



The 9<sup>th</sup> Annual  
Sri Chinmoy  
6 Hour Run  
Kingston, Ontario, Canada  
June 9, 2001

Race Report  
*by John Remington*

[results](#) [results with splits](#)

The 9th annual Sri Chinmoy 6-hour race was held on a measured one kilometre loop around the scenic grounds of Canada's Royal Military College and through the interior of old Fort Frederick. Although numbers were down a little this year from 51 to 45 the crowd was an enthusiastic one of old hands (Wally Herman, Paul Smith, Esmond Mah) and new ultra runners (John Turner, Vince Charbonneau, Jim Morrison).

The weather usually plays a factor here as over the years this race has seen blistering heat and dreadful mud. The 2001 race was to be no different! Starting temperature was 13C and reached a high of about 23C. Standing in singlets and shorts at the start the actual temperature felt well over 25C because of the humidity, the still wind and a blazing sun shining out of a clear blue sky.

With the absence of Ryne Melcher and Victor Hickey the prerace wisdom was for a slow and tactical race between John Culhane and Scott Turner. Well Scott lit out from the start at exactly 4 minute per kilometre pace and John Culhane hung back with me at my 4:30 minute kilometre pace. Ultra novice Ted Nagowski of Peterborough ran hard after Scott as the "Two Johns" circled the course. After about 3k John Culhane had had enough and went after Scott while I found myself stuck at 4:20 pace per kilometre despite trying to go slower! 4:30 per kilometre for 6 hours is 80k!!!

Every time I passed my counter Paula I gave her a big shout and she gave me support throughout the race. Each counter has 4 runners to check and they keep your lap splits and tell the leader board your position. The top 6 in each sex are displayed so you can see what's going on. This is good as you don't see those running or walking at your own pace very much. However you do get to see everyone faster or slower a whole lot which is why this is my favourite road ultra in Ontario. Passing people I always try to read the name on their bib (We aren't just numbers at this race!) and give them a friendly greeting. It is a major challenge getting the names right towards the end of the race but seeing people respond is always worth the effort.

The aid station is well stocked but I use an icebox filled with Gatorade (half strength) and Soya milk to supply myself. Cold drinks in the heat every one kilometre are a major tactical advantage and one I was pleased to see others starting to use. A recent thread on the OUS-L mailing list was on SUCCEED capsules and as my partner, Leslie Nigh, doesn't drink electrolytes we tried them out here. A major success for Leslie and a major improvement on her usual salt covered cookie midrace! I had two at the start and two in the middle and felt no negative effects and plan to give them a good trial on a long run soon.

I don't know if Les Michalak is using them yet but what a runner he is this Series! He blasts a 18:50 to win the Sulphur Springs 100 miler just two weeks ago and then runs like a train over the last two hours of the Kingston race. Les got just over 70k for second overall but he got my vote for most inspired runner. However I am getting ahead here. So Scott Turner flew from the start but never quite caught me though I did see him within 100 metres of me after a couple of hours. I was most perplexed as to why Scott, Ted, or John didn't lap me as I felt okay but was slowing 2 to 3 seconds a lap. Next I pass Ted who was badly flagging and I am in third overall after the first 3 hours. Barely a lap later I see Scott Turner sitting

down looking very comfortable at the aid station after 51k. Next lap he's still there! So now I am second and very pleased to be there on this hot day.

John Culhane is invincible this year when he's on his game and blasted the field at the Sulphur Springs 50k just two weekends before. When I came up to him he stayed with me for a while and we chatted. Turns out he was tired and just couldn't keep pushing after trying to stay with Scott in the early going. So now I am in first overall and the marathon mark is coming up! I qualified for Boston in 3:11 but missed out on running around with the flag. The Sri Chinmoy Marathon Team has you carry a little Canadian flag for your marathon, 40 mile, and 50 mile laps. Great idea and really gets the other runners going.

So what to do now? Here I am leading an ultra I want to run relaxed! To add to my problems the shiny New Balance 829s are blistering my right foot in different places that the NB804s did two weeks prior! Both John Culhane and myself received New Balance sponsorship this year but I am having troubles getting my feet sorted out after a bout with plantia faciitis. I run on to 50k and stop to change shoes (NB1020!) which work but as I hobble out of the aid station worried volunteers offer to help me walk! No thanks I say! One kilometre later the kinks are ironed out and I zoom into and out of the aid station grabbing my bottle with one hand from the top of the icebox.

At the Buffalo 6 Hour Trishul Cherns told me to "*think like a winner*" which was great advice but I knew I could only run for 4 hours at Buffalo. Well two months of training had gone by and **whattsup!** It's been two years since I had won an ultra, maybe?! On I went now having targets to throw my used water bottles at each time I went through the aid station as runners wilted in the heat and took to drink yeast beverages instead of running! Gord England was having major trouble with his hip yet he came back later in the race to run hard again. Vince Charbonneau sat out after 36 painful looking kilometres but stayed and supported us all! Feeling somewhat tired I tried a beer to see if it would wake me up like last year's one did. Real bad timing! I ran next to the tourist bus swilling foaming Old Milwaukee all over myself for the whole of the seawall section. I kicked passed the bus going into the keyhole section and spent an anxious few minutes waiting to see if the RCMP would come and remove me from the base! Still the beer helped!

Pat Sommers ran just over 62k to set two Canadian age 45-49 records at this race. I saw Pat late on in the race hanging around the aid station selecting beverages. She thought she had the record and was in no mood to run hard for the last few minutes of the race despite my yelling at her to run! I got Scott Turner back up and he ran an easy lap with me before joining Pat to help push her through her 62nd kilometre and onwards into the record books!

I stopped at 72k and enjoyed watching the runners come through the line. The effort all had put in was very inspiring but I started to choke as it's been a while since I felt so good at the end of an ultra! Leslie found me and had got 4th with 52k as she continues her own comeback from injury. Suzanne Farla took second with 56k after her powerful 50k race at Sulphur Springs.

Aimee Runge took third female with a steady 54k and John Culhane ran a tired 69k for third overall. This was entirely fitting as these two got engaged a few weeks ago. Congratulations to John and Aimee from us all in the Ontario Ultra Series. Date will be set for next year.

The great Wally Herman, a veteran of 23 years of ultrarunning, finished with 44k and kept his gloves on the whole race. John Turner from Burlington ran his first ultra to finish metres shy of 60k. You know he is ready for these races when you see he made a beer towel into a neck protector from the sun! John has ran two hard marathons very recently and will be out again in the series.

Tony Martin arrived late but put in a good effort to keep the competition in the under 50 males OUS points division interesting. Jim Morrison is not running like a dead guy and ran very relaxed so soon after his first ever 100 miler. This division looks like it will go down to the last race at the Slough! In the over 50 males Les Michalak appears very strong and could win the Sarson Award for overall points champion even if he slows down!

The awards were pleasant in the sun eating vegetarian lasagna, caesar salad and ice cream with cake. The Sri Chinmoy race organizers provided 2 big cakes for all the runners and volunteers with birthdays in June. The last award was the Barbara McLeod award for the most inspiring runner. With Barbara at the race it was a major delight for me to receive the beautiful clock from her. Looking at the trophy with the previous winners names on it was great but I really didn't deserve the award. Talking to others during the race is part of the race and helps me more than it helped them! The only dark cloud? I really, really missed having the group photograph and I'd have loved to have hung a third group photo from Kingston on my wall!

See you all at Bechtel Park! Run smart at Niagara and Damn Tough!

<b>pos</b>			<b>kms</b>	<b>age</b>	<b>city</b>
1	Remington	John	72.000	36	Etobicoke
2	Michalak	Les	70.037	50	Burlington
3	Culhane	John	69.178	37	Toronto
4	Van Gemert	Henry	66.290	40	Oakville
5	Morrison	Jim	64.023	42	Thornhill
6	Ouellette	Michel	63.067	45	Fredericton, NB
7	Sommers	Patricia	62.375*	F 48	Kitchener
8	Martin	Tony	61.339	37	Kitchener
9	Gehl	Ronald	60.083	53	Kitchener
10	Turner	John	59.576	42	Burlington
11	Traynor	Peter	59.290	31	Toronto
12	Martin	Jim	59.210	51	Lindsay
13	Maier	Hans	57.852	61	Markham
14	Hill	Ian	57.256	51	Osgoode
15	O'Connor	Gary	57.000	42	Fergus
16	Kingsford	Colin	56.887	58	Ile Bizard, QC
17	Miller-Cushon	Jim	56.268	44	Merrickville
18	Farla	Suzanne	56.029	F 47	Woodville
19	Yearsley	Michael	56.000	56	Kingston
20	Ashford	Keith	55.155	51	Kingston
21	Runge	Aimee	54.031	F 34	Toronto
22	Cleary	Joe	54.023	61	Georgetown
23	Magee	Brian	52.320	57	Kanata
24	White	Bob	52.109	40	Owen Sound
25	Cowie	Alex	52.000	63	Oshawa
	Nigh	Leslie Ann	52.000	F 36	Etobicoke
27	Adam	Marjorie	51.056	F 57	Deep River
28	Turner	Scott	51.000	40	London
29	Smith	Paul	50.472	55	Brossard, QC
30	Lance	Bob	50.318	44	Kemptville
31	Nagowski	Ted	50.000	40	Peterborough
	Malmberg	Helen	50.000	F 55	Toronto
	Paquette	Mitzi	50.000	F 31	Oshawa
34	McLeod	Barbara	49.470	F 63	S. Ste Marie
35	England	Gord	48.000	48	Toronto
36	Mah	Esmond	46.000	51	Toronto
37	Herman	Wally	44.845	75	Ottawa
38	Aronoff	Elliott	43.000	46	Toronto
39	Miller-Cushon	Liam	38.268	11	Merrickville
40	Miller-Cushon	Emily	36.318	F 14	Merrickville

41	Charbonneau	Vincent	35.000	30	Burlington
42	Upshall	Charlie	32.000	56	Schomberg
43	Potter	Marge	30.000	F 63	London
44	Lance	Courtney	29.887	F 15	Kemptville
45	Lance	Fraser	22.000	11	Kemptville

<b>SPLITS</b>		<b>kms</b>	<b>Mar</b>	<b>50 km</b>	<b>60 km</b>	<b>40 mile</b>	
1	Remington	John	72.000	3:14:23	3:51:17	4:49:21	5:14:17
2	Michalak	Les	70.037	3:29:36	4:12:02	5:05:02	5:29:07
3	Culhane	John	69.178	3:20:36	4:01:54	5:06:01	5:31:21
4	Van Gemert	Henry	66.290	3:41:00	4:28:40	5:24:56	5:49:40
5	Morrison	Jim	64.023	3:48:41	4:37:01	5:37:32	
6	Ouellette	Michel	63.067	3:56:02	4:43:17	5:43:26	
7	Sommers	Patricia	62.375	3:51:34	4:40:25	5:40:16*	
8	Martin	Tony	61.339	4:02:34	4:46:42	5:52:21	
9	Gehl	Ronald	60.083	3:53:44	4:47:09	5:59:32	
10	Turner	John	59.576	3:56:24	4:54:35		
11	Traynor	Peter	59.290	3:55:46	5:04:47		
12	Martin	Jim	59.210	4:03:27	4:51:00		
13	Maier	Hans	57.852	4:09:36	5:06:59		
14	Hill	Ian	57.256	4:07:59	5:05:34		
15	O'Connor	Gary	57.000	4:03:27	5:00:25		
16	Kingsford	Colin	56.887	4:07:17	5:05:07		
17	Miller-Cushon	Jim	56.268	4:22:07	5:17:59		
18	Farla	Suzanne	56.029	4:20:04	5:16:00		
19	Yearsley	Michael	56.000	4:25:10	5:22:46		
20	Ashford	Keith	55.155	4:15:06	5:19:53		
21	Runge	Aimee	54.031	4:30:51	5:30:40		
22	Cleary	Joe	54.023	4:33:10	5:30:15		
23	Magee	Brian	52.320	4:43:07	5:42:35		
24	White	Bob	52.109	4:49:33	5:45:35		
25	Cowie	Alex	52.000	4:40:30	5:41:36		
26	Nigh	Leslie Ann	52.000	4:37:16	5:38:40		
27	Adam	Marjorie	51.056	4:53:35	5:50:15		
28	Turner	Scott	51.000	3:08:14	3:39:42		
29	Smith	Paul	50.472	4:54:24	5:56:30		
30	Lance	Bob	50.318	4:58:51	5:56:34		
31	Nagowski	Ted	50.000	3:15:23	4:02:28		
32	Malmberg	Helen	50.000	5:06:12	5:56:18		
33	Paquette	Mitzi	50.000	4:59:10	5:57:11		
34	McLeod	Barbara	49.470	5:04:33			
35	England	Gord	48.000	5:21:59			
36	Mah	Esmond	46.000	5:16:21			
37	Herman	Wally	44.845	5:37:16			
38	Aronoff	Elliott	43.000	4:57:10			
39	Miller-Cushon	Liam	38.268				
40	Miller-Cushon	Emily	36.318				
41	Charbonneau	Vincent	35.000				
42	Upshall	Charlie	32.000				
43	Potter	Marge	30.000				
44	Lance	Courtney	29.887				
45	Lance	Fraser	22.000				

\*6 hr record 62.375 km (Cdn Females 45-49) / old record 61.445 kms, Barbara McLeod 48 ON, Joliette QC 10/12/86

60 km record 5:40:16 (Cdn Females 45-49) / old record 5:42:42, Joan Bulgin 49 NF, New York NY 3/10/96

*Results: Hladini Wilson, RD*

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**the OUSer**