

information.

the Burning River 100 Discussion Group on YahooGroups

Bobcat Trail Marathon

This year's 2nd running of the Bobcat Trail Marathon is filling fast and will sell out earlier than it did last year. Welcome aboard to our newest sponsor, Vibram FiveFingers! This is also the final event of the 2009 Series.

Sunday, November 7th at Burr Oak State Park

[Race Website](#)

Need some convincing? Check out [Nick's 171 pictures](#) from the 2009 event. See you there!



YUT-C 50K/25K

Don't miss one of the last Series events of 2010! Held entirely around 3 different lakes all within Mill Creek State Park, the YUT-C (Youngstown Ultra Trail Classic) is over 50% filled and is expected to sell out yet again this year. Rate increase after September 1st so don't delay!

NEW this year: gender-specific technical shirts! The guys will get a dark blue, La Sportiva shirt and the ladies will get a long sleeve silk-weight capilene shirt by Patagonia. They are reddish in color and very nice.

1. Familiarization Run: August 28th
2. Familiarization Run over Labor Day Weekend TBD
3. Race Day!! Saturday, September 18th

[Race Website](#)

[Discussion Board for the latest updates about familiarization runs](#)

[Current Entrants \(as of 8/17/2010\)](#)

The Fourth Annual Burning River 100 was honored to host the 2010 USATF 100 Mile Trail National Championship. That designation, along with a total of \$10,000 in prize money helped to bring 100 more runners this year, resulting in the fastest BR times yet. Todd Braje, 34 of McKinleyville, CA blazed the course in 15:29:24 while Annette Bednosky of Jefferson, NC wasn't far behind taking the top female honors in 16:44:21. While 255 runners toed the starting line, 166 of them crossed the finish line under the 30 hour time limit.

A complete list of finishers is available [here](#). Other results, including USATF top finishers are available on the BR100 [website](#).



Photos from the 2010 event are also linked on the BR100 web site. Go to the web site, select the Photos menu and choose 2010 to see a list of links to online photo galleries.

XTERRA Trail Run Ohio

Series

The 2010 XTERRA Trail Run Ohio Series includes five cross country trail runs in Northeastern Ohio and Central Ohio. Visit their [homepage](#) for registration links and to sign up for the XTERRA Ohio e-newsletter.

#1: **Vulture's Knob**, April 24th, Wooster [RESULTS](#) // [FINISH LINE VIDEO](#)

#2: **Hargus Lake**, May 22nd, A.W. Marion State Park, Circleville [RESULTS AND FINISH LINE VIDEO](#)

#3: **Chapin Forest**, June 26th, Lake Metroparks, Kirtland; [RESULTS](#)

#4: **Mohican State Park**, July 10th, Loudonville [Overall Results](#) // [Age Group Results](#)

#5: **Oak Hill**, August 21st, Cuyahoga Valley National Park, Boston Township



Trail Runner Spotlight: Brian Musick

Brian, tell us about you, where you call home, and what you do when not on the trails:

I was born and currently live in Warren, OH. I've been running since middle school and have finished 31 ultra marathons and 13 road marathons to date. I have a younger brother and sister who are also both runners, and whom I enjoy sharing time with on the trails. When I'm not on the trails I do marketing for the United Way, spend time with my family and friends, attend concerts, root for Cleveland's sports teams, and enjoy fine dining and microbrews. I also do marketing and maintain websites for the Youngstown Ultra Trail Classic (YUT-C) 50K/25K and the N.E. Ohio Trail Club.



When did you first start running "seriously"? What got you into it? At what point after that were you introduced to trails for the first time?

If running ever becomes "serious" for me, that's when I'll stop. But seriously, I started running consistently back in middle school. As a child, I grew up traveling to different cities to cheer on my dad as he competed in numerous road marathons. The excitement at the start/finish line, as well as the overall race atmosphere, sucked me into the running scene as I got older. I ran cross country and track & field competitively in both high school and college, and completed my first marathon with my dad at the 1998 Cleveland Marathon. This will always be a memory that I'll cherish. Just a few months later I completed the Pikes Peak Marathon in Colorado. This high altitude trail marathon offers spectacular views and was my first taste of the terrain that I enjoy the most today. I have to give credit though to my friend Bob Combs for introducing me to my first trail ultramarathon. In conjunction with Art Moore's FA, which takes place each January, Bob and I ran the Buckeye Trail 50K course in reverse. Following this low-key fun run, I enjoyed a warm meal at "Mohican Colleen's" place and listened to amazing stories from legendary local ultra runners such as Roy Heger, Leo Lightner, Art Moore, etc. From this point on I was hooked on trails and ultra running!



Tar Hollow 50

The Tar Hollow 50 is a new 50 Mile and 50k race to be offered May 2011 at [Tar Hollow State Park](#) in South Central Ohio. This is a perfect race to prepare for the Mohican 100 Mile or 50 Mile or to confirm your fitness for the Burning River 100. We have also agreed to partner with [Vibram FiveFingers](#) to add a FiveFingers division. The first person to run the entire course in their FiveFingers during the entire race wins! A free pair of FiveFingers will be awarded to the winner of each event.

Registration Update

YUT-C 50K/25K

- Saturday, September 18, 2010

- [Registration now open](#)

- [Current Registrants](#)

Towpath Marathon and 1/2

Some refer to you as "Pebble" which stems from your involvement in NEO Trail. Tell us about NEO Trail, where it came from, why it exists, and how we can all get involved with them. As a founding member of the N.E. Ohio Trail Club, I am extremely happy to see how the club has progressed over the years. It was originally formed as a means to provide support for our flagship event, the Youngstown Ultra Trail Classic 50K/25K (YUT-C). Since then, it has evolved into a social running club that puts its focus on its members by offering free FA events and group runs. NEO Trail is comprised of outdoor enthusiasts who enjoy adventure, running dirt trails, but most of all - having fun! Anyone is welcome to join, regardless of your age or ability, by visiting the club website (www.neotrail.org) and downloading a membership form.

Besides the actual trail running itself, what are the "fringe benefits" of being involved and a member of our huge and booming trail running community here in Ohio? Whether you're a runner or a volunteer, there are so many positive aspects of being involved in the N.E. Ohio trail running community. The key word is community. I've learned throughout the years that running is about much more than just a race and what place you come in. It's about the friendships you make along the way, the help that you can offer others, and the memories that will last a lifetime. Running teaches you a lot about life. It teaches you how to deal with adversity. It teaches you how to plan and prepare. And it teaches you how to set goals and work toward success. There is so much more than just running itself and I'm happy to say that I'm part of a huge running family here in Ohio that also sees the big picture.

Looking back over the years, what would you consider your "Top 3" in accomplishments, whether running on the roads or the trails? I think I know your #1, and would you do that one again? My top accomplishment so far is definitely finishing this year's Massanutten Mountain Trails 100 Miler in Virginia in a time of 32 hours and 50 minutes. This race has been billed as the "toughest 100 miler in the East" and features an extremely rocky and demanding course with over 18,000 feet of elevation gain in Virginia's Shenandoah Valley. Despite its difficulty, I'm already looking forward to putting my name back in the lottery for next year's race. My second top accomplishment is tough to choose, but I'd have to say qualifying for the 2000 Boston Marathon at the '99 Columbus Marathon with a time of 3 hours and 8 minutes. Maintaining a 7:15/mile pace throughout the entire race was difficult, but crossing the finish line in under 3:10 made it all worthwhile. As for my third top accomplishment, I'd probably say finishing last year's Burning River 100 Miler. This race let me know that I could handle being on my feet for 29 hours straight and gave me the confidence I needed to finish MMT this year.

Looking forward in the immediate future and in the years to come, what are some key events on your "Must Do" list? Right now I'm currently signed up for the Oil Creek 100 Miler which takes place in Titusville, PA on October 16th. As for the future, I don't have too much set in stone right now besides doing MMT again and a bunch of local races and FA's. I try not to plan too far into the future, but if I had to make a list of some "dream races" I'd like to do, I'd probably say some ultras out west, such as Hardrock, Leadville, Western States, etc.

Marathon

- Sunday, October 10, 2010

Run with Scissors Marathon+ and Double Marathon+

- Sunday, October 31, 2010
- [Registration now open!](#)

Bobcat Trail Marathon

- Sunday, November 7, 2010
- [Registration NOW OPEN!](#)

Race Calendars

[100 Mile Race Calendar](#)

[Coach Weber's National Ultrarunning Calendar](#)

[Jason Robillard Ultra-Marathon Calendar](#)

[Trail Runner Magazine Race Calendar](#)

[ultraRUNNING Magazine Race Calendar](#)

[OhioOutside.com Race Calendar](#)

WRTR Race Series

[Updated Results since Race #3, Forget the PR 50K/25K](#)

[2010 WRTR Series Rules](#)

The purpose of the Western Reserve Trail Running (WRTR) race series is to promote a regional competition, wide participation in the sport of trail running, foster volunteerism, and to recognize the annual WRTR series champions.

If someone wants to start trail running but isn't "plugged in," what would you suggest to them to get involved? The best way to learn about something is to talk to those who have already done it. For example, here in N.E. Ohio we have plenty of experienced trail runners that are always willing to share their advice and provide useful suggestions. Speak to them and ask for their assistance. Recently I began offering my own coaching services to anyone interested in trail running, regardless of their ability. You can learn more by visiting www.coachmusick.blogspot.com. There are also many group runs organized locally, which can be found listed on various message boards. Another option is to stop by Vertical Runner in Hudson, which is a running store that offers plenty of great trail running gear and advice. Lastly, you could join a local running club. Being part of a "team" and having the support of others can sometimes make the toughest challenge seem obtainable.

Anything else you'd like to say to our community? Never think there's anything you cannot do. Bottom line... if the mind can believe it, the body will achieve it. Never sell yourself short and live each day like it's your last.

Buckeye Trail 50K Race Report

by first-time 50K finisher, Kirstie Ratzer-Farley

I was only a few days away from completing my first road marathon in December 2009 when I signed myself and my husband up for the 2010 Buckeye Trail 50k. Crazy? Some might say yes. Half of me was worried about just making it through that first road marathon but the other part said if I can do a road marathon, what's five more miles on the trails? Go ahead and chuckle, as I am now laughing myself. I would soon learn very quickly just how hard those last 5 miles would be.

BT50K would be my first ultra marathon and the week leading up to it I became very nervous about it. I wondered if I had trained enough and if I had it in me to do such a long race. I was also concerned about the weather as I had done some long trail runs in the heat but not 31 miles. Thanks to help of my trusty running friends and some ultra trail veterans, I became more at ease with the idea of taking this race on as a challenge. Only weeks before I considered dropping out because I didn't think I had what it took to do so such an event but then quickly changed my mind. I thought that a DNF would be better than dropping out all together and not even trying it at all. So my mind was set, I WAS going to take on BT50k. This was going to be the biggest physical challenge I had taken on in my life. Game on!



As I got ready for the race my mind filled with all the things I needed to do to before leaving the house. I was unbelievably calm which quickly turned to nervousness and anxiety as the car drew nearer to the starting line. I arrived early to make sure I had time to get all my gear in order and make a few stops to the restroom if needed. The ladies in the restroom assured me I was going to be ok and to just have fun while running. Fun? How is 31 miles on trails going to be fun? I felt like I was going to throw up. After meeting up with a few of my fellow SARC members, my stomach soon settled as we chatted and walked to the starting line. All the runners listened to last minute instructions from Vince Rucci, RD, and then lined up for the start. We were off in just a matter of minutes and my 31 mile journey on the Buckeye Trail soon started.

It was amazing to see the 150 or so trail runners all take off down the road through the park. I was towards the back and watched the group quickly disperse. It only took a matter of minutes before I lost sight of the majority of them. We ran just over 1.25 miles to get to the actual Buckeye Trail after climbing the hills of the road and all purpose trail. Soon groups of friends and the solo runners settled themselves into their paces and climbed further into the woods.

The first six miles I was running just behind my husband, Kevin because I was a bit worried about being lonely out there. Turns out I ended up meeting many great people while out on the trail that day and wasn't really lonely at all. Before I reached the first aid station I realized the back of my head was already completely soaked with sweat and it worried me. If I was this sweaty already and it would only become warmer as the day went on, how would I handle the heat? I tried not to think of the heat as I had the trail itself to focus on. We pulled into to the Snowville aid station that was manned by my running group the Towpath Trotters. These people are not only my friends and running buddies but they have become a family to me. I was very grateful to have them out there on the course supporting me and that they had volunteered their time to race. I think I was so focused on the task at hand that once I left the station I realized that I had no idea who was even there. I must have been in a zone.

I tried think of the race in stages instead of the complete 31 miles. I had heard runners talk about just making it to the next aid station as a goal while I volunteered at Burning River 100 last year so I adapted this same method of thinking for this race. I know it's not the same kind of race but for me it would work. Next goal, Boston Store. I had made friends with a few runners around me during this leg of the race and made small talk about the day, race and other ultras that they were planning on doing. Chatting with these folks helped take my mind of the race. I really disliked miles 7-8 as it seemed like a constant incline on the rocky path. While it wasn't a technical portion of the course, it was tough for me and many others around me. I looked ahead and noticed many runners walking portions of this slow climb. My husband was also walking but soon disappeared out of sight and I was left by myself.

Our thoughtful race director left water jugs throughout the entire course and going by the looks of the jugs when I got to them it seemed the water was very much appreciated by everyone. I can't thank Vince enough for all the water that was out there. As the temperatures rose, the more water I drank so it really helped to have

it out there. It was added touches like this that made this a first class event.

As I crossed Boston Mills Road I knew that I would probably be coming upon the front runners that would be headed back to the finish line. It was only a moment or so after entering the woods again that I saw the front runner, Shaun Pope and he looked great. I looked at my watch in total disbelief. I was 2 hours and 37 minutes into the race and I couldn't believe this guy was already almost back to the finish line. WOW! I commended him for a great job and he returned the encouragement. Not even a minute later I came upon Mark Godale. I first heard about him when I volunteered for this very race last year. During the last year I had seen him in pictures and heard great running stories about him.

Once I realized who he was I was almost a little star struck. Here I was running the same event as our area's best runners, only way behind them. This was great! I cheered him on and again I received support back. As I drew closer to the piano keys, Cam Lee passed me only 30 seconds after Mark. He cheered me on as he passed by me. I was completely amazed by not only the effort and speed these guys were running at but the fact that they took a moment to root me on even if I was all the way at the back of the race. This was the moment I realized the ultra trail community was completely different than I had previously thought. I liked this and wanted more of it.

I approached Boston Store and Beth Woodward had just left the aid station and was headed back towards Snowville. Amazing! She looked great and I encouraged her on and she did the same. It turned out that I was only minutes behind my husband as he had just left before I arrived. A few others that I had talked to earlier also arrived into Boston so I felt a bit of relief to see that I wasn't completely alone out there. I recognized many friendly runners volunteering at this station. They assisted me with food and drink and I was soon off to see if I could catch my husband. As I climbed the first very large hill in the next section of the race I saw Kevin just ahead of me at the top. I had caught him. I didn't necessarily want to run with him, I just wanted to keep him in my sights. As hard as that hill was I was kind of glad to have it as I could have a few moments to walk.

As I continued on this section of the course more and more of the runners were passing me as they were on their way back. We all encouraged each other as we passed by one another. I was still feeling good about my race as I hadn't seen any of my friends on their way back yet so I knew I wasn't doing to horribly. My goal was to get to Pine Lane in 4 hours or less. I caught my husband on the section of the trail covered with pine tree roots. We checked in with each other and continued on to Pine Lane together. I made my way down a very steep hill not too far from the aid station and worried as I knew I would be soon climbing back up that very hill. I didn't look forward to it either. Soon I saw both Cindy Antenucci and Debi Glinsek on heading back. They looked great and both are great examples of the kind of runner I want to be one day.

I arrived at Pine at 3 hours and 55 minutes. I did it, I had met my goal. I was half way done with this race! I didn't recognize any of the faces of the volunteers working but this didn't stop them from treating me like royalty. Every single one of those volunteers was so helpful and all had smiles on their faces. They took my bottle and pack from

me to refill, filled my hat with ice and offered me all kinds of food. What a great group of people! It was so weird to be on this side of the volunteer table and to be taken care of but I liked it. The ice and watermelon at this station made my day. I remembered a tip I received from Cindy and Elizabeth Hansen about putting ice in my bra to keep cool so I quickly emptied a cup of ice down my shirt it felt great. I spent about 7- 10 minutes at Pine Line and then I began my own return trip back.

I shared the news of ice and watermelon at Pine Lane with the runners that were heading into the turn around. It made me smile when they were glad to hear the news. I knew that the happiness on my face wouldn't last long because I knew I had 15 or so miles back to the finish and one nasty big hill to contend with shortly. I walked slowly up the hill and knew that the whole return trip back to the finish line would be a much slower one but tried not to think of it. I wanted to get back to Boston Store in an hour but knew that probably wasn't going to happen. I ran when I could and tried running all the flat bits and walked all the hills. This leg of the race was going slow. I remembered hearing in the past other runners saying how much they loved this section of the trail. I knew it wasn't as difficult or even as technical as other parts of the course but I didn't like it and just couldn't wait to get to the next section.

I passed through Boston Store picking up more ice, food and water. I felt good at mile 20 and I realized that I still had 11 more miles to go. My friend Sheila Avsec, Northeast Ohio's best running cheerleader was there and told me I looked strong. She took a few pictures of me before I set off. I was Snowville bound. The hill right before Boston Mill Road almost broke me. A runner was 20 feet ahead of me on it and had to stop mid climb to get his heart rate down. Before the race I told myself I wouldn't stop at any point during the race but that I could slow down whenever I needed to. I just had to keep moving forward. Half way up that hill I thought I wasn't going to make it. I managed to climb the whole hill without stopping but it was very slow going. Once on the road I noticed one the guys I had talked to earlier was just up ahead of me and another one behind me. The one behind me caught me and said "You are all I have left to keep me going". I responded back "the guy ahead of me is what is keeping me going". We both laughed and continued talking for a few miles. We had passed each other several times during the race but were together for a few miles at this point. I had mentioned that I wanted to catch my husband but he kindly reminded me that we each had our own races to run. After hearing that, I decided he was right and stopped worrying about catching up to my husband. I had my own pace and my own race to run.

It kind of got ugly after he left me and I was on my own. I told myself even if I finished in last place that it was still a finish and that meant I completed the race. I did a lot more walking than I anticipated. I was physically and mentally fine but just wanted off my feet. I continued on to Snowville and anticipated all the landmarks that would indicate I was almost there. The staircase down to the road hurt. Each step down jolted my knees and I tried to alternate my steps as to not strain my knees. At the bottom of the stairs I recognized a friendly face. It was my friend Kathy Sloan who was going to run me into the finish from the aid station. Kevin and I are the first ones from our group to take on a 50k so our friends chomped at the bit to help us

out anyway they could. She was so excited to run me in that she couldn't wait at the aid station anymore and came looking for me. I was happy to see her. I knew the aid station was close and that the finish line wasn't that far away.

I arrived at Snowville around the 7 hour mark and my Towpath Trotters friends were all there. They even had my own bottle of Coke waiting for me as they all knew how much I love Coke. I was a bit relieved and happy to see them all. I took a few swigs of the Coke, ate some food and was once again setting off into the woods for what would be the slowest leg of the race yet. Kathy followed behind me and kept the mood light. We talked, walked and ran. I had 6.2 miles to go to the finish line. As much as I wanted this thing to be over with, I never once said "I'm done" or "I quit". I was too far into this thing to quit now and quitting hadn't even crossed my mind. Math has always been my weakness and trying to do math while running is just out of the question for me. I tried to figure out if I could finish the race in 8 hours and 30 minutes. This gave me 1.5 hours to get this done. I realized later that wasn't going to happen when my 28th mile clocked in at 25 minutes and 10 seconds. Oh well, I wasn't out there to set a record for myself; I was out there just doing it to complete it.

Up to this point, my longest runs ever had been the two marathons I completed so with each new mile marker that ticked off on my Garmin, Kathy and I celebrated each new distance milestone. And even though I walked some of these new miles instead of running, it was still new lengths of distance and time on my feet. The hills in the last several miles were brutal. I told Kathy I wanted to cry just looking at them. She stayed positive and kept me moving. I knew there was only one way off this trail and out of these woods and that was to finish the race. As I got closer to the finish line, I started to run a bit more and take shorter walking breaks. I couldn't wait to hit the all purpose trail as I knew that I would be just over a mile from the finish. We saw the "one mile" sign and I couldn't believe it. I was going to finish my first ultra marathon. I wasn't speedy but I was going to complete it.

As the finish line appeared in the distance, I picked up speed and continued running. A few friends emerged and joined me as I ran to the finish. I begin to cry the closer I got. The tears were that of joy and exhaustion. I crossed the finish line and was handed my medal. I did it! I finished in 9 hours, 20 minutes and 59 seconds. I could tell by the looks on my friends faces that they were proud of me. I was proud of myself.

This was an amazing race and experience for me and I am grateful that I was able to be a part of it. I am also very thankful to Vince for putting on such a well planned event, all the volunteers, all my friends that supported me and to all the other runners that keep me motivated all day. A special thank you to my husband Kevin, my closest running partner. Even with all the hills and the 90 degree heat and humidity, I would do it all again in a heartbeat. Maybe not today or tomorrow or even a month from now but I will do this type of race again soon. I look forward to becoming part of this community and taking on more its challenges.

Follow Kirstie on her blog [here](#). Thank you, Kirstie!

Western Reserve Trail Running, Inc. is a nonprofit organization registered in the state of Ohio. The organization's first event was the 2007 Burning River 100 Mile Run held on August 7-8, 2007. Our mission is to promote trailrunning in the Northeast Ohio region through the development and management of new events (races, fun runs and training runs) within local park systems and municipalities. Questions?: contact info@wrtr.org

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