



Sulphur Springs Trail Runs

Dundas, Ontario
May 26 & 27, 2001

Race Report by John Remington

[results](#)

The first Sulphur Springs Trail 50 Miler and 100 Miler went off smoothly May 26, 2001 at Dundas conservation area just outside of Hamilton, Ontario. The original 50k, 25k, and 10k races were also held but the addition of the two long trail races and the new Race Director Monica Scholz were the big news. Weather was moderate and the heavy rains bookended the race and spared the runners. However there was a lot of mud and watching the 25k trail runners flail around in it was amusing. I loudly complained that the 25k runners trying to pass me were covering me with mud but they couldn't talk as we zoomed up the hill towards Headwaters trail! Of the pack of 6 I beat all but one!

The 50k winner was no surprise as John Culhane from Toronto continues his domination of the shorter ultras. He finished in a fast 3:57:34. Scott Turner was second in 4:11:09 after being only one minute behind John coming off the Headwaters loop. I told Scott as he walked in behind John that he was only one minute behind but John looked so good he'd never get him! The bad news for the under 50 males in the OUS is that John Culhane cruised in for the win after Headwaters! Terry Martin was a clear third in 4:16:34. First woman was Canadian National 100k Champion Suzanne Farla in a stunning 5:17:54 with 16 year old Cynthia Black second in 5:28:47. Astrid Varga was third in 5:46:20.

The 50k saw 50 starters but only 37 finishers which indicates the conditions. 13 runners couldn't face a second loop. The 100 mile runners had six of those loops to do!

The 50 miler had 18 starters and was won by Henry Van Gemert in 8:04:43. Next was first woman Teresa Bendo in 8:58:01. An interesting note here was Helen Malmberg passing up the chance to run a 100 miler in Ontario. She is the RD for the Haliburton Forest race which she doesn't run. Helen did the 50 miler and looked very relaxed out there on the trails.

The Harthun family were out in force with Taylor and Trevor beating their dad Gord to the tape. The three of them looked very relaxed coming off the difficult Headwaters section.

So the 100 miler? Well I agreed to pace Jim Morrison which I failed to do as a blister the size of Cuba was on my toe after the mornings efforts (50k). However I walked with Jim and Fred Jepson for a bit late at night and was wowed by their determination. I abandoned the "dynamic duo" at Mr. Scholz's "Deli" at the halfway point of the Headwaters Trail. Sitting wrapped in a blanket waiting for dawn I watched Tony come in and out.
DETERMINATION!

Suzi Cope burst into the aid station just as I was about to get a much needed cup of coffee. "Get up, I am falling asleep. You'll have to run with me to the turnaround!". You don't argue with Suzi who was the first woman to Grand Slam! We ran fast and I found running fine compared to walking which had been killing me. Suzi told me tales and I told her some but

was I glad to reach the finish line and quit! Suzi dashed off into the night to finish her umpteenth 100 miler in 28:48:00.

What blew me away during the night was watching the race winner Les Michalak scream down the hills pursued by Joe Hewitt. Their power and speed was stunning given the mud conditions and steep downhills. Les finished in 18:50 which will stand as the course record for a long time. Joe finished in 19:39:57. New OUS under 50 leader Tony Martin finished in 22:43:19 after letting fourth place come within 4 minutes of him with 6k to go.

Now the woman's race was exciting with the top three finishing in order with no men between them! Prerace favourite Monica Scholz finished second in 24:37:40 as fatigue from race directing hit her bad. At one point she was sleeping at a picnic bench until Les Michalak woke her up! Over an hour ahead of Monica was Theresa Taylor who finished strongly in 23:36:49 on this tough course. Aimee Runge took third in 26:08:18 and looked fresh enough to run another loop at the end.

Oh yes, John Culhane paced Gord England through the night until Gord terminally crashed at 136k. Sitting at the Trail Centre the aid station volunteers were worried by screams issuing out of the forest behind them. They genuinely thought a runner was seriously hurt and were going to organise a rescue. I recognised the Banshee cry of John Culhane and correctly told them not to worry as he always makes that sort of noise when running slow!

100 MILES

Bib	Pos			Time		
964	1	Michalak	Les	18:47:53	50	Burlington
935	2	Hewitt	Joe	19:39:57	47	Burlington
962	3	Martin	Tony	22:43:19	37	Kitchener
965	4	Morgan	Tim	22:50:49	44	Clemmons, NC
972	5	Taylor	Teresa	23:36:49	f 41	Monument, CO
1000	6	Scholz	Monica	24:37:40	f 33	Jerseyville
977	7	Villeneuve	Don	25:18:19	61	Buchanan, NY
969	8	Runge	Aimee	26:08:18	f 34	Toronto
973	9	Taylor	Neal	26:41:33	38	Monument, CO
978	10	Kelly	Kurt	27:02:30	29	Waltham, MA
967	11	Portelance	Rolly	27:31:00	58	Chelmsford
966	12	Morrison	Jim	28:07:00	42	Thornhill
970		Schultze	Ed	28:07:00	47	Gaithersburg, MD
961		Jepson	Fred	28:07:00	50	Burlington
930	15	Cope	Suzi	28:48:00	f 53	Southlake, TX
968	16	Roemer	David	29:30:20	41	New York, NY
931	dnf	England	Gord	137.5km	48	Toronto
975	dnf	Davis	Fred	137.5km	53	Cleveland Heights, OH
976	dnf	Crawford	Jim	137.5km	52	Marietta, GA
932	dnf	Gehl	Ron	129.6km	53	Kitchener
933	dnf	Glen	Jim	112.5km	33	Hamilton
979	dnf	Melcher	Ryne	87.5km	22	Kitchener

22 starters

50 MILES

240	1	Van Gemert	Henry	8:04:43	40	Oakville
228	2	Bendo	Teresa	8:58:01	f 31	Barrie
227	3	Anderson	Alan	9:06:16	47	Mississauga
244	4	Sommers	Pat	9:23:32	f 47	Kitchener
243	5	Burch	Meg	10:39:40	f 36	Marietta, GA
237	6	Paquette	Mitzi	10:41:40	f 31	Oshawa
238	7	Purdy	Bruce	10:41:41	44	Manchester, MI

963	8	Mason	Louise	10:53:29	f 48	Chicago, IL
242	9	Moore	Arthur	10:58:35	63	Strongsville, OH
234	10	Mallett	Bill	11:09:50	56	Ancaster
229	11	Cowie	Alex	11:23:15	63	Oshawa
245	12	Bour	Jason	11:35:52	32	Cleveland, OH
235	13	Malmberg	Helen	12:17:56	f 54	Toronto
231	14	Harthun	Taylor	14:20:30	12	Hamilton
232	15	Harthun	Trevor	14:24:15	9	Hamilton
230	16	Harthun	Gord	14:24:16	46	Hamilton

18 starters

50 KMS

345	1	Culhane	John	3:57:34	37	Toronto
365	2	Turner	Scott	4:11:09	41	London
384	3	Martin	Terry	4:16:34	55	Barrie
363	4	Remington	John	4:33:25	36	Etobicoke
364	5	Sarson	George	4:44:56	54	Waterloo
382	6	Traynor	Peter	4:46:10	31	Toronto
372	7	Ragetlie	Henri	4:50:56	42	Niagara O-T-L
350	8	Hennick	Paul	4:55:48	50	Toronto
344		Cooper	Jeff	4:55:48	46	Toronto
340	10	Barber	Doug	4:55:56	54	Owen Sound
387	11	Robinson	Tony	4:59:16	30	Hamilton
348	12	Govier	Steve	5:08:03	37	Kitchener
356	13	McRobert	Ricky	5:08:50	46	Whitby
359	14	O'Connor	Gary	5:10:16	42	Fergus
380	15	Connor	John	5:11:39	54	Burlington
386	16	Farla	Suzanne	5:17:54	f 47	Woodville
354	17	Martin	Jim	5:20:35	51	Lindsay
341	18	Black	Cynthia	5:28:47	f 16	Petersburg
355	19	Mazur	Tony	5:29:24	47	Commerce, MI
377	20	Maier	Hans	5:38:13	61	Markham
369	21	Gillespie	Mike	5:38:57	51	Toronto
378	22	Hara	Masashi	5:46:19	51	Toyota City, Japan
379	23	Varga	Astrid	5:46:20	f 50	Kitchener
374		White	Moe	5:46:20	50	Burlington
346	25	Dekeyser	Lona-Kate	5:50:59	f 20	Dundas
343	26	Charbonneau	Vincent	5:51:00	30	Burlington
351	27	Hickey	Grant	5:56:52	37	Etobicoke
349	28	Govier	Virginia	5:57:54	f 33	Kitchener
?	29	Gouin	Michel	6:00:03	40	Drummondville, QC
383	30	Ross	Ian	6:08:23	55	Toronto
381	31	Mitges	Jany	6:08:24	f 34	Hamilton
375	32	Urbanski	Richard	6:15:11	54	Coldwater
385	33	Charbonneau	Danielle	6:15:34	f 24	Hamilton
366	34	White	Bob	6:25:58	40	Owen Sound
362	35	Ratcliffe	Jim	6:52:18	46	Georgetown
347	36	Donovan	Denise	6:52:21	f 35	Kitchener
370	37	Hodkin	Linda	6:52:24	f 53	Toronto
357	38	Nayak	Chip	6:58:57	39	Toronto

51 starters

results: *Monica Scholz, RD. Revised June 11, 2001*

see [Burlington Runners Club](#) website for 25 km and 10 km results

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the OUSer