

2021 Relay Team Profile: We Run 4 Ice Cream

Two sisters with separate histories of running, both natives of Cambria County, PA, will join forces on Oct. 31 as a two-person relay team to take on the 50-mile loop on fire roads in central Pennsylvania's Rothrock State Forest known as the Tussey Mountainback 50 Mile Relay and Ultramarathon.

"My sister Emily and I have been wanting to run this race as a two-person team since we were in college," said Kellie Seaton, who lives in Providence Forge, VA and manages trail grants for the Virginia Department of Conservation and Recreation.

"I would get the Mountainback postcard every year, and every year think - maybe next year! The stars have finally aligned this year."

Emily Koehle, who lives in Ebensburg, PA and works as a traffic engineer with Toole Design Group, ran at Bucknell, said Seaton, "and I was at the back of the pack in Penn State Club XC, so we're both looking forward to being back running in the mountains of central PA." Seaton got a first taste of the Mountainback race several years ago.

"I was on a 5-person relay team in 2012, which got me wanting to try going further!"

The two-person relay is the toughest relay scenario in the race, a fact that's not lost on Seaton. On this size team, the two runners set a rotation order and take turns through the 12 legs of the course, which vary in length and difficulty. In the course of the race, one runner will cover about 28 miles, the other 22 miles. The biggest challenge may be the number of times each runner will run and rest and run again.

"We've both been splitting our weekly long runs up to incorporate breaks," said Seaton. "Emily also just had a baby in March! And it's pretty flat where I live. So hopefully strength

and cross training will help us with our planned slow and steady approach."

Choosing a name for the relay team can also be an important decision – or just fun.



This team chose the name We Run 4 Ice Cream.

"There's usually ice cream or some type of dessert involved in our post-long run routines," said Seaton.

As race day nears, another motivator for Seaton and Koehle is the where and when of the event itself.

"We're looking forward to the fall weather," said Seaton, "and spending the day in Rothrock."

The Mountainback event welcomes both recreational and competitive runners to participate on relay teams of 2 to 8 runners, as well as offering the solo ultramarathon option.

Proceeds from this year's event will support CommonFood Centre County, a non-profit, all-volunteer group whose key mission is to resource underserved and under-employed elderly, single parent families, and low-income families in Centre County and neighboring areas with nutritious food and related services.