

Haw Ridge 50K Trail Run
April 23, 2005

The inaugural Haw Ridge 50k was a great success! The weather may have turned some folks away, but we still had twenty-seven starters when the gun went off at 8:05am. Yes, a gun, one of the runners brought a starting pistol :)

It was looking ominous last weekend with severe thunderstorms predicted throughout the region, but with a well tuned "anti-rain" dance, we were able to fend off the bad weather and stay dry all day long! The weather was on the cool side, fifty degrees or so, with cloudy skies to start, but through the day things brightened and we had partial sun and sixty degrees by late afternoon.

There had been about an inch of rain the day before, but the course sucked it up, so mud was never an issue. The course was heavily marked (one flag every 200 yards), but there were still a few lost souls; as there generally are in trail runs. After the first lap, it seemed like everyone had the course down.

We did get water onto the middle of the course, which really helped ease the load for runners. Getting the water to the course required a boat, which was graciously provided by Tim Walker. I mention Tim because he had quite a time getting the water to the course, getting stuck on sandbars three times the morning of the race; he said the lake was surprisingly warm for this time of year ;) To make matters worse, when he went to pick up the water the next day, his boat broke down on the lake and he had to be towed in. So, I'm wondering if Tim will volunteer to help next year ;)

Some said the course was long, some said it was harder than they thought it would be, but overall folks said that they liked it the way it was! The gift exchange and potluck aid were a great success! We had an incredible variety of foods and drinks. I had to give food away at the end; good stuff too! The gift exchange was really fun. Everyone brought a wrapped gift. After finishing, runners picked a gift from an unknown friend. Folks really went all out on the gifts, giving clothing, food, toys, and gift certificates.

We had some great volunteer support, which really made set-up and take-down a breeze. Thanks to Carolyn, Joanne, Karen L., Mont, Karen K., Nick, Andres, Scott, and Tim. I'd like to give special thanks to the Oak Ridge Track Club for providing jugs, tables, and a race timer, to the Life Development Center for letting us use their facility, water jugs, tables, and tent, to the Oak Ridge Parks and Recreation for making this race possible, and to the Friends of Haw Ridge for website support and keeping the Ridge accessible and healthy.

As long as I am still alive and kicking this time next year, there will be a second Haw Ridge 50K Trail Run!

Overall it was a good time for all.

The course "records" were:
Rob Nytko 5:24

Julie Bowden 6:37
Hope Young 6:37

Complete Results:

Cindy Akins	28	Cleveland, TN	1:33	3:16	5:13	7:16		
Michael Allen	47	Huntsville, AL	1:15	2:30				
Jerry Anderson	54	Greenville, TN		1:34	3:19	5:11	7:13	
Kelli Baker		Knoxville, TN	1:53	3:04				
Karen Beaulieu	44	Knoxville, TN	1:53	3:04				
Julie Bowden	39	Maryville, TN	1:33	3:13	4:50	6:37		
Andy Colee	58	Valparaiso, FL	1:48	3:46	5:40	7:38		
Ed Dallmann	60	Esko, MN	1:33	3:14	5:14			
Tim Davis	37	Harrison, TN	1:27	3:01	4:58	7:16		
Lee Ann Delahunt	39	Knoxville, TN	1:34					
Susan Donnelly	42	Knoxville, TN	1:35	3:17	4:59	7:04		
Rhonda Duncan	45	Knoxville, TN	2:07					
Brenton Floyd	19	Harrison, TN	1:27	3:12	5:08	7:10		
Dan Holbrook	57	Knoxville, TN	1:24	2:51				
Jack Kilislian	35	Knoxville, TN	1:30	3:03	4:36	6:15		
Mont Lewis	39	Knoxville, TN	1:33	3:14	5:11	7:11		
Leonard Martin	52	Oak Ridge, TN		1:39	3:31	5:31	7:38	
Rob Nytko	40	Knoxville, TN	1:14	2:30	3:50	5:24		
Beth Pfohl	29	Knoxville, TN	1:33					
Layne Reibel	49	Oviedo, FL	2:28	4:58	7:35	10:15		
J.J. Rochelle	40	Knoxville, TN	1:35	3:17	4:59	7:04		

Jason Sichler	30	Knoxville, TN	1:28	2:55	4:34	6:20		
Patricia Smith	30	Maryville, TN	1:32	3:03				
Margaret Westlake	48	Louisville, KY	2:58		6:25			
Scott Wing		Oak Ridge, TN	2:01	4:12	6:32			
Hope Young	34	Maryville, TN	1:33	3:13	4:50	6:37		

VOLUNTEERS

Carolyn Bechard
Joanne Grimes
Karen Kadas
Mont Lewis
Karen Lewis
Nick Lavrik
Andres Salinas
Scott Wing
Tim Walker