

Relay, Ultra Marks Fall at 2nd Tussey mOUntaiNBACK 50 Mile Relay

BOALSBURG, PA—Thirty-six teams and three ultra runners competed in the second annual Tussey mOUntaiNBACK 50 Mile Relay that takes place on Rothrock State Forest roads with start and finish at Tussey Mountain Ski Area, on SR 322 just south of Boalsburg, Pa. The fall foliage was peaking in yellows and reds as early morning clouds gave way to sunshine and temperatures crept into the 70s. Relay teams of 2-8 persons run in a preset rotating order to cover the 12 legs of the course.

Team Play

In overall results the Penn State Tri-Club's Team Turn Around ran away with first place in a record time of 4:58:37. The Tri-Club's P.S.U.T.C. Women took the women's open division in 6:45:37, edging out women's runner-up S.T.O.M.P. Along by just two minutes.

"Everyone from my team had a great time," said Dennis Koch, captain of Team Turn Around (the name, and intentional misspelling, refer to a missed turn on leg 11 that cost the team victory in the 2000 race. "As far as performance, I don't think anybody had a bad race from my team. The Tri-Club women were excited about how things went as well, and other teams were very supportive."

Among teams in the student division, the overall winner was ROTC 1 from Penn State, in a time of 6:10:44.

Five corporate teams took titles: Fleet Footed Fools, from CATA (supra men's corporate, 7:54:12), JB's Harriers, from Raytheon (standard mixed corporate, 6:10:37), Statpack, of Penn State's Statistics Department (mega mixed corporate, 6:54:10), Supelco Mobile Phases, from Supelco (mega men's open, 6:36:05), and The Dannon Dash, from Danone Waters of North America (mega men's corporate, 7:13:56).

Ultra Temptation

In the ultra division, Penn State senior Ben Haldeman turned a cartwheel at the finish after clicking off a vigorous 7:34:51 for the 50 miles, knocking nearly two hours off the course record (9:25:53) set in 2000 by Joe Shuta. In the women's ultra division Cincinnati's Pat Klaus paced herself over all 50 miles in a time of 11:19:00. Both efforts were their first ultras.

Incredibly, Haldeman had competed in the Ironman Triathlon World Championships in Hawaii just one week earlier, and decided at the last minute to do this 50.

"One or two people said that if I take it easy I could get through it," he recalled. "However, I had some pretty convincing conversations telling me that it was the craziest and stupidest idea ever."

Out on the course, Haldeman was buoyed by both the scenic terrain and acknowledgment from teams competing in the relay division.

"I was averaging just about 8:20 miles for the first 20. At about 30 miles I got caught by the PSU Tri Club guys' team (which had started 1 hour later). From then on, I had the support teams of all the other relay teams cheering me on each time they passed. The team vehicles were up to five miles ahead of the current runner; they would then wait at the next station and pass me again on the next leg. So I had a couple vans full of dedicated fans.

"There were no real low points during the run. I never had to walk due to tiredness—I speed-walked the really steep portions of hills to conserve my legs. Around mile 31 I felt super good and picked it up for about five miles. Then for the last half marathon I was pretty sore. All the muscles in my legs were hurting, but I was having fun and occasionally even had a smile on my face.

"With about eight miles to go there was a pretty brutal four-mile out-and-back section that went up a hill for a mile, and then down the other side a mile 'til the turnaround. The last four miles were downhill, brutal on the legs but good for the tired body. I unscrewed the lid of my water bottle, chucked it in the air, and did a cartwheel across the finish line. It was a great race that I am glad I did.

"I felt like I could have gone faster, but I am glad I didn't. It was fun to go out there, have a smooth run, and enjoy the scenery."

Old Stomping Grounds

Though many hours from her current home, Pat Klaus is no stranger to the mOUntaiNBACK's paved and gravel hills, especially the switchbacks and steady climb of Laurel Run Road on the front end of the course.

"The way we all got started on this running kick," Klaus recalled, "is when we were little, my parents tried running the starch out of us (five kids). They'd drive our car up to the very mountains we run (in this event), order us out of the car, and say, 'Run!' to see how far we could go. We outlasted their patience many times. My dad enjoyed it so much, he got a cabin up there, which we ran by at mile 1."

For Klaus, family is still tied closely to running. While Haldeman ran without a support vehicle, Klaus came armed with a family of supporters, led by her father. Her brother, Tom Kleban, has been a particular catalyst in her life.

"Tom would be embarrassed to know that he is my personal inspiration. It is because of him that I quit smoking, started running, lost 100 pounds, and entered the mOUntaiNBACK 50, solo."

Kleban, a promising decathlete in the late eighties with Olympic aspirations, saw that dream vanish after a tragic diving accident that left him quadriplegic. Today, after logging flawless college and MBA credentials, Kleban is a much-admired, successful professional and a Penn State coach of one of his favorite events, pole vault. And he is Klaus's secret weapon in her own achievements.

"Watch, as someone really challenged, really enduring hardships, really succeeding despite real difficulties—succeeds. There is no bigger joy. Watch this, then I challenge you to complain. Tell me that you're tired, you can't do any more, something hurts, something is too hard. Tell me that the rain, the cold, your knee, your schedule are reasons not to go on. Tell me the things that block your way to success. Go ahead, tell me all of them, and I'll think of what Tom went through to succeed from the most basic, to the most complicated, of challenges. This is my inspiration. My brother, Tom, has shown me that nothing—nothing is too great of a challenge."

For her part, Klaus has plans to stay in touch with these forest roads.

"It is my goal to run the mOUntaiNBACK solo, and annually, until I can no longer run. I have always loved this area."

Proceeds from the 2001 race benefit the Friends of Rothrock, a nonprofit grassroots organization dedicated to preserving the state forest's natural integrity. The race was made possible with support from the Pennsylvania Department of Natural Resources, Ski Tussey Mountain & Family Fun Center, Danone Waters of North America, McClarren Financial Advisors, Nittany Valley Running Club, Rapid Transit Sports, The Autoport, The Sign Stop, Irving's Bagels, Nittany Mountain Trail Rides, and *Runner's World*.

Overall Race Results

1. Team Turn Arround	smo	4:58:37
2. Rothrock Warriors	qmo	5:45:36
3. Earth Wind & Heterotrophic Respiration	tmo	5:53:49
4. No Need For A Name	qmo	5:54:32
5. Wanderlost Race Team	smo	6:04:39
6. JB's Harriers	smxc	6:10:37
7. ROTC 1	mso	6:10:44
8. Gun Show Running Club	sso	6:13:00
9. Kines 150	sso	6:14:31
10. CSF	smxo	6:21:10
11. Shrimp Shack Shooters	sso	6:21:14
12. 43 Ogars	sso	6:22:26
13. The First Timers	qmo	6:30:03
14. 1 st Lutheran Cross Trainers	qmo	6:33:22
15. Supelco Mobile Phases	mmo	6:36:05
16. Two Dolls & The Dogs	qmxo	6:38:20
17. Avocados	mmxo	6:38:54
18. Main Bangers	smo	6:39:58
19. Kickin' Rubber Chickens	sso	6:41:33
20. PSUTC Women	swo	6:45:37
21. S.T.O.M.P. Along	swo	6:47:37
22. 4 Studs & 3 Muffins	mso	6:49:38
23. Road Runners	mso	6:52:05
24. Statpack	mmxc	6:54:10
25. Cassville Mountain Pounders	smo	6:55:16
26. Boarzoos Monkeys	mso	6:58:57
27. Where's Larry?	mmxo	7:05:04
28. Bear Market	smxo	7:05:09
29. Raytheon Megahurts	mmxc	7:06:37
30. The Dannon Dash	mmc	7:13:56
31. Team Kowalski	mmxo	7:16:26
32. Waverunners	smxc	7:23:45
33. Beaten Path	mso	7:24:13
34. Ben Haldeman	uso	7:34:51
35. Tech Center Trotters	mmxc	7:36:53
36. Stoners	sso	7:46:13
37. Fleet Footed Fools	sumc	7:54:12
38. Pat Klaus	uwo	11:19:00
39. John Sherer	uso	DNF (Honorable Mention: ran 40 miles)
40. Kevin Bligan	umo	Scratch

Categories: First letter denotes team size: m=mega (7-8), s=standard (5-6), q=quad (4), t=tri (3), su=supra (2), u=ultra (1).
Second letter(s) are division: m=men's, w=women's, mx=mixed, s=student. Final letter: o=open, c=corporate.

Category/Division Race Results (individual runners' relay legs in parentheses)

Ultra Student Open

1. Ben Haldeman 7:34:51
John Sherer DNF (Honorable Mention: ran 40 miles)

Ultra Women's Open

1. Pat Klaus 11:19:00

Supra Men's Corporate

1. Fleet Footed Fools 7:54:12 - Steve Randall (1,3,5,7,9,11), Steve Cohen (2,4,6,8,10,12)

Tri Men's Open

1. Earth Wind & Heterotrophic Respiration 5:53:49 - Ken Davis (1,4,7,10), Nicholas Harris (3,6,9,12), Marvin Hall (2,5,8,11)

Quad Men's Open

1. Rothrock Warriors 5:45:36 - Marty Klanchar (3,7,11), Thomas Sciabica (1,5,9), Peter Flemmings (2,6,10), Brandon Dugan (4,8,12)
2. No Need For A Name 5:54:32 - Matt Beaugard (2,6,10), Jeremy Corman (3,7,11), Craig Hunter (1,5,9), Daniel Ingola (4,8,12)
3. The First Timers 6:30:03 - Bob Ricketts (4,8,12), Michael Duffey (2,6,10), John Blair (1,5,9), Tanya Mosbacher (3,7,11)
4. 1st Lutheran Cross Trainers 6:33:22 - Michael McCloud (3,7,11), John Uehling (2,6,10), Jason Fritz (1,5,9), Joel Heasley (4,8,12)

Quad Mixed Open

1. Two Dolls & The Dogs 6:38:20 - Shelly Heasley (4,8,12), Edward Helfrick (2,6,10), John Dunkelberger (3,7,11), Ruth Ann Helfrick (1,5,9)

Standard Men's Open

1. Team Turn Around 4:58:37 - Dennis Koch (4,10), Sean Ion (1,7), Edward Tersine (5,11), Daniel Knepper (3,9), Julien Bernard (6,12), Scott McAllister (2,8)
2. Wanderlost Race Team 6:04:39 - Dean McHenry (1,7), Scott Roycroft (4,10), Tony DeBoef (3,9), Gerry Glyde (6,12), Marc Terry (5,11), (Mark Riley 2,8)
3. Main Bangers 6:39:58 - Dan Ahern (5,10), Dana Todd (1,6,11), Jeffrey Powell (2,7,12), Kirk Rager (4,9), Chris Shank (3,8)
4. Cassville Mountain Pounders 6:55:16 - Michael Miller (4,10), Glenn Wright (5,11), Kenneth Covert (6,12), Rick Meitrott (2,8), Jeffrey Meitrott (3,9), Andy Smith (1,7)

Standard Mixed Corporate

1. JB's Harriers 6:10:37 - Bob Boozer (4,10), John Fenner (1,7), Deanna Brown (6,12), Ron Kustaborder (2,8), Jason Sellers (5,11), Jenny Striner (3,9)
2. Waverunners 7:23:45 - David Yoxtheimer (1,7), Dan Ombalski (5,11), Kate Quigley (3,9), Jessica Hayden (6,12), Jay Martin (2,8), Thomas Campitelli (4,10)

Standard Student Open

1. Gun Show Running Club 6:13:00 - Christopher Ault (4,10), Jordan Irvin (3,9), Bryan Walter (1,7), John Bobiak (6,12), Kyle Zarombo (5,11), Nathan English (2,8)
2. Kines 150 6:14:31 - Philip Grand (2,8), Jonathan Felsen (5,11), Tara Scheuren (3,9), Sean McLaughlin (4,10), Justin McIntyre (6,12), Adam Rapsinski (1,7)
3. Shrimp Shack Shooters 6:21:14 - David Estes (1,8), Alicia Gehris (3,10), James Chester (5,12), Ryan Stokes (6), Doug Keeley (2,9), Sara Inman (7), John Lyzinski (4,11)
4. 43 Ogars 6:22:26 - Sunjeev Shah (3,11), Brian Grimenstein (6), Richard Marzzacco (1,9), Jessica Toton (7), Chad Swanson (2,10), Laura Brzozowski (5), Tiffany Baer (8), Corey Dietrich (4,12)
5. Kickin' Rubber Chickens 6:41:33 - Jimmy Tran (4,10), Elizabeth Dols (1,7), Kara Novogradac (2,8), David Luber (6,12), Wendy Luber (3,9), Eric Cummings (5,11)
6. Stoners 7:46:13 - Jessica Welch (1,6,11), Erin Sanna (5,10), Jocelyn Brown (2,7,12), Anna Santini (3,8), Laura Kipilman (4,9)

Standard Mixed Open

1. CSF 6:21:10 - Josh Corbin (1,7), Joel Myer (5,11), Cheryl Gigante (2,8), Johnathan Balmer (4,10), David Hoe (6,12), Laura Schell (3,9)
2. Bear Market 7:05:09 - David Schmidt (2,7,12), Jeffrey McClarren (4,9), Diane Crebs (5,10), Gina Bellissimo (3,8), William Martin (1,6,11)

Standard Women's Open

1. P.S.U.T.C. Women 6:45:37 - Holly Dunsworth (1,7), Emily Koziol (2,8), Jill Dugan (6,12), Maggie Gendron (3,9), Tricia Rihl (4,10), Kristen Ripka (5,11)
2. S.T.O.M.P. Along 6:47:37 - Julie Christie (6,12), Jill Garrigan (1,7), Julie Grubb (5,11), Sue Matalavage (4,10), Kate Mount (3,9), Elizabeth Wess (2,8)

Mega Student Open

1. ROTC 1 6:10:44 - Jeffrey Compton (3,11), Lonnie Christian Jr. (1,9), Kevin Dore (4,12), Jim Scianna (2,10), Nicholas Tuerdosi (8), Nikki Deland (6), Sasha Kuhlow (5), Sarah Turse (7)
2. Four Studs & Three Muffins 6:49:38 - Jen Bobich (4,11), Jessica Rosevear (5,12), Allison Dickey (2,9), Timothy Watson (1,8), Clint Noble (7), Garth Llewellyn (6), Kyle Straub (3,10)
3. Road Runners 6:52:05 - Tabitha Jones (3,9), Joseph Wassif (7,12), Rose O'Brien (5), Julie DeBarros (1), Susan Trimbur (2,8), Jennifer Lantz (6,11), Fritz Westover (4,10)

4. Boarzo's Monkeys 6:58:57 - Carolyn Beans (3,10), Farzad Noubary (4,11), Robert Fay (6), Cori Thatcher (2,9), Thomas Bowler (7), Ravi Sharma (5,12), Erica D'Eramo (1,8)
5. Beaten Path 7:24:13 - Julie Kosto (4,11), Michael Godeny (2,9), Jack Falkenbach (3,10), Richard Mellon (5,12), Erin Luhks (7), Christopher DeFilippo (1,8), Dennis Powell (6)

Mega Men's Open

1. Supelco Mobile Phases 6:36:05 - Keith Rupert (4,12), David Scholly (6), Carlyn Genet (8), Joseph Savrock (3,11), Douglas Johnson (2,10), Shailesh Maingi (7), Robert Cooper Jr. (1,9), John Rumbaugh (5)

Mega Mixed Open

1. Avocados 6:38:54 - Teresa Timmerman (3,11), Paul Moser (7), Annie Ericson (2,10), Bob McGrath (4,12), Martin Shields (1,9), Rebecca Baum (6), Betsy Corwin (5), Sally Bondurant (8)
2. Where's Larry? 7:05:04 - Jane Pierzga (1,9), David Proctor (7), Donna Korzic (8), Marlina Tickerhoof (6), Mark McDowell (2,10), Patricia Kenney (3,11), Jim Pawelczyk (5), David Conroy (4,12)
3. Team Kowalski 7:16:26 - Mary Kowalski (4,11), Catherine Chirdon (6), Paul Kowalski (1,8), Francesca Kowalski (2,9), Chester Kowalski (3,10), Patricia Kowalski (5,12), Joe Kowalski (7)

Mega Mixed Corporate

1. Statpack 6:54:10 - Bruce Lindsay (8), Dave Hunter (3,11), Beatrix Jones (2,10), Ryan Elmore (7), Hyunsook Lee (5), Allison White (4,12), Rick Brazier (6), Mark Handcock (1,9)
2. Raytheon Megahurts 7:06:37 - Michael Gess (1,9), Vicki Fritton (6), Raechelle Saylor (8), Dean Rossman (3,11), Barb Trout (5), Bruce Karaffa (4,12), Mike Bratton (2,10), Jim Vogelsong (7)
3. Tech Center Trotters 7:36:53 - John Daley (4,12), Luke Levis (5), Grace Eberhardt (3,11), Brian Reed (7), James Taylor (6), Melissa Golemboski (1,9), Heidi Elliott (8), Christopher Hawk (2,10)

Mega Men's Corporate

1. The Dannon Dash 7:13:56 - Kristen Garnes (8), Nate Fagan (3,11), Randy Mattern (1,9), Jay Lynch (7), John Marshall (6), Kathleen Henry (5), Brian McMahon (4,12), Chris Finton (2,10)