vanessa Salido, 41	12:32:09
		6. Joe Smith, 46, ON	5:14:17
		7. Ed Sullivan, 46	5:16:02
		8. Randall Weaver, 29, PA	5:16:50
		9. Anne Langstaff, 50, CA	5:17:10
		10. John Weyand, 47	5:22:21
		11. James Miner, 63	5:40:20
		12. Deloris Clark-Osborne, 32, MI	5:45:48
		13. Luke Kumar, 30, ON	5:46:33
		14. Pam Dejneka, 43	5:54:10
		15. Karen Burns, 48, ON	5:56:47
		16. Megan Ricard-Place, 29	6:04:38
		17. Dave Weiss, 62	6:08:37
		18. Meg Riordan, 38	6:09:57
		19. Dave Christa, 55	6:13:52
		20. John Halpenny, 61	6:15:26
		21. Laura Hild, 34, MA	6:16:22
		22. Randy Sterling, 52	6:35:56
		23. Laurie Ehms, 49	6:39:38
		24. Patrick Murphy, 42	6:43:14
		25. Travis Willcox, 45	6:59:34
		26. Cheryl Schmidt, 37	7:16:56
		27. Jim Simpson, 69, CA	7:21:30
		28. Mary Wenck, 63	7:27:46
		29. Craig Baisley, 41	7:43:38
		30. Frank Bartocci, 64, MN	7:57:00
		31. Melissa Brady, 29	8:38:57



Tanner Fogarty accelerates past a decaying building



Chris Washburn gets a brief moment of shade under a rock face along the route



John Boser, 20 years old, sprints in to the finish as his pacer gives him a cheer

Feeling renewed, I continued on, reaching a breathtakingly beautiful turnaround at lake level, which let racers see not only the pristine Canandaigua Lake, but also fellow (and also pristine) racers. Everyone I passed returned my smile and wave, which I appreciated, even if they likely replaced them with a frown and finger as this crazy chick ran by.

I scaled the final big hill – Bare - (wait, that's the name of the hill; CanLake is not a nude

race) and knew I was almost finished. It was then that confusion set in.

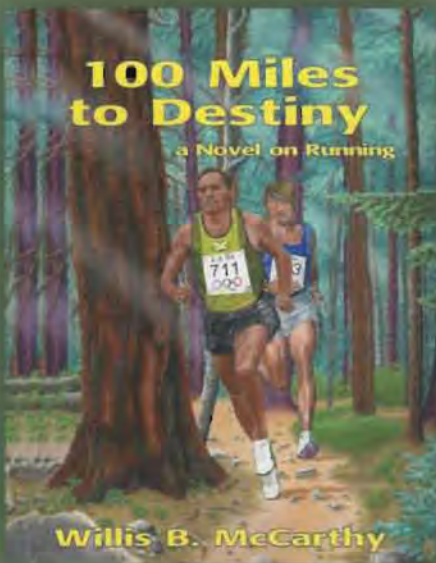
"Two miles to go" pointed down a dead end street and into...a six-foot tall roadblock. I looked down at the arrow, which mocked, "You didn't hit the wall yet, so here's an actual wall for you, blondie." I contemplated scaling the thing, but remembered that "military-style obstacles" are part of my next race, not this one.

Opting instead to sneak around, I flew down a grassy knoll, up a hill (of course), and then...the finish line! Had there been fluid reserves in my body, I would have shed a tear.

As I described the hilly course to my family, a fellow racer overheard me, countering, "I only saw one hill...one hill 50 miles long." Truer words had never before been spoken.

**RELINQUISHING THE LEAD
BY DAVE OSKVG**

As sunlight began to pierce the morning sky in what would promise to be an unseasonably warm day, the assembled runners took a last easy stroll



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up and down the stairs at Finger Lakes Community College for the bathrooms prior to a few last minute remarks by RD extraordinaire Tom Perry. Without too much delay, he wished us well and off we went for this trek around Canandaigua Lake.

The Can Lake 50 is often the first foray into ultras for many with its complete road access for handlers/family complemented by incredible aid stations and support. You add in magnificent scenery with nature putting on its best fall show around this weekend and it's easy to understand why so many make the foray into ultra territory with the Can Lake. This was the case for me just one year ago leading to a then respectable fourth place finish. I'm not sure I imagined being back a year later racing for the outright win, but I set off feeling deceptively good. I knew the day was predicted to get into the low 80s and perhaps I was just hopeful to get ahead of the heat.

Through the early miles I ran alone until joined by last year's third place finisher, Justin Dore, for a couple of miles prior to one of the two steepest climbs of the race - Bopple Hill. He ran ahead on the ups, I caught and passed on the downs. We reached Bopple together and walked and talked as we passed the remaining runners from the early start. I pulled away from Justin for good on the long down heading into Naples and later learned that the heat of the day took its toll on him.

The temperature did climb far more quickly than any of us would have wished and by the time we began heading north again on the east side of the lake, much of the final 20 miles would be totally exposed.

I ran great until mile 35 when the heat got the better of me and I just couldn't seem to catch

up to my thirst. I slowed to a virtual crawl, going back and forth between running and walking as muscles cramped. I wondered how my fellow competitors were doing in the heat and if the Can Lake 50 would lose its reputation as a great first

The fall colors did astound

as the caterpillars on the road did abound

while the runners made their journey around.

time ultra. Meanwhile I went on hoping that I could soon begin running again. That hope would remain as far away as the finish as even after the second great climb of the race, Bare Hill, with the miles left virtually downhill from there, every little bump seemed like a giant mountain. I kept hoping that my perseverance would land me at the finish line first, but three miles shy of having essentially led the race from start to finish, I relinquished the lead for good to Tim Fisler. ■



AL PANJOT



DEBRA WYSPANSKI



from top - Travis Money has earned the upcoming downhill; Fin's three-year-old Todd Baum takes third overall; Tim Fisler and Sean Edmunds push the hill, with Fisler going on to win