

nique" for running in the mud? How do you avoid getting too discouraged?

SS: The worst part of the course for me was the "back" part of the first out-and-back. The Wisconsin Department of Natural Resources cut a new section of trail that we ran from around 10-13 miles and 24-27 miles (replacing a very runnable section of wide snowmobile trail). The section wasn't too bad on the way out, but after 400 people had been over it, the return was *nasty*. Particularly frightening was the steep downhill just past the Highway 12 crossing on the return (about 22 miles). It was long, slippery, rocky, and there was nothing to grab on to except thorny bushes. Ouch! With runners simultaneously going up and down the hill, head-on collisions were a real danger. The rest of the section had worse mud and footing but was at least a little less scary. The hills weren't quite as long or steep, and there were plenty of trees to hug, which helped prevent dives into the brush alongside the trail.

I don't think I did anything different from everyone else. That is, I kept my eyes on the ground, grabbed lots of trees, yelled in terror on a few of the downhills, and took a couple of faceplants. I can only imagine how atrocious the trail conditions must have gotten later. Overall, my legs felt okay after the run, but my hamstrings and lower back were killing me the day after, I think because of all the spins, slips, and out-of-control lunges. Amazingly, Eric Clifton put about three minutes on the field over this section. He calls himself a "technical runner." I think "mountain goat" is more appropriate.

Fortunately, the last 25 miles of the course were in good shape. Knowing that helped keep me from getting discouraged on the first half. I had expected the mud on the first part, and tried not to force my pace through the bad sections. Mentally, I expected to be slowed down during those sections, and I knew that conditions would improve. Those kinds of thoughts provide at least a little consolation when you're lying face down on the trail!

UR: To the rest of us, the front runners always make it look like it's really easy. How hard are you working in an ultra? How does it compare to a hard marathon? Do you hurt much afterwards? What do you do in the days/weeks after an ultra for recovery?

SS: I don't think it's ever easy. I don't think it's possible to run an ultramarathon without facing some kind of pain. So despite any possible appearances to the contrary, I was working pretty hard at Ice Age!

Marathons and ultras both hurt, but in different ways. I find that it's more difficult to recover from a marathon than a trail ultra. The constant high-intensity road pounding that comes from a marathon really beats up my legs. With a trail ultra, I'm tired and sore, but it's sort of an all-over soreness that fades more quickly than with a marathon. After a marathon, my legs still feel pretty dead a couple of weeks later.

For both marathons and ultras, I try to run a couple of easy miles both the day before and the day after. If I don't run the day before, I find that I feel flat on race day. Running the day after a hard race seems to loosen my legs up. If I want to take a day or two off, I'll take the second day before or after a race for rest.

UR: Sunmart (where Steve was second last December) and Ice Age are on trails; Sacramento (in February Steve was fifth American in 7:01:08 at the Helen Klein 100 Km) and the World Challenge 100 Km in Holland (this September) are flat and paved. Which do you prefer? How does your training differ in preparation? Which do you think is harder/easier/more fun?

SS: I love the trails! Since I first started running, I've found that although I seem to be stronger on the roads, I much prefer to run the trails. Despite my inherent fear of rattlesnakes, ticks, mountain lions, and high places, I try to do my running in the woods whenever I can.

As far as competing goes, I think I approach ultras from the speed side of things. (I can't believe I'm saying that!) Certainly, when training for an ultra, you can't avoid the long runs, and I try to do back-to-back long runs on the weekends. But I think an overlooked aspect of ultras is the speedwork. When I'm training hard for an ultra, I'll spend a fair bit of time on the track, running repeat 800s, 1600s, and 3200s. Usually I try to run them at my 10-km race pace, with one quarter of the distance run as my recovery. Aside from the benefits this yields at marathon distances and shorter, I think this kind of workout keeps my stride length longer and my general training pace faster.

I also try to make my training somewhat course-specific. For a trail race, I'll try to get in lots of trail running and hills. For Ice Age, I'm lucky in that I can actually do some training on the course. For a road event, I need to spend more time concentrating on the speed aspects. So this summer I expect to do a fair bit of road running.

UR: Some biographical info . . .

SS: Let's see . . . I'm 28, and I've been married to my favorite crew person Jennifer for almost four years. I'm still in graduate school (the "multi-year ultra"), working on a Ph.D. in math. I'm a pretty good-sized runner, about six feet (on a good day), and around 165 pounds. I've been running for 15 years, starting with track in eighth grade.



Steve Szydluk and wife Jennifer.

During my first season I ran the quarter mile and finished last in every race but one. I think that was an early indication that I should move up in distance.

I ran my first ultra at the 1989 Ice Age. I haven't really run a lot of ultras until the last couple of years. I've finished Ice Age seven times, and I've also run the Sunmart Texas Trail 50 Mile twice, the Jed Smith 50, Heritage Trail 50 Km, Vilas 50 Km, Helen Klein 100 Km, and Western States once.

PRs: mile — 4:30; 10 km — 31:32; marathon — 2:27:41 (Chicago, 1994); 50 miles — 5:50 (Sunmart, 1993); 100 km — 7:01:08 (Helen Klein 100 Km, 1995); 100 miles — 23:33 (Western States, 1991).

UR: Plans for future ultras?

SS: The big ultra I'm looking at is the World Challenge in September. I haven't looked too much beyond that.

UR: (Big-time question) How do you pronounce your last name?

SS: The family pronounces it "Sid-lick," but I think the true Polish pronunciation would be "Shid-lick".

UR: Anything else you want to add . . .

SS: I've been very fortunate to get a lot of support for my running. Jen and her parents have been to almost every ultra I've done, and they're great at getting me through the aid stations. I never feel like I'm running alone. The Wisconsin ultra crowd has also been terrific. They've given me lots of encouragement and support. I can't thank them enough!

Ice Age Trail 50 Mile

Palmyra, Wisc.

May 13, 1995

Rolling/hilly trails

1. Steve Szydluk,28	6:11:41
2. Eric Clifton,36,NC	6:18:40
3. Michael Morton,23,VA	6:23:24
4. Kevin Setnes,41	6:34:30
5. Charles Hubbard,33,MN	6:45:04
6. Rick Stefanovic,33	6:54:03
7. Bill Antholine,26	6:57:07
8. Ron Erhardt,45	7:01:24
9. Russell Delap,38	7:02:20
10. Donna Perkins,36	7:04:00!
11. Robert Veome,23,IL	7:07:58
12. Ray O'Malley,35	7:15:29
13. Kevin Ash,22,MN	7:16:21
14. Gregory Spurry,33	7:25:06
15. Joe Manders,38	7:36:19
16. Terry Pann,35	7:45:18
17. Dave Mueller,35	7:51:15
18. Robert Smith,30,IL	7:55:40
19. Marty Hoffman,39	7:56:14
20. Thomas Zak,30	7:58:01
21. Andrew Klapperich,35	7:59:32
22. Debbie Bennett,36,MN	7:59:44
23. Tom Bunk,53	8:01:14
24. Shaun Cooper,29	8:04:35
25. Brad Drake,40	8:06:45
26. Stuart Johnson,35,KS	8:10:48
27. John Nesvold,37,IL	8:12:04
28. Gregory Olson,36	8:12:55
29. Michael Fleetham,31,MN	8:15:49
30. Jeff Berino,37,CO	8:17:55
31. Tim Brown,55,MN	8:18:27
32. Joe Hildebrand,38,IL	8:18:56
33. Alex Swenson,30,IL	8:19:18
34. Don Weyer,48	8:19:56

35. Don Hampton,55,MI	8:24:13	108. Daniel Scitz,41	9:41:49	183. Linda Gentling,		255. Kristofer Kosmidcr,	
36. Wendell Doman,35	8:25:54	109. Brian Landstrom,		43,MN	10:34:32	48,MN	11:16:24
37. Bob Dahl,48,MN	8:26:26	43,MN	9:41:58	184. Ken Gilgenbach,57	10:34:32	256. Merric Baltramonas,	
38. Charlie Bateman,31,IL	8:26:54	110. Donald Tucker,37	9:42:15	185. Bob Frylaw,38,MN	10:35:05	46	11:17:05
39. Michael Cloutier,		111. Joe Blaney,42	9:42:54	186. Sherman Hodges,		257. Jim Sisko,42	11:17:38
36,MN	8:28:06	112. Joe Felt,37,MN	9:44:41	59,IL	10:37:02	258. Donald Clark,43,MN	11:18:13
40. Daniel Heins,40	8:28:07	113. Michael Ballinger,		187. Dominic Ruffalo,44	10:37:47	259. Tamon Honda,29,IL	11:19:13
41. Chuck Kempema,		47,IL	9:44:49	188. Richard Miller,53	10:38:19	260. Michael Langyel,41	11:19:24
47,MI	8:28:41	114. Gordie Bartlett,39	9:46:15	189. Michael Carr,51,IA	10:39:57	261. Sharon Mordorski,	
42. Bill Parker,27,MN	8:29:18	115. Ralph Adolphs,32,IA	9:46:23	190. Lee Penton,47	10:39:58	43,IL	11:20:32
43. Jodega Hattenbach,31	8:30:35	116. Jeff Goldstein,38,MN	9:47:11	191. Greg Steinacker,		262. Harlow Akins,50,OH	11:20:33
44. Daniel Bellinger,		117. Luther Thompson,		38,MN	10:40:28	263. Glen Zirbel,64,IA	11:21:49
47,OH	8:35:24	50,MN	9:47:11	192. Ross Hamernik,		264. Jim O'Connor,	
45. Raymond Bell,47,FL	8:35:34	118. Michael Glasser,44,IL	9:47:13	40,MN	10:40:37	51,MN	11:22:51
46. Jim Benike,45,MN	8:35:56	119. Dave Davis,52,IL	9:47:21	193. Tom Truesdale,		265. Vance Johnson,	
47. Lee Nelson,43,MN	8:38:44	120. Kevin Ellis,42,IL	9:47:21	41,MI	10:41:47	67,MN	11:23:07
48. Holly Neault-Zinzow,		121. Donald Simon,49	9:47:59	194. Raul Medina,42	10:42:35	266. Bob Ranta,63,MI	11:24:41
34	8:39:44	122. Gregg Redden,52,MN	9:50:03	195. James Graham,55,IA	10:42:38	267. Frank Bartocci,	
49. Rick Letourneau,		123. Bill Barker,54,IA	9:50:17	196. Kent Halverson,31	10:42:39	47,MN	11:24:55
47,MN	8:39:49	124. Tim Potter,41	9:50:45	197. David Frank,50,MI	10:43:26	268. David Gray,40	11:25:07
50. Lowell Mutchelknaus,		125. Mary Bystedt,42,MN	9:51:20	198. Gary Fortune,44,MI	10:44:06	269. Jean Waugh,35,NV	11:25:33
52	8:40:04	126. Eugene Cumow,		199. Tim Kalina,48,IL	10:44:55	270. Frederick Davis,	
51. Joe Winch,39	8:40:40	50,MN	9:51:20	200. Bill Hill,52,MI	10:46:06	47,OH	11:25:33
52. Jerald Diehl,44,IN	8:40:50	127. Walt Prochno,41,IN	9:53:38	201. Gerald Reichert,		271. Carter Sherline,	
53. Richard Ginter,42,IL	8:42:14	128. Alan Gilgenbach,28	9:55:00	41,ND	10:46:20	34,MI	11:27:28
54. Jerry Labodda,59	8:43:25	129. Ed Woerner,45,SD	9:55:52	202. Kenneth Mick,36,IL	10:46:30	272. Thomas Burr,48,MN	11:27:48
55. Wayne Bohlmann,48	8:44:35	130. Colleen Demitros,42	9:57:22	203. Cynthia Sites,38	10:46:32	273. Gary Moore,38,IL	11:27:52
56. Mark Stodghill,46,MN	8:46:29	131. William Hollihan,64	9:58:19	204. Roger Wiegand,		274. Vincent Marsh,32	11:28:05
57. John Rodce,52	8:47:09	132. Glenn Mock,36,KY	9:58:37	51,NE	10:46:52	275. Bill Johnson,47,IL	11:30:51
58. Bonnie Arit,43,MI	8:48:35	133. Daniel Shannon,		205. Peggy Stafford,47	10:47:04	276. Dan Roberdeau,51	11:30:51
59. Jan Schlueter,34,MN	8:49:54	50,MN	9:59:00	206. Phil Richardson,		277. Gregg Heinrichs,	
60. Dean Mathias,44,IL	8:50:00	134. Carol Zazubek,46,MN	9:59:56	41,IL	10:47:53	30,MI	11:31:08
61. Randy Massoglia,39	8:50:58	135. Daniel Edwards,		207. Stuart Schulman,		278. John Moran,67	11:31:24
62. Mike Gerke,37	8:52:58	51,MS	9:59:57	56,IL	10:47:54	279. Frank Madden,55	11:31:48
63. Chris Donahue,35,IL	8:53:19	136. Paul Pelke,41,IL	10:01:50	208. Joe Tomsyck,36,IL	10:48:14	280. John Riter,41,MH	11:31:51
64. Al Zeller,48,MI	8:53:58	137. Ed Korkia,56,MN	10:02:56	209. Mary Croft,49,MN	10:49:21	281. Robert Thorbus,	
65. Ross Meyer,44,IL	8:53:59	138. Barry Duncan,46	10:03:43	210. Timothy Dicken,		32,MN	11:31:53
66. Jerry Heaps,39,MN	8:55:32	139. Bonnie Busch,37,IA	10:03:56	46,MI	10:49:22	282. Deb Vombhof,33	11:31:58
67. Gene Bartzan,41	8:57:40	140. Bob Telfer,43,IL	10:04:23	211. Dave Johnson,37	10:50:12	283. Scott Beck,35	11:31:59
68. Ingrid Honzak,46,OH	8:58:18	141. Dean Hanke,49	10:05:41	212. Bob Pieters,50	10:51:51	284. Thomas Glennon,37	11:32:01
69. Grant Christopher,		142. Michael Cole,33,IL	10:05:59	213. Robert Rusch,52	10:54:28	285. Richard Brown,	
44,MN	8:59:14	143. Tom Green,44,MD	10:06:10	214. Mark Laub,46,MN	10:54:31	54,FL	11:33:53
70. Tim Lang,56	8:59:53	144. Mark Konodi,38,WA	10:06:11	215. Lorraine Bunk,54	10:55:05	286. Roger Dosemagen,42	11:34:04
71. Rick Pfeiffer,42	9:00:41	145. Alex Mattheis,55	10:06:16	216. Martin Yecies,50,KY	10:55:24	287. Chester Young,48	11:34:24
72. Mike Sunderland,		146. Ed Geb,46	10:06:33	217. Susan Kempema,		288. Louise Mason,42,IL	11:35:03
35,MN	9:00:42	147. Dominic Fabrizio,		37,MI	10:55:51	289. Lori Priddy,36,IL	11:36:34
73. Mike Hagen,35	9:03:17	26,IL	10:07:33	218. Jane Laub,45,MN	10:56:08	290. Jim Youngquist,49	11:36:43
74. Douglas Thomas,		148. Bruce Purdy,38,MI	10:08:02	219. Duane Miszewski,45	10:56:48	291. Donald Lindley,	
41,MN	9:05:43	149. Karen Standley,		220. Carolyn Erdman,46	10:58:20	51,IN	11:38:00
75. Andy Arena,44	9:06:14	42,MI	10:08:53	221. Fat Rabbit,47	10:58:45	292. Edward Rogers,	
76. Larry Stimac,46,MN	9:09:01	150. David Just,35,MN	10:09:52	222. Mark Lucas,35,IA	10:58:56	51,IA	11:38:05
77. Jerry Jones,38,IA	9:12:08	151. Gerald Martin,44	10:09:57	223. Nancy Gilbert,46,MN	11:00:28	293. Tim Miller,35	11:38:09
78. Allan Czecholinski,47	9:13:19	152. Mike Theoharris,49	10:10:20	224. Les Honstad,49,MN	11:00:29	294. Tom Foster,58,MS	11:38:26
79. Robert De Reamer,		153. Colleen Mathews,32	10:10:22	225. Harold Foote,54,OH	11:00:47	295. Mary Pat Valenta,	
44,MS	9:15:56	154. Don Baun,45,OH	10:10:36	226. Teresa Krall,33,IL	11:00:56	35,CO	11:38:39
80. David Nelson,54,MN	9:16:20	155. Andy Nordeen,37	10:10:59	227. Harrison Smith,68	11:01:50	296. Joe Valenta,40,IL	11:38:48
81. Christopher Simons,		156. Bob Karinen,43,CO	10:14:10	228. Caroline Spencer,33	11:02:38	297. Jim Williamson,56,IL	11:39:47
31,IL	9:17:01	157. Gary Engstrom,		229. Mark Wood,39	11:02:38	298. William Gray,49	11:40:12
82. Harry Sloan,46,MN	9:19:00	48,MI	10:15:30	230. Brian Hall,31,IN	11:02:51	299. Doug Bruss,55,IL	11:42:09
83. Jeff Gaft,39,MI	9:19:06	158. Paul Greshaw,54,MI	10:16:40	231. Mike Smith,35,MN	11:03:50	300. Stu Marston,32	11:43:40
84. Tom Balzola,51	9:19:10	159. Brian Schultz,49	10:17:27	232. Nikki Robinson,33,IL	11:04:11	301. Rich Linschmeier,45,IL	11:43:44
85. Mike Proctor,46	9:19:31	160. Ron McBee,50,MS	10:18:02	233. Tim Norris,46	11:04:27	302. Robert Morton,38,IN	11:45:27
86. Joe McHugh,45	9:19:45	161. Jeffrey Vanden Busch,		234. Michael DeMarr,		303. Jerry Getz,37,IL	11:45:28
87. Jon Pennycook,		29,MN	10:18:26	39,IL	11:04:28	304. Daniel Sears,32,IL	11:46:02
34,MN	9:20:42	162. Jim Brieske,51	10:18:30	235. Patrick Gorman,36,IL	11:04:48	305. Alan Green,48	11:47:26
88. Robert Kocen,41	9:21:31	163. Maynard Lagace,		236. Ross Dupvis,23	11:04:49	306. Manuel Lopez,56	11:48:07
89. Dennis Mack,43	9:26:01	46,MN	10:18:47	237. Tony Man,29,IL	11:04:49	307. Lee Hess,45,MO	11:48:10
90. Bill McMullan,35,MS	9:27:20	164. Mitch Horwat,34,IL	10:19:07	238. Bill Imhoff,52	11:04:58	308. Judy Tillapaugh,	
91. Jose Wilkie,31,KY	9:28:59	165. Beth Onines,42,IL	10:19:54	239. Jack Waddick,37,IL	11:05:43	36,IN	11:48:20
92. Paul Olson,45,MI	9:29:42	166. Parker Rios,28	10:20:14	240. Gail Marinato,35,IL	11:05:43	309. Chuck Bundy,63,IL	11:48:24
93. Ron Zadroga,54,MS	9:29:54	167. Gregory Meyer,		241. Carmen Scalero,		310. Joe Root,50	11:48:27
94. Paul Sackett,42,MN	9:30:07	44,MN	10:21:54	50,IL	11:05:43	311. Rick Hancock,41	11:48:35
95. Robert Winger,		168. Mark Marsden,32,IN	10:21:56	242. Brock Woods,43	11:05:46	312. John Tiefenthal,51	11:48:43
50,MN	9:30:30	169. Debi Hogan,37,IA	10:25:04	243. David Rittershaus,29	11:06:39	313. Kevin Wilde,36,CT	11:48:44
96. Jim Blanchard,45	9:30:35	170. Jerry Huhn,50	10:25:07	244. Jennifer Kozicki,		314. John O'Halloran,	
97. Rob Volkenand,		171. Gail Stellbrink,45	10:25:23	42,IL	11:07:07	37,IL	11:48:48
64,OR	9:33:07	172. Fred Stellbrink,52	10:25:32	245. Tom Torp,50	11:09:10	315. John Jordan,50,CA	11:49:17
98. Douglas Scott,42	9:34:04	173. Vince Varone,35	10:25:50	246. Travis Sybrowsky,		316. Pamela Jordan,	
99. Steve Krampe,45,MN	9:34:16	174. Don Adolf,58,IL	10:26:19	27,MI	11:09:45	41,CA	11:49:18
100. Al Kralovansky,46,IN	9:34:29	175. Michael Burkoth,39	10:27:00	247. Craig McGroarty,		43,IA	11:50:39
101. Jeff Tincher,38,IN	9:34:30	176. Clara Jacks,42,IA	10:27:09	40,IL	11:10:59	318. Ed Phillips,59,IL	11:51:59
102. Daniel Doty,41,MN	9:34:48	177. Bob Cramer,42	10:27:39	248. Andrew Hickey,32,IL	11:10:59	319. Marvin Sato,56,IL	11:52:25
103. Tony McElligott,		178. Rob Apple,33,OH	10:27:39	249. Edwin Fischer,42	11:12:22	320. Jim Briselden,39	11:54:01
42,IL	9:35:27	179. Janet Delucia,52,MI	10:28:27	250. Polly Beech,46,IA	11:13:47	321. Rollin Perry,56,IA	11:54:57
104. Neil Robinson,44,MN	9:35:55	180. Roy Carlsted,71,MN	10:28:32	251. Stephen Heitz,40,IL	11:14:15	322. Leo Lightner,66,OH	11:55:13
105. Jack Donahue,51,MI	9:38:15	181. Frank Slamar,46	10:29:50	252. Tom Schoenecker,44	11:14:55	323. Beverly Schulz,52,IL	11:59:29
106. Timothy Bloch,38,MI	9:38:16	182. Larry Anderson,		253. Trisha Dean,43,IL	11:15:07	426 starters	!= course record
107. Brian Bennett,40,MN	9:39:59	52,MI	10:29:51	254. John Schingam,52	11:16:14		