



## IROQUOIA TRAIL TEST 32 Km

13th annual

August 19, 2000

Kilbride, Ontario

### Race Report

[results](#)

by John Remington

with Geoff Sheppard, Rich Urbanski, Ryne Melcher and Donna Dupont

The 13th annual Iroquoia Trail Test was held August 19th and featured a redesigned route that now is held entirely on the Bruce Trail in southern Ontario. While a 32 kilometre race may seem a bit short to be part of an ultra series this race takes most runners longer to finish than a road marathon. The course had obviously been designed by an accomplished runner with the route broken up into distinct sections so you could get used to running on grass or rocks or trail and then switch to another surface in about 20 to 30 minutes. The Iroquoia Trail Test has the most varied terrain of all the OUS races and traditionally brings the road warriors out to do battle with the trail enthusiasts. The 32 km distance also encourages many shorter distance runners to try a race of "ultra" duration, if not "ultra" length.

Veteran ultrarunner Geoff Sheppard and Scott Myers of Burlington Runners have taken over the directorship of this race from Cor Potma. One of many changes this year was allowing slower runners a half-hour head start. Only 13 runners took advantage of this option but undoubtedly more will next year!

158 runners lined up for the start on the largely unknown new course. The first part is the main section of road running, but a single file trail descent and climb quickly shocks the system. The new section of race course surprised the runners with rocks and scenic boardwalk crossings that would keep them entertained over the next 24 km.

After a tough rocky 2 km section between Twiss Road and Guelph Line the course flattened out until an escarpment edge rocky descent would frustrate everyone as concentration was a necessity just when the legs were getting heavy. What the runners didn't know was that the next 5 km, which include a very long climb, passed a former Buffalo compound and the outdoor set location of the hit TV show RELIC HUNTERS. In fact, if you were watching TV on race day at 5:30 pm you would have seen scenes from the show of the exact location.

A quick turn around at Appleby Line did not relieve the runners from the tough trail as they would pass their rivals on the way back. Coming into the last aid station at Twiss Road, perennial top finisher Mark Tarnopolsky carried a shrinking 1 minute lead over the fast charging Dom Repta and Jason Petro. When the dust had cleared, Dom Repta had secured a sweet come from behind victory in 2:41:23, 37 seconds ahead of Petro who was 28 seconds ahead of a hobbling Tarnopolsky. Dom was a sentimental victor as he had challenged Ohio's Mohican 100 mile trail race in June but had come up short in his first attempt at the distance.

George Sarson, 53, led the 50+ males with a strong 3:10:14. It's great to see George hitting the trails after his long injury layoff. First place woman was Nadine Devin in 3:10:30 for 25th overall position. Second and third went to Shelly Willmemse, 3:13:09 and Lee Harvey, 3:13:59 respectively in a very close race. First woman in the 50+ was Joan Murphy-Walker

in 4:02:53. Second place was Marion Landry from Montreal in 4:37:25 to continue her great OUS year.

The organization was great with well-supported aid stations every 3 to 7 kilometres. The weather was dry and warm and despite a new course the race was conducted almost flawlessly. Geoff Sheppard, RD and the Burlington Roadrunners did a great job.

An interesting change this year was dividing the runners into two random teams - Tobermory and Niagara (named after the terminal Bruce Trail Sections). This made 50% of the runners very happy as they happened to be on the winning team led by Hans Maier. Way to go Team Niagara!

OUS interest in the race was high with many of the series "regulars" joining in only a week after the Bechtel Park 50 kilometre race. Ryne Melcher stormed to 6th overall in 2:50:18 but I strongly suspect he'll be back to win next year! Tony Martin ran great and finished in only 3:14:27. Steve Govier secured the lead in the OUS under 50 male division with a time of 3:21:02. Scott Turner DNF'd and slipped to second in the division. He's no doubt still experiencing the severe strep throat that slowed him the week before at Bechtel Park.

Ron Gehl finished in 3:22:14 to beat out 50+ male division rival Doug Barber, 3:26:15. Ron is looking very strong this year as he tries to win the Ontario Ultra Series overall. Many other OUS regulars took part in this race and I think many more will next year when this race will fill up quickly.

A great touch was that each finisher was rewarded with a frozen Popsicle after finishing their "test". New gift prizes of towels and hand carved rock awards were handed out to the category winners.

Categories

	under 40	40-49	50+
Male	A	B	C
Female	D	E	F

			Time	Age	Cat		Bib
1	Repta	Dom	2:41:23	26	A	1st M overall	2174
2	Petro	Jason	2:42:00	29	A	2nd M overall	2146
3	Tarnopolsky	Mark	2:42:28	37	A	3rd M overall	2157
4	Kotilehti	Tim	2:46:47	37	A	1st M open	2144
5	Eaton	Dave	2:47:20	21	A	2nd M open	2254
6	Melcher	Ryne	2:50:18	21	A	3rd M open	2250
7	Magi	Allan	2:50:56	37	A		2237
8	Brouwer	Joachim	2:51:37	41	B	1st M 40-49	2118
9	Nagowski	Ted	2:53:43	39	A		2190
10	Brennan	Michael	2:57:25	46	B	2nd M 40-49	2262
11	Brenneman	Fred	2:59:57	36	A		2258
12	Srnic	Zeljko	3:00:03	43	B	3rd M 40-49	2264
13	Beernink	Todd	3:02:12	29	A		2275
14	Dejak	Frank	3:02:17	45	B		2111
15	Dufour	Dan	3:02:32	29	A		2134
16	Peddle	Ronald	3:02:51	40	B		2145
17	Deman	Gilles	3:03:01	31	A		2270
18	Mercer	Keith	3:03:22	41	B		2163
19	Van Gemert	Henry	3:04:05	39	A		2119
20	Vivian	P. Mark	3:04:10	41	B		2141
21	Michael	Tim	3:07:09	48	B		2117

22	Perozak	Mike	3:09:56	39	A		2203
23	Sarson	George	3:10:14	53	C	1st M 50+	2232
24	Sweezie	Paul	3:10:22	32	A		2238
25	Devin	Nadine	3:10:30	F 24	D	1st F overall	2164
26	Mannering	Mark	3:12:01	42	B		2205
27	Wilson	Brad	3:12:02	40	B		2257
28	Willmemse	Shelly	3:13:09	F 28	D	2nd F overall	2171
29	Driscoll	Jamie	3:13:50				2288
30	Harvey	Lee	3:13:59	F 31	D	3rd F overall	2288
31	Ragetlie	Henri	3:14:02	41	B		2154
32	Martin	Tony	3:14:27	36	A		2243
33	O'Gorman	Marcel	3:14:35	30	A		2136
34	Fisher	John	3:14:40	52	C	2nd M 50+	2229
35	Walker	Stephen	3:14:44	53	C	3rd M 50+	2214
36	Harper	David	3:14:47	45	B		2170
37	Athey	Rhea	3:14:48	F 36	D	1st F open	2173
38	McDowell	Rick	3:15:39	51	C		2133
39	Cooper	Jeff	3:16:54	45	B		2159
40	Blumenthal	Arnold	3:16:55	44	B		2187
41	MacLeod	Jane	3:16:59	F 43	E	1st F 40-49	2104
42	Hewitt	Joe	3:18:10	46	B		2132
43	Seaton	Rob	3:19:18	46	B		2222
44	Beaudoin	Jim	3:20:09	35	A		2184
45	Govier	Steve	3:21:02	35	A		2115
46			3:21:21		N/A		2189
47	O'Flynn	Aine	3:21:24	F 32	D	2nd F open	2263
48	Moriarty	Sean	3:21:40	34	A		2148
49	Gehl	Ron	3:22:14	53	C		2219
50	Robinson	Tony	3:24:15	28	A		2274
51	Pellow	Bruce	3:24:16	53	C		2209
52	Arruda	Ellie	3:25:55	F 39	D	3rd F open	2106
53	Barber	Doug	3:26:15	54	C		2123
54	Jackson	Connie	3:26:32	F 29	D		2218
55	Roberts	Nick	3:27:28	36	A		2167
56	Arndt	Trevor	3:27:47	33	A		2137
57	Peters	Keith	3:28:10	31	A		2268
58	McRobert	Ricky	3:28:14	45	B		2244
59	Swan	Dennis	3:28:15	37	A		2185
60	Williams	Allan	3:28:40	35	A		2233
61	Michalek	Les	3:28:48	50	B		2210
62	Milko	Warren	3:30:26	30	A		2242
63	Niall	Keith	3:30:59	44	B		2103
64	Gilcrest	Jim	3:31:05	59	C		2226
65	Robbins	Lester	3:31:53	34	A		2180
66			3:31:59				2290
67	Senior	Chris	3:32:24	29	A		2252
68	Edwards	Chuck	3:32:46	54	C		2121
69	Chambers	Robyn	3:33:23	F 31	D		2142
70	Hillier	Wade	3:33:25	32	A		2161
71	Zonruiter	Gerda	3:33:25	F 38	D		2249
72	Martin	Chuck	3:33:42	36	A		2271
73	Urbanski	Rich	3:33:53	53	C		2178
74	O'Neill	Patrick	3:34:00	48	B		2147
75	England	Gord	3:33:24	47	B		2224
76	Albon	Roy	3:35:07	48	B		2273
77	Plant	Kristine	3:35:10	F 34	D		2246
78	Brunet	Tim	3:36:54	30	A		2109
79	Martin	Jim	3:37:47	50	C		2149
80	O'Hagan	Tim	3:37:47	53	C		2278
81	Ferguson	Linda	3:38:05	F 37	D		2212

82	Simpson	Gavin	3:39:05	50	C		2231
83	Pierce	Andrew	3:39:38	37	A		2168
84	Parsons	Roger	3:39:59	47	B		2176
85	Sigut	Aaron	3:40:49	34	A		2130
86	Mallett	Bill	3:41:58	55	C		2255
87	Thomas	Rob	3:42:26	36	A		2234
88	Wing	Steve	3:42:49	26	A		2280
89	Parker	Howard	3:43:43	50	C		2107
90	Aragalis	Rob	3:44:28	33	A		2206
91	Suttaby	Dave	3:46:59	32	A		2245
92	Maier	Hans	3:47:02	60	C		2101
93	Charbonneau	Vincent	3:47:04	30	A		2239
94	Sommers	Patricia	3:50:03	F 47	E	2nd F 40-49	2110
95	Olsen	Kendra	3:50:18	F 39	D		2259
96	Glen	Jim	3:51:11	33	A		2208
97	Weaver	Art	3:51:40	49	B		2267
98	Brons	Gerrit	3:52:02	51	C		2131
99	Harthun	Gord	3:52:20	45	B		2125
100	Ostapiak	Orest	3:53:23	40	B		2241
101	Shapcott	Erin	3:54:12	F 19	D		2153
102	Orr	Mike	3:54:55	50	C		2179
103	Broome	Herb	3:55:12	46	B		2165
104	Jacobs	Howie	3:56:53	43	B		2183
105	Farla	Suzanne	3:58:39	F 46	E	3rd F 40-49	2235
106	Hung	Richard	3:58:45	32	A		2127
107	Northcott	Clara	3:59:06	F 45	E		2175
108	Fleming	Ann	3:59:26	F -			2261
109	Howes-Jones	Daryl	3:59:42	48	B		2143
110	White	Bob	3:59:53	39	A		2256
111	Dick	Jennifer	4:00:31	F 24	D		2155
112	Govier	Virginia	4:00:31	F 35	D		2215
113	Wood	Aaron	4:01:33	23	A		2156
114	Stuart	Jon	4:02:26	36	A		2228
115	Rodgers	Kevin	4:02:31	39	B		2114
116	Murphy-Walker	Joan	4:02:53	F 53	F	1st F 50+	2158
117	Schwarz	Robert	4:04:06	41	B		2182
118	Ritchie	Scott	4:04:16	32	A		2216
119	McLaren	A.Duff	4:06:10	51	C		2120
120	Landry	Donald	4:07:25	55	C		2207
121	McClymont	Wendy	4:07:39	F 37	D		2126
122	Samarelli	Michael	4:09:27	45	B		2160
123	Amaral	Lea	4:09:37	F 36	E		2269
124	Forthuber	Joel	4:10:20	19	A		2251
125	Hewitt	Sharon	4:10:45	F 40	E		2230
126	Lafferty	Bill	4:11:39	53	C		2113
127	Orth-Demczyszyn	Martina	4:11:57	F 33	D		2277
128	Brons	Sonya	4:12:43	F 39	D		2124
129	Gabon	Gerry	4:12:50	38	A		2129
130	Cleary	Joe	4:13:12	60	C		2151
131	Eaton	Judy	4:13:42	F 34	D		2181
132	Crane	Rebecca	4:14:20	F 26	D		2177
133	Paquette	Mitzi	4:15:01	F 30	D		2201
134	Cowie	Alex	4:15:01	62	C		2204
135	Barrie	Rita	4:17:29	F 44	E		2192
136	Grant	Suzanne	4:17:29	F 41	E		2217
137	Keenoy	Brendan	4:18:05	52	C		2186
138	Whitehead	Tammy	4:21:36	F 36	D		2220
139	Lacroix	Louis	4:22:30	47	B		2247
140	Walker	Bruce	4:24:20	46	B		2188
141	Topham	Amanda	4:26:16	F 34	D		2227

142	Walker	Sue	4:26:52	F	41	E		2276
143	Lloyd	Ray	4:32:54		61	C		2105
144	Dupont	Donna	4:33:23	F	27	D		2169
145	Bundgard	Paul	4:34:23		41	B		2166
146	Landry	Marion	4:37:25	F	55	F	2nd F 50+	2108
147	Krug	Tim	4:37:32		56	C		2150
148	Cook	Pamela	4:59:30	F	50	F	3rd F 50+	2279
149	Durrant	Ted	5:18:28		48	B		2122
150	Needham	Thomas	5:18:28		62	C		2221
151	Walker	John	6:12:12		48	B		2253
152	Heroux	Jess	7:29:21		54	C		2172
	Brown	Peggy	DNF	F	45	E		2162
	Taylor	John	DNF		45	B		2213
	Turner	Scott	DNF		40	A		2240
	Shelvey	Margaret	DNF	F	63	F		2139
	Petro	George	DNF		46	B		2140
	Gooder	Larry	DNF		46	B		2202
	Varga	Astrid	DNF	F	50	F		2223
	Kanners	Dave	DNF		53	C		2236
159	starters							

*Results: Geoff Sheppard, Scott Myers, co-RDs*  
*updated Oct 4, 2000*  
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