



## Haliburton Forest Trail Runs West Guilford, Ontario September 2, 2000

### Race Report by John Remington

updated 08-Jul-2001

Pat and the Bears [Cartoon](#)  
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6 am Saturday September 2nd, 2000 saw 99 ultrarunners line-up to challenge one of the three great races Helen Malmberg organizes in the 51,000 acre private forest south of Algonquin Park. With 38 of us electing to run the 100 miler the 5th edition of this race was set to be the most popular yet. 22 runners lined up with us to do the 50 mile and 38 for the 50 kilometre "wimp" runs which have been held for 7 years. The noise as we set off after prayers was loud enough to disturb the Haliburton Forest wolf pack, truly a great way to start a race! The day dawned cold and gray after a hot week but the green forest lay before us and most people's mood was light.

Quickly the lead 50 kilometre pack took off after pre-race favourite John Culhane from Toronto. 3 hours and 59 minutes later John had his victory. Interestingly female winner Cori Hutton from Peterborough took second overall in 4:20:31. She recently moved to Ontario from Western Canada and looks capable of winning an ultra outright. Ross Inglis from St. Catharines produced a solid third in 4:31:14. In all 35 of the 38 fifty kilometre runners completed their journey. Eleven year old Taylor Harthurn from Hamilton finished in 25th place in a time of 6:20:39!

Meanwhile the 50 milers and the 100 milers continued onwards towards the 25 mile turn around point. I led for a while until bowel problems and general lethargy slowed me. Luke Hohenadel from Guelph then led us all in a very impressive way until his race ended at the 65 mile mark. As I saw Luke standing mournfully by Ed Alexander's fire I remembered my own DNF in 1997 at the 70 mile mark. Some things are worth trying again and the Haliburton 100 miler is definitely one of them.

The 50 mile race gave the event its first surprise as pre-race favourite Scott Turner dropped out due to an ankle injury. David McConkey then led the race back to base camp and looked invincible. Well it's an ultra and he took a wrong turn, got dehydrated, got back on course and had to settle for third in 8:13:45. Brad Arndt from London was second only 10 seconds ahead of David. Jay Myatt was victorious in 7:52:54. Women's winner was Paula Burchat from Ottawa in a course record 9:19:09. Suzanne Farla from Woodville took second in 10:46:11. Leslie Nigh from Etobicoke was close behind Suzanne in 10:51:32. Leslie ran in with Jennifer Dick from Waterloo who was precociously doing her first 100 miler. She only started running this year!

Miles 25 to 50 on the return to base camp felt very difficult. First I ran with new 50 miler Gary Arsenaault and then Doug Barber. Doug was having a bad day as well but left me to run hard up the steep Krista Trail to finish in 8:36:08. Doug didn't seem to feel that I'd be starting out again and very nicely came out in his van to check on me when he realized I was trying to do the 100 miler. Thanks Doug.

As I ran along the road into base camp John Culhane came out to me in his car and gave me a stern talking to about DNFing and how bad I'd feel if I dropped out again. He was right so I continued, much to my surprise. Running into the 60 mile aid station I saw fresh bear prints. Seems that eventual 100 mile victor Wesley Finnemore from Boston was lucky enough to see the bear earlier on.

I pushed onward and onward. This point in the race saw about 4 or 5 runners go past me. As I sat in the 60 mile aid station staring at my socks Rich Urbanski came in and out. From him and others there came a series of reports that I had dropped out. Meanwhile I was jogging along in the rain looking at all the trees that had gone into fall colours over the day, just beautiful. Into Ryne Melcher's Brewski Aid Station as night fell and time for my last beer (Rickard's Red, one of three I had during the day). "Now's the time to zoom" Ryne informed me without actually telling me how! So I did and took off up the hill as fast as I could.

The Osprey trail was dark, real dark. Took me a bit to realize there were no glow sticks marking the trail. Helen usually has the course lit up like Christmas. I fell twice trying to find the day glow ribbons and ran in a darkness so complete I couldn't see my hand in front of my face. Next year Helen will make sure her supply of glow sticks arrives! Made it real interesting during the night.

After hugging my partner Leslie at the 75 mile station I powered along the road seeking to use my new energy to catch Steve Govier. About a mile out I see lights and hear a woman screaming for help. I assumed it was Ron Gehl's pacer Karen Westfahl having a joke on me. It was Pat Sommers who had been running with Monica Scholz until making a wrong turn. She had heard a rustling sound and shined her light towards it. A black bear stepped out onto the road and growled and reared up on her. Pat ran off the wrong way and shouted for help. Realizing none would be coming she charged passed the bear and then inched her way along expecting the bear to return any minute. She was very upset by this and it took me a while to calm her. I talked her into walking back to the aid station with me.

Monica and her brother came walking along and Pat started shouting for help again. What they thought was going on I'll never know! I explained about the bear and Pat returned to the aid station with Monica's brother. I thought Pat's race was over but she left with her pacer Mark Bomhower and finished in 26:21:45.

Monica and I ran together along the road and into the 79 mile aid station before the start of the Osprey trail. Monica left me and was about 200 metres ahead when she met Jenn Dick coming along. Jenn shone her flashlight through the forest to find me. Twenty feet on my left I heard "GROWL" and off I went after Monica. I was badly scared by this and Monica generously slowed to let me cross the Osprey trail with her. She offered to run the rest of the race with me which is truly classy as it was obvious to me I was going to slow even more. I talked her out of this, claiming Ryne Melcher could pace me from the next station. Monica finished 5th overall and first woman in 23:42:28 in her record 11<sup>th</sup> 100 miler this year! Wow.

Ryne was roused from his tent but couldn't pace me as a hard day working the aid station had tired him out. The bear stories also seemed to shake his usual confidence!

I ran alone along the road to Ed Alexander's aid station where I realized I only had 25 kilometres to go. Ed informed me Rich Urbanski was just ahead and faltering. Vengeance time for the "John's dropping" rumour!

The King and James trail had mysteriously got very, very steep during the day but eventually I got to the 90 mile station to find Rich sitting down. Leslie got me going and Rich and his pacer, Daniel Boon, walked with me along the road to climb Krista and finish.

Near the top of the Krista trail we found Vincent Swendsen sitting down four hours after his flashlight failed. He couldn't see to move in any direction. We left him with Daniel and jogged down the trail. Near the 5 mile aid station we saw a large white animal running away from us. After a few minutes Rich finally got his can of mace out which didn't make me feel any safer! It seems likely we saw a badger. The wildlife don't normally put in so many appearances at this race!

Daniel informed us a runner's lights were flickering behind us on the trail. We both figured it must be Aimee Runge who is known for her patented fast finishes. We started the final 5 miles at a brisk pace. Two miles later I died but Rich refused to abandon me. The next three miles were painful but Aimee didn't catch us! With 500 metres to go Daniel informed us we could have broken 25 hours but we would never make it now. I looked at Rich and he at me. We zoomed and finished in 24:56:20. I will treasure forever the beautifully designed new belt buckle.

Wesley ran a great race to finish in 19:10:39 closely followed by Peter Koehli from Orillia running his first hundred in 19:46:00. (Peter's sister, Helga Rinneard, also did well in her first hundred, clocking 26:18:20.) Joe Hewitt from Burlington got third in 20:44:49. It is to be noted that Hans-Dieter Weisshaar from Germany finished in 25:52:11 for 11th place overall despite getting a bit lost and running a few extra miles. This was number 14 in year 2000 for Hans-Dieter who is on his way to smashing the record for number of completed 100 mile races in one year. Art Moore of Ohio celebrated 45 years of marriage by finishing the 100 with his wife as support crew.

Helen Malmberg did an amazing job and she was everywhere during the night keeping us and the aid station crews going. Her races are the jewel in the crown of the OUS and you must spend some time in the Forest next year.

With 9 races completed, the 2000 OUS is winding down with the likely points winners in various categories becoming clearer. Pat Sommers in the under 50 women looks invincible. Unless Helen Malmberg can pull out an exceptional race at Ottawa, Marion Landry is favoured to win the female 50+ category this year. The 50+ male category looks like Ron Gehl's unless an act of God intervenes! In the under 50 male category (immature boys!) Steve Govier remains the clear leader as he seeks to defend his title from 1999.

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			Time	Age	Bib
<b>100 mile</b>					
1	Wesley D Finnemore	Boston MA	19:10:39	37	28
2	Peter Koehli	Orillia	19:46:00	45	18
3	Joe Hewitt	Burlington	20:44:49	46	14
4	Steve Govier	Kitchener	21:51:29	36	22
5	Monica Scholz	Jerseyville	23:42:28	33 f	12
6	John Remington	Toronto	24:56:20	36	13
	Richard Urbanski	Coldwater	24:56:20	53	36
8	Aimee Runge	Toronto	25:18:38	34 f	11
9	Rolly Portelance	Chelmsford	25:30:59	57	23
10	Tom Restoule	Embrun	25:33:35	50	24

11	Hans-Dieter Weisshaar	<b>Germany</b>	25:52:11	60	1
12	Helga Rinneard	Orillia	26:18:20	53 f	20
13	Patricia Sommers	Kitchener	26:21:45	47 f	17
14	Ron Gehl	Kitchener	26:38:04	53	5
15	Barbara Bellows	Ithaca NY	26:58:33	46 f	34
16	Roy Heger	Medina OH	27:04:50	46	32
17	Kurt Kelly	Oregon WI	27:29:00	28	37
18	Suzi Cope	Southlake TX	28:51:32	52 f	7
19	John Prohira	LeRoy NY	29:00:32	46	27
	James Miner	Dryden NY	29:00:32	51	38
21	Jennifer Dick	Waterloo	29:17:17	24 f	19
22	David Meisner	Dearborn MI	29:17:41	46	25
23	Howard Parker	Toronto	29:19:22	50	4
24	Art Moore	Strongsville OH	29:24:46	63	15
25	Brenda Hann	Winnipeg MB	29:28:30	49 f	8
26	Marla K Hendricks	Waco TX	29:49:59	45 f	29
27	Jim McKee	Interlaken NY	30:02:55	62	26
	David Hughes	Kokomo IN	dnf	54	2
	Vincent Swendsen	Fayetteville NC	dnf	38	3
	Peter Moore	Dorset VT	dnf	43	6
	Long Vu	Oklahoma City OK	dnf	50	9
	Frederick F Davis III	Cleveland Hts OH	dnf	52	10
	Peter Suomela	Ottawa	dnf	51	16
	Luke Hohenadel	Guelph	dnf	41	21
	Darrell Thompson	Waco TX	dnf	39	30
	Les Michalak	Burlington	dnf	49	31
	Colin Kingsford	Ile Bizard QC	dnf	57	33
	Mario Martinez	Ithaca NY	dnf	46	35
	(38 starters, DNFs ran at least 50 miles)				

**50 mile**

1	Jay Myatt	London	7:52:54	30	106
2	Brad Arndt	London	8:13:35	35	111
3	David McConkey	Peterborough	8:13:45	45	102
4	Henry Van Germert	Oakville	8:21:02	39	121
5	Scott Myers	Burlington	8:21:35	27	107
6	Doug Barber	Owen Sound	8:36:08	53	109
7	Jim Newin	Chambly QC	8:40:37	47	116
8	Jim Martin	Lindsay	8:58:12	51	112
9	Gord England	Toronto	8:59:59	47	114
10	Gary Arsenault	Orillia	9:18:07	35	123
11	Paula Burchat	Ottawa	9:19:09 <b>CR</b>	29 f	101
12	Drake Sladky	Sackets Hbr NY	9:23:32	29	120
13	Joe Cleary	Georgetown	10:28:57	60	105
14	Peter Juknys	Komoka	10:32:40	48	115
15	Suzanne Farla	Woodville	10:46:11	46 f	124
16	Leslie Nigh	Toronto	10:51:32	35 f	100
17	Dan Rikkenback	Seville OH	11:07:57	41	110
18	Martina Orth-Demczyszyn	Mississauga	11:19:37	33 f	113
19	Esmond Mah	Toronto	11:25:20	50	104
20	Mari Bliss	Painted Post NY	13:26:27	33 f	119
21	Ruta Mazelis	Sherrodsville OH	13:53:25	41 f	117
	(22 starters)				

**50 km**

1	John Culhane	Toronto	3:59:33	37	56
2	Cori Hutton	Peterborough	4:20:31	29 f	95
3	Ross Inglis	St Catharines	4:31:14	30	90
4	Roger DePlancke	Orillia	4:34:50	50	77
5	Marketa Myatt	London	4:44:27	28 f	59

6	Henri Ragetlie	Niagara-OTL	4:50:29	41	94
7	Paul Appleman	Port Hope	5:02:03	48	73
8	Paul Raymond	Orillia	5:04:08	45	75
9	Bill LaDieu	Harrisburg PA	5:08:58	50	103
10	Tony Martin	Kitchener	5:10:39	36	81
11	Ricky McRobert	Whitby	5:11:01	45	61
12	Jim Miller-Cushon	Merrickville	5:13:13	42	83
13	Hans Maier	Markham	5:21:13	60	50
14	David Cannons	Peterborough	5:22:13	33	54
15	George Sarson	Kitchener	5:24:16	53	65
16	Hellaina Rothenburg	Barrie	5:24:53	30 f	62
17	Sharon Hewitt	Burlington	5:44:05	39 f	55
18	Joanne Murray	Ottawa	5:48:15	53 f	80
19	Art Weaver	St Catharines	6:00:09	49	93
20	Bob White	Owen Sound	6:05:55	39	69
21	David Bishop	Haliburton	6:11:29		91
22	Tim Krug	North East PA	6:15:41	56	84
23	Moe White	Burlington	6:18:15	49	122
	Jim Glen	Hamilton	6:18:15	33	68
25	Taylor Harthurn	Hamilton	6:20:39	11	67
26	Gord Harthurn	Hamilton	6:20:40	46	66
27	Daryl Howse-Jones	Kitchener	6:23:04	48	89
28	Thomas A Dembinski	Fredericktown OH	6:36:50	51	53
29	Robert Clifford	Perry OH	6:38:02	47	71
	Cheri Clifford	Perry OH	6:38:02	39 f	72
31	Marion Landry	Montreal QC	6:50:38	56 f	63
32	Donald Landry	Montreal QC	6:50:39	55	64
33	Leo Lightner	Rocky River OH	7:18:37	71	92
34	George Wood	Peterborough	7:44:54		88
35	Rev John Riley	Notre Dame IN	8:21:35	43	60
	(38 starters)				

*Results: Esmond Mah for Helen Malmberg, RD*

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