

Seashore Nature Trail 50k

December 17, 2011 - Virginia Beach, VA
Finishers: 253

Race Summary & Highlights:

The third annual Seashore Nature Trail 50K was held on Saturday, December 17, at First Landing State Park in Virginia Beach. The race has a limit of 300 entrants and was a sell-out for the second year in a row. Many of the participants were from out-of-town, and the host hotel booked 45 rooms for runners.

Race conditions were the best in the three-year history of the race, with cool temperatures and a relatively dry trail. The weather and course conditions were in marked contrast to the previous two years.

There was a close race in the overall men's division. Billy Edwards and Drew Midland ran almost side by side through much of the race, with Billy finishing strong and winning by nearly four minutes. Both Billy and Drew are former members of the Tidewater Strides New Energy youth team, as were the winners of the first and second Seashore Nature Trail 50K, Tommy Holland and Danny Tepovich, respectively.

The overall women's division was also very close, with Anne Spillane finishing ahead of Kristen Lawrence by over four minutes. Both Anne and Kristen are from Virginia Beach.

Overall there were 253 finishers. The complete results may be found at www.tidewaterstriders.com.

Given that the 50K consumes most of the daytime hours, it takes a large cadre of volunteers to put on the race. My committee, especially, devoted considerable time and effort to make this race as successful as it is. The committee members, including several ex-officio members, are listed in alphabetical order. The vast majority serving for the past three years.

To all runners and volunteers, may you have a very happy, healthy, and successful 2012, and we look forward to seeing you all at the 2012 version of the Seashore Nature Trail 50K. The new race directors will be Stacin Martin and Rich Hildreth.

From top to bottom are Ben Cavazos, Kathleen Moore and Michael Nico-laides 'enjoying' the Ultra run thru First Landing State Park.



Committee Members

- Rick Brown
- Angelo Celesia
- Dan Edwards
- Rich Hildreth
- Rob Levinsky
- Bee McLeod
- Stacin Martin
- Tom Murphy
- Linda Palluch
- Jean Phelan
- Rosemary Plum
- John Price
- Jim Ross
- Steve Speirs
- Goody Tyler

Race Director: Mel Williams

As in the past, the volunteers were praised by the runners for all of their assistance and encouragement on the course. Here are some selected comments by the runners.

"I couldn't let another minute go by without sending you an e-mail to tell you how much i enjoyed (other than the running part!) yesterday's event. From the schwag, to the general volunteers, to the amazing aid stations (buffets) and those who manned them. Everyone was so accommodating, supportive and helpful. Everything was top notch. This was my first (and last) 50K - thanks for making it such a pleasurable experience!"

"This was my second year running the race. My brother came up from Atlanta and my cousin came down from Lansing, Mi. Both really enjoyed race and the experience. They have run multiple trail races and thought this was one of the best."



Above, Gene and Carole Bachman set out on Carole's first Ultra Run...and they finished together! Congratulations, Carole!

Below, Brian Wese crossing the bridge toward the aid station.



Race Day Volunteers

Mark Bjerkes
 Joe Black
 Mike Borysewicz
 Jamie Brennan
 Betty Brothers
 Dick Brothers
 Ryan Conrad
 Ruth Cooper
 Jennifer Cowell
 Virginia Davis
 Glenda Dennison
 John DiCarlo
 Janet Dobson
 Cathy Eichelbaum
 Chris Eugene
 Emily Fisher
 Meghan Foley
 Melody Follante
 Alisa Fyfe
 Dave Harrah
 Maria Jones
 Dwight Kane
 Thomas Kellas
 Beth Kerchner
 Debbie Kopecky
 Chip LeDuff
 Christie LeDuff
 Johanna Lewis
 Kara Lillethun
 Deneze Llewellyn

James Mamrot
 Allan Manzie and daughter
 Corrine Milligan
 Debbie Mustin
 Mark Mustin
 Sue Parks
 Tom Patton
 Kristi Perron
 Maria Peters
 David Plum
 Courtney Pollman
 Lisa Powell
 Bob Rantenen
 Scott Reagen
 Kevin Rhue and Princess Anne
 High School Track Team
 Dai Roberts
 Michelle Schenck
 Rich Schoonover
 Margaret Seymore
 Lori Sherwood
 Kim Smith
 Susan Snead
 Alison Speirs
 Bob Stern
 Lori Tubbs
 Justin Turner
 Julie Vaughan
 Iris Welsh
 Leigh Wood

More Kudos!!

"I have run races large and small and I do not think that I have ever been to an event like yours. The ratio of participants to volunteers could not have been more than 4-5 to 1. More impressive was the level of engagement from the time of packet pick up right through to the awards ceremony. The aid stations were all well stocked with all kinds of snacks and hydration- I was expecting Mountain Dew after reading prior year recaps but was surprised by the "ULTRA" at the aid station. Thank you as this was my first attempt at an ULTRA-distance and your race exceeded expectations in all categories."

"I had a great time (it was my first 50K race! A terrific event, and please extend my thanks to the many volunteers. . . . They were very nice, helpful, dedicated, and encouraging to all of us."

". . . . race was a pleasure: great aid stations, wonderful course, cheerful volunteers, cool "swag" for entering and finishing."