

Darwin's Dog Days of Summer Six-Hour Ultra

Pittsburgh, Pa. July 17, 1988
1-km dirt loop

1. Chris Gibson,35	50 mi
2. Dahn Shaulis,27	47.4
3. John Giovengo,42	44.4
4. Larry Tabachnik,41,MD	43.1
5. Keith Brophy,26,VA	41.8
6. Ted Massa,31	40.0
7. Charlie Jelley,32	36.2
8. Charlie Danielson,34	35.0
9. Ray Sanchas,37	33.0
Ed Hall,54	33.0
11. Bruce McGlothlin,41	32.4
12. Keith Hileman,39	32.4
13. Bill Beck,50	31.8
14. Greg Helbig,32,WV	31.2
Doug Landsittel,18	31.2
Joe Dietrick,32	31.2
Joe Morgovich,28	31.2
18. Rex Wilson,46,VA	30.0
19. Bruce Shettel,38	28.1
20. Andy Gero,40	28.1
21. Sy Mah,61,OH	26.8
25 starters	

HOT! As in body-sapping hot. As in heated competition. The temperature at the 5:30 a.m. start was 85° with about 80% humidity. By 9 a.m. it was in the 90s. Due to excellent handlers and intelligent running, nobody experienced heat exhaustion. About a third of the one-km loop was shaded, and a mysterious summer wind emerged after four hours, offering a slight cooling effect.

Chris Gibson offered a clinic in smart pacing. After ten miles he led by three minutes at 1:12:20. By 15 miles he extended his lead to almost four minutes. Dahn Shaulis made a drive, running the five miles between 15 and 20 in 32:45, which was enough to catch Gibson. The pair ran together for about three miles before Gibson's grinding pace left Shaulis behind. Gibson hit the marathon in 3:02:52 to Shaulis's 3:03:52.

Both Gibson and Shaulis broke the old course record. John Giovengo held off Larry

Tabachnik for third place and the last homemade pie award. Giovengo has now captured a first place in '86, a second in '87, and now a third.

Watermelon, chocolate chip cookies, and soda pop were wolfed down at the conclusion of this \$2 bargain race.

Jim Enright

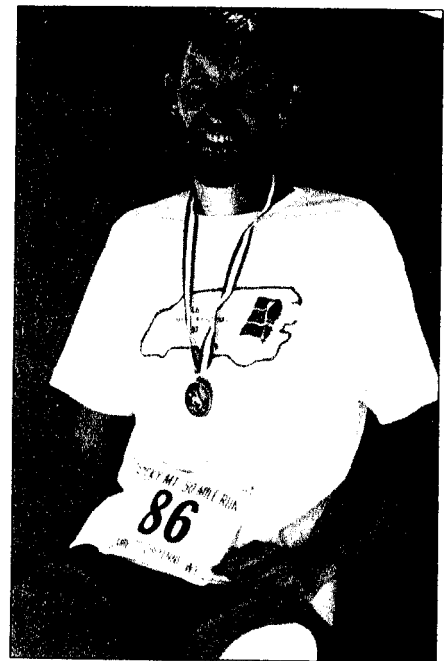
Rocky Mountain 50 Mile Run

Laramie to Cheyenne, Wyo. May 29, 1988

1. Scott Demaree,37,CO	6:18:19
2. Mark Lisak,31,CO	6:41:34
3. Steve St. John,30,IA	7:35:06
4. Charles Kauffman,48,CO	8:42:19
5. Jack Mader,42,CO	9:11:50
6. Nick Bassett,43,CA	9:28:01
John Shaw,44,CO	9:28:01
8. Julie Litus,30,CO	9:29:01
9. Doug Baker,44,SD	9:44:04
10. Reb Wickersham,54,CO	9:46:52
11. Jerome Michel,49,CO	9:54:26
12. Al Kroeger,28,CO	9:58:10
13. Jim Ingalls,43,TX	11:07:34
14. Stephen Routh,26,TX	11:34:15
15. Barton Harris,22,CO	12:26:51
20 starters	

Conditions were brutal this year as temperatures ranged from 50° to 80° with sunny skies and a 10-20 mph headwind. Two-time defending champion Micah True dropped out as Scott Demaree ran away from the field.

B. J. Weigner



Moving to Colorado Springs from Houston has done wonders for Scott Demaree's running at high altitudes — in addition to his win here, he was twelfth at Leadville in August and second at Wasatch in September (the latter a PR by six hours!).

4th ANNUAL DARWIN'S DOG DAYS OF SUMMER 6 HOUR ULTRA

Weather: mid 80's at the start, mid 90's by the finish, extremely humid!
Location: Schenley Park, Pittsburgh PA, Schenley Oval
Course: 1 km dirt loop, flat
Race Director: Jim Enright

	<u>Name</u>	<u>State</u>	<u>Age</u>	<u>km</u>	<u>Approx. Miles</u>	<u>Marathon PR</u>
1.	Chris Gibson	PA	35	80+	50.0	2:35
2.	Dahn Shaulis	PA	27	76+	47.4	2:44
3.	John Giovengo	PA	42	71+	44.4	2:40
4.	Larry Tabachnick	MD	41	69-	43.1	2:59
5.	Keith Brophy	VA	26	67-	41.8	2:49
6.	Ted Massa	PA	31	64-	40.0	2:44
7.	Charlie Jelley	PA	32	58-	36.2	3:30
8.	Charlie Danielson	PA	34	56-	35.0	3:20
9.	Ray Sanchas	PA	37	53+	33.0	2:54
10.	Ed Hall	PA	54	53-	33.0	-
11.	Bruce McGlothlin	PA	41	52-	32.4	-
12.	Keith Hileman	PA	39	52-	32.4	3:02
13.	Bill Beck	PA	50	51+	31.8	3:51
14.	Greg Helbig	WV	32	50+	31.2	2:52
15.	Doug Landsittel	PA	18	50+	31.2	3:10
16.	Joe Dietrick	PA	32	50+	31.2	3:30
17.	Joe Morgovich	PA	28	50-	31.2	3:26
18.	Rex Wilson	VA	46	48+	30.0	3:23
19.	Bruce Shettel	PA	38	45+	28.1	3:19
20.	Andy Gero	PA	40	45+	28.1	3:48
21.	Sy Mah	OH	61	43+	26.8	-
22.	Dave Kaufman	PA	17	42+	26.2	-
23.	Ester Dennis <u>F</u>	MD	51	40-	25.0	5:30
24.	Tom Mal	PA	39	33+	20.6	3:30
25.	Bill Ware	PA	33	32+	20.0	3:03

Congratulations to all! Under extremely adverse conditions some outstanding distances were recorded - 1 runner tied and 2 runners broke the old course record. Thanks to all the handlers who helped the runners make it during such extreme weather conditions. Once again, Darwin - my terrier/beagle and sometimes training companion- was fast asleep during the entire 6 hour run. The race should take place next year, same place, the 3rd sunday in July. I hope to see all of you again - I truly enjoy putting on this low budget race for such friendly people. If you have any comments, please let me know, because I am always looking to improve the run. The + beside the final distance means that the runner finished before 6 hours and could have run more. The - means that the runner finished his last lap after 6 hours.

	1 Hour	2nd Hour	3rd Hour	4th Hour	5th Hour	6th Hour
1. Gibson	13.5k	14.0k	14.0k	13.0k	13.0k	12.5k
2. Shaulis	12.5	14.5	14.25	11.75	11.5	11.5
3. Giovengo	12.5	13.0	12.5	11.0	11.5	10.5
4. Tabachnick	12.5	11.5	12.0	11.5	11.0	10.5
5. Brophy	12.5	13.0	12.0	10.0	10.0	9.5
6. Massa	12.5	12.0	11.5	7.0	10.5	10.5
7. Jelley	12.0	12.0	10.0	8.0	7.5	8.5
8. Danielson	11.0	11.0	10.0	6.0	10.0	8.0
9. Sanchas	12.5	12.75	11.0	9.75	7.0	-
10. Hall	11.0	10.5	9.5	7.5	7.0	7.5
11. McGlothlin	11.0	9.5	9.5	8.0	6.0	8.0
12. Hileman	12.5	13.0	7.5	9.5	4.5	5.0
13. Beck	10.5	10.0	9.0	7.0	7.5	7.0
14. Helbig	9.0	12.0	12.0	10.0	7.0	-
15. Landsittel	12.25	12.25	9.0	7.5	7.0	2.0
16. Dietrick	11.75	11.25	9.0	8.0	6.5	3.5
17. Morgovich	11.0	10.0	10.0	6.0	5.0	8.0
18. Wilson	10.5	10.5	9.0	6.0	7.0	5.0
19. Shettel	9.5	10.0	9.0	10.0	5.0	1.5
20. Gero	9.75	9.25	8.5	7.0	6.0	4.5
21. Mah	-	4.0	8.5	10.5	9.5	10.5
22. Kaufman	12.0	9.0	10.0	8.0	2.0	1.0
23. Dennis <u>F</u>	7.5	7.5	7.0	6.0	6.0	6.0
24. Mal	10.5	10.5	10.0	2.0	-	-
25. Ware	13.0	9.0	8.0	2.0	-	-

This table lists the kilometers run within each hour. These are the best estimates that I could decipher from the lap sheets. Enjoy!!

The run for the pies was hot in more ways than one this year. This was the hottest year for Darwin's Ultra and it was the most competitive for the top spots. The top 4 runners all ran strong, well-paced races. Shaulis challenged Gibson for the lead at the 36km mark but after dueling for 4km, Gibson broke open a 1 minute lead at the marathon mark that he held and increased all the way to the finish. Giovengo captured 3rd to go along with his 1st in 1986, and 2nd in 1987. Tabachnick returned to record another PR. Brophy returned after a 1½ year battle with a stress fracture; had a fine comeback run. Hall topped the over-50 runners. Defending champ Shettel ran easily, taking reading breaks and dreaming of his post-race meal(s). McGlothlin is the only runner to finish all 4 dog-days ultras!

	5 Mile	10 Mile	20 Mile	Marathon	30 Mile	40 Mile	50 M
1. Gibson	35:32	1:12:04	2:20:19	3:02:52	3:29:35	4:43:55	5:59:2
2. Shaulis	38:04	1:15:18	2:20:46	3:03:52	3:35:03	4:58:16	-
3. Giovengo	38:14	1:16:12	2:30:59	3:20:22	3:52	5:18:25	-
4. Tabachnick	38:50	1:18:34	2:40:30	3:31:37	4:04:29	5:32:57	-
5. Brophy	38:43	1:15:10	2:30:56	3:27:25	4:02:59	5:41:50	-
6. Massa	38:32	1:17:20	2:38:35	3:50:50	4:24:54	6:03:44	-
7. Jelley	40:54	1:20:09	2:54:32	4:03:05	4:48:49	-	-
8. Danielson	44:00	1:28:10	3:00	4:22:05	5:00:31	-	-
9. Sanchas	38:14	1:16:15	2:35:05	3:40	4:19:40	-	-
10. Hall	44:17	1:28:30	3:09:58	4:29:35	5:21:55	-	-
11. McGlothlin	45:40	1:32:40	3:10	4:38:05	5:37:40	-	-
12. Hileman	38:08	1:15:10	2:54:57	3:56	5:06:08	-	-
13. Beck	46:00	1:32	3:24	4:44	5:35	-	-
14. Helbig *	55:20	1:21	2:38:15	3:39:50	4:25:50	-	-
15. Landsittel	38:05	1:16	2:36	?	5:00	-	-
16. Dietrick	41:07	1:22:19	2:59:47	4:18:24	5:20:08	-	-
17. Morgovich	43:00	1:29	3:33	5:00	5:50	-	-
18. Wilson	42:47	1:26:47	3:13:29	4:40	5:34:39	-	-
19. Shettel	51:35	1:39:40	3:22:05	4:27:05	-	-	-
20. Gero	49:30	1:38	3:37:03	5:12:30	-	-	-
21. Mah *	49:12	1:38:30	3:20:30	4:15	-	-	-
22. Kaufman	39:30	1:33	3:05	5:19	-	-	-
23. Dennis	?	2:00	4:40	-	-	-	-
24. Mal	46:13	1:32:40	3:07	-	-	-	-
25. Ware	36:00	1:18:43	3:29	-	-	-	-

This table lists the approximate times runners reached the listed American distances. The times are exact for most runners but some are rough estimates, due to the sketchy lap times. The two runners with a (*) beside their name started late but their late starting time was subtracted from their official times. I hope that you find the table interesting reading!!