

New River Trail 50k

Fries, VA 10/10/2009

Results

Race report follows

Place	first name	last name	AGE	sex	time	Hometown	state
1	Timothy	Driscoll	40	M	3:25:13	Blacksburg	VA
2	Matt	Kirk	28	M	3:35:38	Marion	NC
3	Nick	Whited	31	M	3:38:39	Raven	VA
4	Shannon	Price	31	M	3:46:40	Blacksburg	VA
5	Jenny	Anderson	35	F	4:01:30	Lynchburg	VA
6	David	Kirby	22	M	4:12:32	Raleigh	NC
7	Matt	Stollenwerk	41	M	4:13:32	Asheville	NC
8	Rachel	Harrison	27	F	4:13:53	Asheville	NC
9	David	Wasson	41	M	4:15:14	Charlotte	NC
10	Terri	Gizienski	42	F	4:15:36	Curtisville	PA
11	Rick	Gray	48	M	4:19:24	Johnson City	TN
12	Chad	Randolf	43	M	4:23:28	Mooreville	NC
13	Melinda	Yelton	43	F	4:26:13	Charlotte	NC
14	Betsy	Chew	38	F	4:26:14	Charlotte	NC
15	Travis	Coe	30	M	4:29:50	Hillsville	VA
16	Wanda	Burnette	57	F	4:30:31	Horseshoe	NC
17	Angela	Delbrugge	27	F	4:31:39	Wadesboro	NC
18	Mark	Long	50	M	4:31:58	Hamlet	NC
19	Fred	Dummar	40	M	4:32:01	Fayetteville	NC
20	Desiree	Lerch	34	F	4:33:54	Fayetteville	GA
21	Jonathon	Adcock	27	M	4:34:30	Stuart	VA
22	Mike	Pastore	54	M	4:36:19	Greer	SC
23	Tom	Patch	50	M	4:37:09	Charlotte	NC
24	Joel	Sweigart	40	M	4:38:35	Gap	PA
25	Derek	Reese	39	M	4:38:35	Lancaster	PA
26	Jen	VanAllen	35	F	4:39:24	Bryn Mawr	PA
27	Greg	Stick	53	M	4:39:30	Salem	VA
28	Jeremy	Baldwin	36	M	4:41:27	Willis	VA
29	Ian	Prince	44	M	4:42:12	Concord	NC
30	Ashley	Funderbunk	32	F	4:46:17	Charlotte	NC
31	Lark	Dunham	41	F	4:47:07	Bethesda	MD
32	Landon	Frerich	26	M	4:47:31	Charlotte	NC
33	Don	Mertz	49	M	4:47:40	Hampton	VA
34	Amy	Albu	33	F	4:47:51	Roanoke	VA
35	Erin	Gordley	38	F	4:47:51	Lancaster	PA
36	David	Kirk	58	M	4:48:59	Raleigh	NC
37	Eva	Gonzales	48	F	4:56:19	Blowing Rock	NC

38	Bob	Clouston	47	M	4:58:42	Wintergreen	VA
39	John	Waite	30	M	5:03:44	Newport News	VA
40	Joseph	Licata	27	M	5:05:02	Damascus	VA
41	Bradley	Nester	40	M	5:06:24	Hillsville	VA
42	Rosemary	Baxley	46	F	5:06:41	Hamlet	NC
43	Jamie	Moore	40	M	5:06:41	Lewisville	NC
44	Dale	Riddle	51	M	5:07:08	Pound	VA
45	Ed	Hanks	50	M	5:07:11	Galax	VA
46	Rebecca	Adcock	29	F	5:07:28	Stuart	VA
47	Paul	Valarides	42	M	5:07:50	Litchfield Park	AZ
48	Sally	Stollenwerk	42	F	5:08:25	Asheville	NC
49	David	Ritchie	54	M	5:17:30	Galax	VA
50	Janine	Myatt	42	F	5:17:48	Bristol	VA
51	Jimmy	Ballard	46	M	5:20:47	Kingston	NC
52	Tony	Rouse	45	M	5:20:48	West End	NC
53	Sandy	Davis	33	F	5:23:12	Woodlawn	VA
54	Aaron	Proden	37	M	5:23:16	Galax	VA
55	Richard	Tyner	55	M	5:25:09	Bloutville	TN
56	Mike	Day	48	M	5:25:37	Cary	NC
57	Eric	Fogelman	49	M	5:27:40	Aberdeen	NC
58	Eric	Bath	35	M	5:28:56	Boone	NC
59	Darrel	Wells	51	M	5:29:51	Greensboro	NC
60	David	King	63	M	5:30:57	Fleetwood	NC
61	Joe	Guest	41	M	5:32:01	Mechanicsville	VA
62	Jason	Holmberg	39	M	5:33:09	Thomasville	NC
63	David	Bragg	29	M	5:34:25	Lacey	WA
64	John	Neathawk	25	M	5:34:25	Salem	VA
65	Marie	Tedesco	60	F	5:34:30	Jonesborough	TN
66	Frank	Maguire	62	M	5:35:00	Pinehurst	NC
67	Lisa	Tranel	29	F	5:37:43	Blacksburg	VA
68	Judy	Campbell	60	F	5:37:52	Johnson City	TN
69	Leon	Harmon	59	M	5:38:56	Lincolnton	NC
70	Lance	Foss	39	M	5:41:10	Morganton	NC
71	Jerry	Anderson	50	M	5:41:13	Greeneville	TN
72	Steven	Lutz	35	M	5:42:14	Manheim	PA
73	Wendy Ann	Weidner	50	F	5:43:03	Bristol	TN
74	Elizabeth	Fairbanks	39	F	5:45:55	Abingdon	VA
75	Richard	Hulse	46	M	5:47:15	Johnson City	TN
76	Radu	Stoica	35	M	5:54:51	Knoxville	TN
77	James	Kesterson	61	M	5:55:02	Raleigh	NC
78	Michael	Forman	42	M	5:55:24	Charlotte	NC
79	Anita	Finkle	43	F	5:55:28	Roanoke	VA
80	Nate	Roll	40	M	6:04:01	Elkhart	IN
81	Michael	Morley	30	M	6:04:35	Charlotte	NC
82	Tammy	Massie	37	F	6:06:12	Gaithersburg	MD
83	George	Songer	59	M	6:08:43	Suwanee	GA
84	Janice	Hicks	67	F	6:09:20	Bristol	VA
85	Chris	Redman	41	M	6:19:10	Maryville	TN
86	John	Hurley	54	M	6:26:42	Richmond	VA

87	John	Hoffman	47	M	6:32:14	Palmyra	VA
88	Joyce	Ong	59	F	6:34:48	Bristow	VA
89	Dale	Caveny	49	M	6:36	Elkin	NC
90	James	Hunter	36	M	6:37:52	Lewisville	NC
91	Trace	Stewart	45	F	6:38:11	Gilbert	SC
92	Parker	Brown	42	F	6:38:53	Kingsport	TN
93	Kate	Wisz	40	F	6:38:53	Raleigh	NC
94	Richard	Hoben	37	M	6:46:10	Alexandria	VA
95	Anne	MacCallum	45	F	6:46:45	Clumbia	SC
96	Susan	Dummar	44	F	6:47:33	Fayetteville	NC
97	Scott	Herman-Giddens	66	M	6:47:33	Chapel Hill	NC
98	Brian	Moretz	44	M	6:47:43	Winston-Salem	NC
99	Michael	Bubel	53	M	6:48:34	Huntersville	NC
100	Jeannie	Hutton	47	F	6:55:22	Raleigh	NC
101	Dale	Less	50	M	6:59:04	Valdese	NC
102	Vickie	Fogelman	51	F	7:01:33	Aberdeen	NC
103	Donna	Maguire	58	F	7:02:09	Pinehurst	NC
104	Cheryl	Phillips	51	F	7:07:58	Raliegh	NC
105	Jim	Moss	56	M	7:08:00	Youngsville	NC

New River Trail 50k marked its 2nd year on 10/10/09 with 105 runners from 10 different states gathering in Fries, Virginia to run the 31.06 mile race. The course is 100% dirt and flat; it follows the New River and Chestnut Creek on its out and back course along Virginia State Park's New River Trail. Running conditions were perfect: high in the low 60's, brief periods of drizzle and light wind later in the day. Fall color in southwestern VA was just beginning its display and the beauty surrounded us all. The day also produced two new course records!

Jenny Anderson, 35, was the first woman to fly across the finish line in 4:01:30; she was 5th overall and is now the owner of a new CR, bettering last year's time by over 27 minutes. Following were Rachel Harrison, 27; Terri Gizienki, 42; Melinda Yelton, 43; and Betsy Chew, 38. All four of these runners were under last year's first time CR of 4:29:21!

The men's race also saw impressive top finishes. Timothy Driscoll, 40, breezed across the line all by himself to light applause - not due to lack of enthusiasm - simply because he had such a strong finish and spectators and crews hadn't yet found their way back to the S/F area! Tim now also owns a new CR of 3:25:13! Following Tim were Matt Kirk, 28; Nick Whited, 31; and Shannon Price, 31, who took a whopping 23+ minutes off his last year's time! At 22, the race's youngest runner, David Kirby, rounded out the top 5 with 4:12:32.

Of the 105 starters, 101 runners finished officially in 7 hours or less, the remaining 4 made it in several minutes later.

Montrail had a very visible presence this year. Our local rep Tres Binkley helped out at an aid station, and was there with his demo fleet of shoes. Several people tried on the Mountain Masochist line and demo models for 2010; 2 brave souls even ran the whole 50k in the demo shoes!

Because this course is so flat, does that mean it is an "easy" ultra? Not necessarily! Several very seasoned runners who are used to the steep ups and downs characteristic of the Southern Appalachians, were surprised

at how sore they got from doing so much “running!” I think this course is as easy or hard as you make it. There is no elevation gain to speak of, and unless you count falling leaves and walnuts as technical, no technical sections exist. As ultra running parallels the rest of life, we do choose our challenges!

Earlier in the year, I had hopes of certifying this as USATF 50km distance course; loss of sponsorship funds hampered us. Having now been through 2 years as an RD for this race, I’ve learned TONS and am still pursuing the certification project, and I plan on doing much of the work myself.

The 2009 race organizers thank our generous sponsors: Virginia’s New River Trail State Park, Nathan Products, Montrail, Redwood Creek Wine, Mud Mama Pottery, Trail Runner Magazine, Patagonia, Flowers Bakery of Winston-Salem, cookie baker Rebecca Adcock and Mountain Outfitters in West Jefferson, NC.

For more information on the 2009 race, or to learn about for next year’s event, scheduled for 10/09/10, please visit: www.ncnr.org/nrt50k.html

Note: 22 runners returned from 2008
24 volunteers came out to help
67 male runners, 38 female runners participated

What made NRT 50k “green” in 2009?

- Aid stations 4.1-5.7 miles apart encouraged runners to carry a water bottle
- Nathan Products provided water bottles to runners who wanted them
- Most sponsors have a demonstrated record of minimum earth impact practices and doing good things for the natural world.
- Limited paper cups at aid stations
- Gatorade, our electrolyte drink is manufactured 34 miles from race start
- Bread, fig bars and fruit bars were made 64 miles from race start
- Home baked goodies baked by runner Rebecca Adcock graced the aid stations
- Pottery tumblers and champion medals made by a local potter
- 100% online registration
- When registering runners could choose a lower fee w/o shirt or added fee to include shirt
- Shirts by Patagonia made from recycled and recyclable materials
- Runners were encouraged to bring their own bowls to the homemade soup lunch provided by local “Ladies Group”, otherwise paper bowls were used.
- Proceeds go to National Committee for the New River

Annette Bednosky

Race Director