

Trason's 7:04 Adds Ice Age to Her Record Collection

by Don Ayer

It was a race director's dream. Last time I wrote about the race in *UR* it was also about a dream — a nightmare — the survival contest of 1990. In '91 we went through another miserable rainy and cold day. In '92 we had 86° heat, again with a finish ratio of 68 percent. In the 11 years of this race, we have had extreme weather more than half the time. Needless to say, the veterans read the forecast carefully.

On race day this year, conditions were perfect for all. An absolute dream.

Once again, we sold out at 450 runners and again turned many away. The racing field itself didn't settle into place until race week. It set up this way: Ann Trason and her husband, Carl Anderson entered. Trason and Kris Clark-Setnes were expected to break Randi Bromka's 7:31 record. A record 92 women entered, so we knew other records would fall. Clearly, the big story here would be the women's race.

On the men's side, '91 and '92 winner Clement Grum, Kevin Setnes (second twice), Steve Szydluk, Scott Larson, and Carl Anderson were expected to go for the win. Szydluk won the '92 and '93 Trail Breaker Marathons and has pushed the leaders here very hard.

Because of the demand for race numbers, I wanted to increase to a permanent cap of 500 this year. However, knowing the history of rain here, and knowing that Setnes would probably pop the record, I decided to hold at 450 until that new record would be set, whenever that would be.

At the Friday night spaghetti feed and packet pick-up, I made some predictions: We would get a finishing ratio of a little over 80 percent; the women's course record would get popped twice; and four age divisions records would fall. Here's how it went:

Clement Grum, on the race: "The pack of five went out and stayed together until Scott Larson broke away on a long uphill in the second quarter. Carl Anderson and Kevin Setnes held second, Steve Szydluk and I were next. In the third quarter, Steve and I caught Carl and Kevin, and at 34 miles Carl dropped. From there Steve and I stayed together. Going into the Emma Carlin aid station I got a 20-second jump on Steve and I looked over my shoulder all the way in.

"At 48 miles, I could see a real possibility of a 6:03, and shifted to a high gear. With 14 seconds left on the clock, I could see a sub-6:00 and gave it everything I had. Mentally it was a hard race. I could never relax. I didn't plan to run a sub-6:00, Steve pushed me into it."

On the course: "It is constantly chang-

ing. You cannot ever lock into cruise. Upshifting and downshifting all the time."

Carl Anderson on the course: "You can not ever get into a pace. The moment you set a pace, it changes on you."

Kris Setnes on the race: "I really enjoyed the opportunity to run against Ann and Donna Perkins. I broke the old course record because they were there. The only thing that could have made it better was if Debbie Peebles could have run."

On the course: "You gotta learn how to dance — that's what you gotta do out there. You must focus on the rocks and dance around them. I took two falls in ten minutes because I wasn't dancing enough."

Steve Szydluk on the race: "We went out very fast. I was surprised how fast. It was a pack of five. Larson charged a long hill and disappeared into the forest. I looked over my shoulder and Clement was there. He took the lead and never relinquished it. We were together from 35 to 42 miles, when he took a two-minute lead. I went through a bad spell at ten, my calf muscles locked up, but I got through it. Clement simply had more horsepower."

On the course: "Relentless. I ran Western States once, and there, the switchbacks give you a break. There are no breaks here. The aid stations were great, very helpful, very friendly."

Ann Trason on the race: "It was a survival contest for me. At 23 miles my hamstrings caught on fire and stayed on fire the rest of the way. I wanted to drop, but couldn't after travelling all the way to Wisconsin. I'm just glad I finished."

On the course: "Not super hard and not easy. Beautiful and pretty. The aid stations were all perfect, very friendly, a lot of fun. I will be back."

Kevin Setnes on the race: "I was thrilled to finish third behind Steve and Clement. Steve is the best young ultrarunner in the country. In my opinion, Clement is the best trail runner in the country. A lot of us here in Wisconsin know that, but the rest of the country may still have doubts."

On the course: "It takes a lot of smarts to win Ice Age. One must be fast, but a fast runner will be eaten alive here. You must run intelligently to win."

When it was all said and done, this is what went into the record book:

1. Ann Trason set a women's record with 7:04:07.
2. Kris Clark-Setnes also broke the old record with 7:19.
3. Lorraine Bunk broke her own senior masters record with 9:43.
4. Joan Heimler took first master with 8:42.
5. Jodeen Hettenback set the 20-29

age-group record with 8:17.

6. Clement Grum became the first three-time men's winner and the second to break six hours.

7. Steve Szydluk took the 20-29 group with 6:01.

8. Roy Pirrung took masters with 7:04.

9. Tom Bunk took senior masters with 8:02.

10. Ross Waltzer set the new 70-and-over record with 11:43 and is the oldest finisher at age 71.

11. A record 296 finishers, a record 59 women finishers.

12. Jim Youngquist, Bob Telfer, and Jeff Gaft are still the only ones completing every race.

Looking back at the survival contest of '90, it was a day that every runner, every volunteer, and every duck will never ever forget. The '93 Ice Age is a day I will never forget. At the awards, we gave Ann and Kris each a bouquet of ten roses, one for each aid station. I hope it was a day they will never forget. I bet the first timers had a day they will never forget.

Being an observer, an interested party if you will, something became acutely clear to me that day, and that is the brutality of it all. Two types — physical brutality and mental brutality. Seems to me that the physical brutality is spread evenly across the board. Lots of tripping and falling out there. Pirrung hit the deck twice, then went down one more time when hit by a mountain bike, and still took a plaque. One guy hit the deck so hard it ripped the watch off his arm, broke knuckles, required stitches, and so on. Brutal stuff.

The mental brutality seems to be stacked at the two ends of the race. The awards set create their own deadline and pay the price of meeting them. However, if they miss, they still get a belt buckle. At the back end, it's a different deal. They have to sweat out surviving the cut-off time or face a DQ. Their choice is to surrender their numbers or be banned from future races. Brutal stuff. I've seen grown people cry.

But the most brutal place of all is at the finish line. This race has a 12-hour cut-off, not 12:03. In '92, one finished at 12:01 and did not buckle. Run 50 miles and miss by one minute and get nothing! Brutal, brutal stuff.

The '94 Ice Age is limited to the first 500 entries.

Ice Age Trail 50 Mile

So. Kettle Moraine S. F., Wisc.

Trails, rolling hills

May 15, 1993

- | | |
|------------------------|----------|
| 1. Clement Grum,37 | 5:59:56 |
| 2. Steve Szydluk,26 | 6:01:17 |
| 3. Kevin Setnes,39 | 6:23:54 |
| 4. Scott Larson,34 | 6:34:49 |
| 5. Raul Flores,37,KS | 6:50:02 |
| 6. Thomas Taylor,38,MI | 6:53:37 |
| 7. Ann Trason,32,CA | 7:04:07! |
| 8. Roy Pirrung,44 | 7:04:58 |
| 9. Ron Erhardt,43 | 7:07:54 |

10. Richard Letourneau,45,MN	7:16:24	49. Harry Sloan,44,MN	8:24:10	88. Ingrid Honzak,44,OH	9:00:34
11. Kris Clark-Setnes,33	7:19:03	50. Jean-Pierre Georges,47	8:24:50	89. Mike Steben,36,IL	9:01:26
12. Robert Dahl,46,MN	7:24:39	51. Connie Proctor,34	8:26:50	90. Luther Thompson,48,MN	9:01:54
13. Bob Stavig,44,MN	7:29:20	52. Philip Pierce,51,ME	8:28:42	91. Chuck Bundy,61,IL	9:02:28
14. Rick Stevanovic,31	7:31:18	53. Andy Arena,42	8:30:04	92. Jeff Gaft,37,MI	9:02:44
15. Mark Hartinger,36,WA	7:34:26	54. Fred Klewin,40	8:31:41	93. Daniel Doty,39,MN	9:04:47
16. Kenneth Barlau,34,MN	7:40:51	55. Tom Andrews,38,MN	8:33:24	94. John Tilford,36,CA	9:05:29
17. Mike McAvoy,42	7:41:07	56. Brian Moran,38,NM	8:34:44	95. Mike Theoharr,47	9:06:15
18. Brad Drake,38	7:41:46	57. Nick Bassett,48,WY	8:36:50	96. Robert Rusch,50	9:06:32
19. Terry Crompton,31,IA	7:44:12	58. Nigel Finney,46,MN	8:37:48	97. David Nelson,52,MN	9:07:45
20. Andrew Klapperich,33	7:44:24	59. Wendell Doman,33	8:38:31	98. Brian Landstrom,41,MN	9:08:32
21. Timothy Cummins,39	7:45:11	60. Jon Pennycook,32,MN	8:39:05	99. Bob Frawley,36,MN	9:08:54
22. William Nauseef,42,IA	7:45:24	61. Jerry Heaps,37,MN	8:40:23	100. Gwenell Archer,44,IA	9:10:46
23. Debbie Bennett,34,MN	7:45:27	62. Tim Lang,54	8:40:29	101. Judy Dirks,45	9:12:09
24. Kirk Cox,31,IA	7:48:39	Dave Tanner,43,IN	8:40:29	102. Ed Geb,44	9:13:57
25. Mark Stodghill,44,MN	7:49:41	64. Rich Mueller,30,MN	8:41:05	103. Tim Potter,39,MN	9:14:57
26. Dan Hanrahan,21	7:51:39	65. Joan Heimler,43	8:42:05	Steve LeBarron,33,MN	9:14:57
27. Errol Jones,43,CA	7:52:45	66. Joe Blaney,40	8:42:20	105. Lorna Michael,34	9:15:27
28. Marty Hoffman,37	7:55:10	67. Barbara Dahl,41,MN	8:43:36	106. Jim Sisko,40	9:15:28
29. Joe Hayes,44,ME	7:55:26	68. Bob Schlosser,56,OH	8:43:51	107. Paul Greshaw,52,MI	9:16:36
30. Alex Swenson,28,IL	7:55:30	69. Jerry Sluss,50,IN	8:44:57	Tom Truesdale,39,MI	9:16:36
31. Donna Perkins,34	7:57:17	70. Dennis Mack,41	8:45:19	109. Bruce Osran,42,IL	9:17:27
32. Ronald Hart,36,OH	7:57:27	71. John Swanson,33	8:47:20	110. Barry Duncan,44	9:18:37
33. Rudy Estrada,36	7:58:08	72. Bob Telfer,41,IL	8:47:31	111. Dave Carroll,29,IL	9:19:59
34. Patrick Gorman,34,IL	7:58:25	73. Lowell Mutchelknaus,50	8:48:17	112. Paul Gonzalez,44,IL	9:20:00
35. Jerry Boran,41,IA	7:58:59	74. Tom Finnegan,48	8:48:51	113. Bill Wilham,46	9:20:10
36. Don Weyer,46	7:59:04	75. Dennis Hagele,49,IL	8:49:51	114. William Hollihan,62	9:21:31
37. Tom Bunk,51	8:02:23	76. Kevin Moon,33,IA	8:50:17	115. Jim Blanchard,43	9:21:35
38. John Wagner,44	8:03:13	77. Gordon Bartlett,37	8:51:00	116. Rick Hancock,39	9:21:58
39. Ray O'Malley,33	8:11:28	78. Lloyd Barrickman,48	8:51:21	117. Ken Burge,42,OH	9:22:06
40. Douglas Thomas,39,MN	8:13:18	79. David Gray,38	8:51:45	118. Evan James,39,OH	9:22:21
41. Jeff Tincher,36,IN	8:15:39	80. Brian Bennett,38,MN	8:53:24	119. Greg Steinacker,36,MN	9:22:53
42. Al Zeller,46,MI	8:16:46	81. Gerald Martin,42	8:53:27	120. Carol Zazubek,44,MN	9:23:41
43. Jodeen Hettenbach,29	8:17:30	82. Joram McClurg,30	8:53:32	121. Gail Stellbrink,43	9:26:44
44. Paul Bauer,48,MN	8:18:30	83. Jerry Labodda,57	8:54:04	122. Fred Stellbrink,50	9:26:47
45. Brian Patterson,33,MN	8:19:18	84. Parker Rios,26	8:54:12	123. Mark Switala,33,MI	9:27:16
46. Terry Pann,33	8:21:21	85. Steve Krampe,43,MN	8:55:04	Joe Bonno,43,MI	9:27:16
47. Ross Meyer,42,IL	8:22:13	86. Gwen Goss,40,OH	8:59:28	125. Dwane Anderson,34,MN	9:28:24
48. John Nesvold,35,IL	8:22:48	87. Michael Keuler,36	9:00:07	126. Mary Bystedt,40,MN	9:28:25

Linda Andes Georges



Clement Grum and Carl Anderson lead the front pack of five up one of the Ice Age Trail's many steep hills.

127.	Grant Baxter,56,ONT	9:28:29
128.	Tom Balzola,49	9:28:58
129.	Kevin Braden,45	9:29:13
130.	Michael Burkoth,37	9:34:53
131.	Colleen Demitros,40	9:35:35
132.	Jim Davis,27,CO	9:35:44
133.	Thomas Burr,46,MN	9:35:53
134.	F. Rabbit,45	9:36:29
135.	Shelly Fife,32,MN	9:37:01
	Michael Feldpausch,35,IA	9:37:01
137.	Stuart Schulman,54,IL	9:37:18
138.	Edwin Korkia,54,MN	9:37:51
139.	Kevin Ellis,40,IL	9:38:41
140.	Dave Crone,55	9:38:56
141.	Jack Donahue,44,MI	9:39:29
142.	Michael McKenna,40,CA	9:41:06
143.	Alan Gilgenbach,26	9:41:35
144.	Jan Schlueter,32,MN	9:43:02
145.	Frank Slamar,44	9:43:21
146.	Joy Imms,48	9:43:36
147.	Lorraine Bunk,52	9:43:37
148.	James Mulrenin,55,MI	9:44:56
149.	Debbie Jones,42,IL	9:45:44
150.	Richard Miller,51	9:48:00
151.	Karen Kunz,37,IL	9:48:28
152.	Lee Penton,45	9:49:13
153.	Don Adolf,56,IL	9:50:33
154.	James Bendtsen,35	9:50:46
155.	Walt Prochno,39,IN	9:50:54
156.	Carter Sherline,32,MI	9:52:17
157.	John Hammetter,32	9:52:56
158.	Gail Marinaro,33,IL	9:57:10
159.	Roy Carlsted,69,MN	9:58:26
160.	John Copen,27	9:58:37
161.	Keith Belluardo,27,OH	9:59:16
162.	Duane Miszewski,43	9:59:43
163.	James Fahbach,53	10:01:33
164.	Douglas Day,55,ONT	10:05:47
165.	Jim Rittershaus,39	10:05:59
166.	Timothy Dicken,44,MI	10:06:33
167.	Beth Onines,30,IL	10:07:45
168.	Jim Larson,50,MN	10:08:45
169.	Paul Pelke,39,IL	10:09:27
170.	Karl King,48	10:10:35
171.	Larry Stimas,44,MN	10:11:41
172.	Mohammad Kiarang,50	10:13:01
173.	Rick Demitros,42	10:13:42
174.	Caroline Spencer,31	10:14:17
175.	Ken Gilgenbach,55	10:14:20
176.	Drew Morrison,39,IL	10:14:55
177.	Jim Rickards,45,MN	10:15:14
178.	Phil Richardson,39,IL	10:16:20
	Bonnie Busch,35,IA	10:16:20
180.	Sharon LeMay,37,MN	10:16:28
181.	Sherman Hodges,57,IL	10:17:39
182.	Ralph Judd,55,MI	10:18:03
183.	Paula Grassl,28,MN	10:18:04
184.	John DeJager,48,MN	10:19:20
185.	Sarah Spelt,34	10:20:50
186.	Mark Wood,37	10:21:08
187.	Bill Barker,52,IA	10:21:41
188.	Chester Young,46	10:22:00
189.	Phil Starr,42	10:22:10
190.	John Moran,65	10:23:11
191.	John Schingen,50	10:23:19
192.	William Browning,45	10:23:22
193.	Rod Runacres,50,ONT	10:24:54
194.	Barbara Griffin,39,IL	10:25:05
195.	Kevin Wilde,35	10:26:13
196.	Burnsie Holder,49,IL	10:27:34
197.	Dominic Ruffalo,42	10:28:18
198.	Dan Shannon,48,MN	10:28:39
199.	Art Wagner,45,IL	10:30:07
200.	Thomas Van Susteren,41	10:30:10
201.	Glen Zirbel,62,IA	10:30:25
202.	Linda Gentling,41,MN	10:30:27
203.	Ross Hamernik,38,MN	10:30:28
	James Benike,43,MN	10:30:28
	Bob Karinen,41,MN	10:30:28



Ann Trason (left) and Kris Clark-Setnes — two of the best ultrarunners in the U.S.

206.	Robert Finin,33,IA	10:31:14	252.	Teresa Rouse,37,IL	11:08:48
207.	Robert Simmons,41,IA	10:31:15	253.	Tim Miller,33	11:10:44
208.	Carolyn Erdman,44	10:31:35	254.	Bernard Hilgart,56	11:10:47
209.	Bill Smeaton,66	10:32:45	255.	Manuel Lopez,54	11:11:33
210.	Jesley Ruff,38	10:33:12	256.	Louise Mason,40,IL	11:12:03
211.	Chris Donahue,33,IL	10:33:27	257.	Lowell Skelton,52	11:12:41
212.	Paul Schmidt,58	10:33:44	258.	Paul Minzlaff,38	11:12:42
213.	Jay Onisch,39	10:33:50	259.	Bob Wakeham,47,IL	11:14:07
214.	Steve Perry,50,MN	10:33:59	260.	Barbara Van Skike,49,MN	11:17:44
215.	Kenneth Turek,50,IL	10:34:06	261.	Kathleen Weix,44	11:18:43
216.	Jim Grindley,57,MN	10:35:01	262.	Tom Torp,48	11:19:05
217.	Diane Kato,37,CA	10:37:49	263.	Betty Zokan,40	11:19:19
218.	Dianne Kussatz,51,IA	10:37:55	264.	Marvin Sato,54,IL	11:20:38
219.	Charles Sabatine,59,NY	10:38:11	265.	Bill Halm,65,NH	11:22:52
220.	Stuart Marston,30	10:38:40	266.	Nate Jones,36,IA	11:23:08
221.	Allan Venzke,43	10:38:54	267.	Daniel Thompson,32,OH	11:23:35
222.	Ted Bever,35	10:38:55	268.	James Butts,48,IN	11:23:50
223.	Mike Runnells,40	10:39:30	269.	Kathy Froehke,44	11:25:25
224.	Marianne Oberbillig,44	10:42:50	270.	Vic Froehke,47	11:25:29
225.	John Surdyk,37,IL	10:46:19	271.	Richard Buse,44,IL	11:28:22
226.	John Wallis,56,MI	10:46:20	272.	Susan Rozanski,39,IL	11:29:22
227.	Gaspar Pulizzi,53,IL	10:46:26	273.	Sid Baskin,45	11:32:10
228.	Dianne Miller,44	10:47:22	274.	Jim Williamson,54,IL	11:33:22
229.	Tom Schoenecker,42	10:47:43	275.	Ray Cimer,55,NJ	11:33:29
230.	Anne Huntsicker,49,MI	10:49:22	276.	David Olson,31,IA	11:35:47
231.	Michael Demarr,37,IL	10:49:38		Daren Olson,26	11:35:47
232.	Ted Braggans,50,MN	10:51:04	278.	Dan Olson,29	11:35:48
233.	Bill Imhoff,50	10:51:30	279.	David Giger,32,IL	11:37:14
234.	Mick Harper,41,IL	10:52:34	280.	Ellen Wing,47	11:37:28
235.	Jerry Huhn,48	10:53:22	281.	Burt Carlson,67,MN	11:38:09
236.	Jim Youngquist,47	10:53:37	282.	Suzanne Garney,31,MI	11:38:31
237.	Robert Risser,52,MO	10:53:40	283.	Terry Sullivan,35,MO	11:39:58
238.	Dennis Shackley,49,IN	10:56:30	284.	Ross Waltzer,71,OK	11:43:37
239.	Trisha Dean,41,IL	10:56:55	285.	Jean Hillery,48	11:43:44
240.	Dean Hanke,47	10:58:27	286.	Hank Heerspink,53,SAS	11:45:23
241.	Debi Sassman,35,IA	10:58:41	287.	Michael Nottoli,41,IL	11:46:57
242.	Dick Hogan,46,IA	10:58:42	288.	Tom Hughes,39,IL	11:47:04
243.	Sandy Black,44,OH	11:00:16	289.	Carrie Garity,35	11:50:00
244.	Pam Laughland,35,IL	11:02:27	290.	Fred Walker,47	11:50:47
245.	Jim O'Connor,49,MN	11:03:47	291.	Lori Priddy,34,IL	11:53:05
246.	Edwin Fischer,40	11:04:06	292.	Ken Priddy,33,IL	11:53:06
247.	Merrie Baltramonas,44	11:04:48	293.	Michael Markink,49,IL	11:54:25
248.	Mark Laub,44,MN	11:05:14	294.	Regina Bier-Kotsko,29,OH	11:54:55
249.	John O'Halloran,35,IL	11:06:14	295.	Frank Bartocci,45,MN	11:55:10
250.	Tom Mueller,36	11:06:49	296.	Dick Hearn,63,NJ	11:55:31
251.	Tony McElligott,40,IL	11:07:42		363 starters	! = course record