

## 2005 Words from the Runners

Okay,

*No photo's of this, (Thank God) and no I did not get Muddy (Even Better)*

*Just to let everybody Know I finished the Mt Hood 50 Mile race in 10:16:05 (qualified for Western States), but....*

*Had a little incident at the 44 Mile mark, . Mike and Alana from Aldergrove were just ahead of me, they were coming out of the last Aid station and I was heading towards it (this is a .3 mile out and back aid station off the PCT trail), we meet at Little Crater Lake. I would Describe it as beautiful blue lake, 75 ft diameter lake and you can see the bottom, Mike asked if I was going to Jump in to Cool down, The temperate was 95 degrees outside, warm, dry and dusty, not a lot of shade on this course, I said YES, Alana went in up to her ankles, Mike Took off his shoes, I had dry socks at the aid station, Mike Jumped in and I was right behind him....*

*Any reason why this Lake was so Blue and Clear.... I will tell you*

*Spring Feed Lake that maintains a Temperature of 34 degrees **Fahrenheit** all year round*

*Yeah it was like jumping into a **Ice Bath** with out the Ice, I think I was out faster than I went in. (this is the truth)  
The next few Lines I have censored for reasons kids may read this. When I hit the aid station, soaking wet and Shivering, one of the aid workers asked if I was okay, oh yeah I just jumped in that lake, they said that “ no one swims in that lake, it's too cold, didn't you read the sign, “*

*My Reply back was “No”!!!*

*I have placed in the quote and photo from the Oregon State Park Service on Little Crater Lake*

*“Little Crater Lake is a cold, crystal clear lake, The spring-fed lake is 45 deep and less than 100 feet in diameter. It is not suitable for fishing, swimming or boating, but is very scenic” the sign in the photoexplains why the lake remains so cold, ( if only we took the time to read it) Reg Hornsby*

Monika, just a short thank you note from Kathy and myself for the great job you did last weekend with the PCT 50. The course was well marked, the aid stations and aid people were nothing short of outstanding and the finish line was well run and lots of fun with lots of good food.

Thank you for all your hard work and effort. You should feel good about your success and proud of your race. I hope the Forest Service was OK with the number of people and the parking. I hope that we as runners put our best foot forward on the trail and at the finish line so that you can have the run again next year. Thanks again.

Dan and Kathy Harschburger

Thanks a mil. (Thank you a million time) for providing a wonderful event for myself and my daughter Brenna. She being very tired from running training programs for Mt. Biking and XC racing was very delighted to see such a wide range of crazy people running long distances and bringing the whole family to cheer in their loved ones. She feels that she might start training running again to take part in your event along with her training to go back on the world race schedule for distance skiing.

I am always impressed with your hard work and dedication to keep this event going. Bless you all for your great work and thank you. Such supportive aid station people and food servers and wonderful treats. Sam Holmes and his music, and the proceeds for a wonderful cause. We shall return. Feel good about your work, you and your staff have done wonders again.

Richard Knowles

Thank you so MUCH for helping find a ride.

Drake provided a ride and was GREAT company, refused

\$\$ for gas, we had a lot in common! The race was also splendidly run, this is very different than the "road races" I do. My first Ultra was a smashing success and the voluteer help at the aid stations was EXCELLENT! Thanks so much for a very FUN day, excellent shaded trail, support, timing, food, I have NO COMPLAINTS. I will return! Have a great day Daniel David Waltz

Thanks for organizing a great race yesterday. This was my first ultra and the organization and support were wonderful. Kevin Troyer

You put on a great event and I would especially like to thank the crew at the last aid station who cleaned me up and got me going again.(I was the one who fell on his face!) Herb Reeves

Thanks so much for the terrific race yesterday. I am pretty sore, but happy to have completed my first Ultra. Terry McBee

Thank you for putting on the PCT50, I really enjoyed the course and especially the spectacular views of Mt Hood.... Jamie Gifford

Heyo Runners and affiliates,

As the PCT 50k will be the only ultra for the year I thought it was fitting to write up a race report since they are becoming sparse of late. Thankfully with the degree in advancement of technology I'm able to watch at the same time a vampire space themed made for TV movie on the SciFi channel.

Having completed actually let me rephrase that... having DNF'd (did not finish) in my last ultra a year ago at Whiteriver 50, which so happens took place today, I was a little rusty as to what to expect. My training started a few weeks after my surgery with a running schedule

setup by Meghan so I was confident about entering the PCT 50k, which takes place near Mt. Hood.  
Side-note, this vampire space themed made for TV movie has included a love story... I ask you... WHY SCIFI Channel.. WHY?

Submitting my application the day of race this morning I talked to a few runners before the race to check out the field. Some marathon runners had decided to try their skills for the first time in this particular ultra. One stood out, but I will not mention his name in fear of increasing the ever increasing following of Yueh-Han haters and so I will just call him Cow, in fond memory of the Corvallis cows that I have not seen in a very long time.

Well Cow had recently ran a 2:29 marathon followed two weeks later by a 2:32 marathon as he nonchalantly told me. So I knew immediately that he had a very good shot at winning... I also knew that this gave him too much confidence in what he was about to face. In endearing love for the Corvallis cows I took pity on Cow and warned him to "go onservatively." Because I knew that he didn't know that he would hate life in approximately 3 hours.

Did Cow heed my advice? Probably not... like milk left out on the counter it got rancid and he became sour.

So the 50k began at 8:30 am with an excited group of runners busy preparing their dark humor for the day to keep them going through the finish. The early pace was relaxed with Cow surprisingly holding back from an all out effort. I was personally worried about my own gut health and had to go commando out in the woods with no toilet paper in sight not too shortly after Cow and a breakaway group took off. So Cow had made his decision.

The course is an out and back 50k so I immediately knew who was in the lead when Cow ran down first at a brisk pace followed by four others trying to keep up with Cow. I was not surprised since he certainly did have the speed.

At the turnaround I began picking up my pace in hopes of bettering my current 5th place and taking advantage of the downhills. Along the way the Corvallis crew of ultrarunners gave me updates as to where the race leaders were... "6 minutes Yueh-Han! 2 minutes ahead of you! 7 minutes!!!" HUH???

Alright so the information was a little confusing to decipher with a large 5 minute gap but it is much appreciated.

At the 16-mile aid station Sam was singing and playing his guitar with a group of ultrarunners swooning over his melodies. I unfortunately refilled my bottle and grabbed some salt tabs and took off to continue the chase for the 4 runners up ahead. I reeled in my first runner at mile 21 who was having a difficult time not tripping over the roots. At mile ~22 is a great area to get a glimpse to see where you are in relation to other runners around you. The aid station is an out and back section to the left approximately 1/3 of a mile so you can see runners ahead and behind you. At this point I saw Cow was still in the lead but beginning to show some distress much like a cow with un milked utters. Right behind him the man from Virginia was still running and near the aid station the 3rd place runner was beginning to walk out of the aid station.

Arriving at the aid station the volunteers told me that I looked to be in the best shape so far. This motivated me to take off, quickly catching the 3rd runner who was still walking and passed him. A few miles later I caught up to Cow and wished him well. My own quads and legs started to cramp, but it came as a familiar feeling and I shook the spasms off and picked up the pace knowing that the Virginian man couldn't be too far off. Then it happened!!!

For those of you familiar with my disability for a sense of direction, it happened on the last stretch of the course. In 2nd place and standing on the road it had to only have taken 300 meters of running to the right to finish the race. Of course I managed to get lost at this crucial junction and, instead, for the next 15-20 minutes ran OFF-Course in the opposite direction. After hitting a few roots and having my legs spasm uncontrollably where I had to stop and roll into fetal position I hollered a few colorful choices of words when it became apparent that I was lost. Of course a few campers heard and were immediately quiet. I suppose watching a man only in his black short shorts and simultaneously cursing and groping his own legs would be a disagreeable sight.

I backtracked my way back to the road where I saw other runners taking the correct course to the finish line. So later and a few places lower I finished the 50k apparently not in a happy joy lucky mood. The race was followed by a bbq. Overall the PCT 50k is characteristic of the Oregon ultras; great volunteers, organization, and fun. The scenic views are breathtaking with clear sights of Mt. Hood and photographic nature shots.

Monika Gold, Bob Boss, and their volunteers do put on a very festive atmosphere that should be reason enough to volunteer yourself in the future.

The purpose of this race report is not to bash on Cow because he simply isn't the first or the last marathon runner to make this common mistake of not respecting the ultra distance. It is to warn those in the future who want to make the transition from marathons to ultras. Respect the distance, respect the trails, and respect those that share the trails with you because when you experience quad death you will understand. Of course the second component of the race report is to point at my inherent lack of ability to tell directions and the importance of being aware of your surroundings. With that said this vampire space movie could be seen as a form of punishment or guilty pleasure? Who knows?

Moo,

Yueh-Han

Next Up: Hood to Coast

Followed by: Portland Marathon & Healthy dose of 5 & 10k's

50k: Next year

100k: Next year

100Miler: haha I'm not that stupid yet.

If you would like to submit a race report please e-mail: [monika.c.gold@tek.com](mailto:monika.c.gold@tek.com)