

2 0 0 8 Twin Mountain TRUDGE



Twin Mountain Trudge

2/23/2008

The year of the wallow...

30s, 20mph wind, sunny, VERY deep snow, no aid station

11 mile

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|-----------------|------------------------------|
| Brian Martisius | 2:50:36* (new course record) |
| Josh Fuller | 3:05:29 |
| Titus Norris | 3:07:50 |
| Sean Deveau | 3:23:21 |
| Jon Haberkorn | 3:39:32 |
| Gail Leedy | 4:08:36 |
| Ranie Lynds | 4:08:36 |
| Mark Norford | 4:23:57 |
| Travis Laurance | 4:26:10 (snowshoes) |
| Tom Londe | 5:30:14 |

22 mile

No finishers

Special thanks goes out to Ted Sprague, Perry Wechsler, Susan Londe and Katy Cotton for helping with timing, course clearing and just being good people. Also thanks to Kahtoola for giving us some great prizes and letting us demo their nifty FlightBoots, as well as Gemini Adventures for Hammer gels.



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SNOW TRAVEL SYSTEMS

"2008 was a brutal, 'awful' *Trudge*. Most of the course varied from 2" to waist deep snow, with thigh-deep being the norm. What was so difficult was that the waist deep sections were not just short drifted sections of the route, but long stretches of a mile or more. It's very disheartening to step forward, sink to your waist, struggle to lift your leg and step forward, only to sink to your waist again and then look ahead and know that you have to do that for quite some time. That's what makes the *Trudge* the legend that it is becoming. Right from the start of the race, it is a test of physical conditioning but even more so a test of will and mental fortitude. During a 50 or 100 mile ultramarathon, the mental testing does not usually come into play until the second half of the race; here the test starts within the first hour, especially in conditions like this year. We had seasoned adventure racers and ultramarathoners who stated that they have not bonked that hard in years.

We had low numbers this year because I scared people away. I sent out a few warning emails that must have worked, because only 10 of the toughest people (or those with judgment impairments) showed up. They all made it, hated it, talked fondly of it afterwards and will probably signup next year. My kind of crowd!"

-Alec Muthig, Race Director