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<http://fox.nstn.ca/~dblaike> (Ed Alexander)

Haliburton 100-Miler (Update)

Haliburton, Ontario (UW) - None of the participants in Ontario's last 100 mile run were present to witness its revival more than eight years later. The director of that event, the indomitable Rolly Portelance, was away at a family event, his mind undoubtedly wandering to his next (36th or 37th) 100 miler.

There were only six finishers at that event in 1989 (remarkably, all under 24 hours), and besides Rolly, the others haven't been seen much in recent years.

A micro-reflection of the growth of participation in the sport that has taken place overall in the interim, this time 22 runners registered for the 100 mile event, AND ten for the 50 miler AND 17 for the 50 km.

Any illusions harboured by this year's postulants that this would be an easy 100 miler were dashed by the 25 mile mark. The results overall would tell all: a finishing percentage just slightly over 30%.

The course is a 25 mile double out and back roughly divided between trail and dirt road. The telling characteristic of the terrain is the roughly 22 major hills (defined as a rise of more than 120 feet at a grade of not less than 30%, including 6 killers between miles 21 and 25 (that's 12 hills between 21 and 29). And there are probably double that number in smaller hills.

No matter how you run it, the only easy part of this event is the first leg. Quickly covered on the way out, the Krista Trail (between 5 miles and 7.81 miles) becomes an interminable purgatory of tough footing and steep hills on the way back.

Probably 6 or 8 runners never turned around when they reached the base again, and of those who did, aside from the 8 finishers, the farthest anyone got was 79 miles (1), 66 miles (1), and the balance only 63 miles.

Running his third sub-24 100 miler, Les Michalak was asked to compare the toughness of the course with the Mohican and Vermont, and while indicating it was perhaps marginally easier, he said it was definitely in the same class.

The 100 featured a great race between the front four, with veteran Ron Gehl only relinquishing the lead he held the whole way on the final leg. All four were within 20 minutes of each other at the 50 mile point.

In the 50 miler, there were solid seven hour performances from youngsters Scott Turner and Geoff Sheppard, with the rest of the field drifting in after 10 hours.

In the 50 km, Terry Boese, Chris Wytyczak and Giles Malet all ran in virtually together in very, very respectable times despite the difficulty of the course. Look out for Deanna Lindsay who ran an excellent race. I predict you'll hear more from her!

I also predict that even if not as many register for the 100 miler next year, those that do will be better prepared and have greater respect for the course, and a higher finishing percentage will be the result.

The course is extremely well managed, with well placed and well stocked aid stations, with the advantage that with this course configuration, you get to observe more of how others are running as they pass you in both directions.

Great northern hospitality is offered by race director Helen Malmberg at the huge privately owned Haliburton Forest, with great pre-race and post race meals and fellowship.

For the purpose of the Ontario Ultra Series, those who had registered for the 100 miler but only completed 50 miles, were given points for their mileage only and credit for one event completion. * *

*** Haliburton Forest 100-Mile Trail Race**

*Haliburton, Ontario - 1 September 1996
(with 50-mile split times)*

100 Miles

1. Brad Jones (8:08:28) 19:26:00
2. Les Michalak (8:11:32) 19:28:40
3. Joe Hildebrand (8:26:56) 19:28:40
4. Ron Gehl (8:06:00) 21:45:46
5. Peter Stringer (9:30:50) 23:34:21
6. Peter Suomela (10:02:51) 25:33:50
7. Jim Moses (9:29:01) 25:51:00
8. Randy Freeman (11:15:10) 29:38:27
- John Cookson (10:38:46) DNF
- Richard Lulin (11:32:06) DNF
- Ab Kampstra (11:41:10) DNF
- Howard Parker (12:27:03) DNF
- Susan Rozanski (F) (12:32:39) DNF
- Bruce Hilton (12:35:53) DNF
- Grant Campbell (12:47:30) DNF
- Gord Harthun (14:05:00) DNF
- Bill Rothwell (14:28:00) DNF
- Ed Alexander (14:28:00) DNF

(22 starters)

50 Miles

1. Scott Turner 7:26:20
2. Geoff Sheppard 7:30:00
3. Jim Martin 10:04:40
4. Gord England 10:13:27
5. Ed Ciesielski 10:47:03
6. Aimee Dickens (F) 10:53:30
7. Sherry McLean (F) 12:01:15
8. Joe Cleary 12:44:27
9. Michael Gehl 13:35:49
10. John Rozanski 14:03:00

(10 starters)

50 Kilometres

1. Terry Boese 3:49:45
2. Giles Malet 3:55:06
2. Chris Wytyczak 3:55:06
4. Deanna Lindsay (F) 4:34:36
5. Joe Hewitt 4:36:06
6. Karen Short (F) 4:48:18
7. Murray Wood 4:58:41
8. Paul Raymond 5:13:32
9. Jim Boyes 5:22:28
10. Moe White 5:23:55
11. Daniel Boon 5:41:34
12. Tom Restoule 5:46:00
13. Odino Soligo 6:02:25
14. Elliot Aronoff 6:11:41
15. Kim Campbell (F) 6:58:38
16. Ron Turner 6:59:22
17. David Hughes 7:52:21
18. Jess Heroux 8:21:09

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