

## Icarus Florida UltraFest Spring Race

22 – 25 January 2015

### Snyder Park

3299 SW 4th Ave  
Fort Lauderdale, Florida 33315, USA

The event, consisting of 12, 24, 48 and 72 Hour races, was staged in Snyder Park, Fort Lauderdale, FL on flat shaded park roads to form a USATF and IAAF certified loop 1.0408 Km in length. There was a single well stocked aid station at the start / finish line, staffed with able volunteers Tim O'Malie, Scott Richards, Claire Nana and Andrei Nana, who kept the runners fueled and satiated with a variety of hot and cold food, excellently prepared. As always, the home cooking was delicious including scrambled eggs, grilled ham and cheese sandwiches, soups and other hearty fare. A special treat, not unlike a powerful drug, was Claire's new smoothie that consisted of Mint Oreos, a LOT of coffee, bananas and who knows what else! The weather was ideal, the camping free. The event was double chip timed by the venerable Mike Melton, MCM Timing, <http://www.mcmtiming.com>, who apparently does not require any sleep.

I have often been asked what point there is to running around a road or trail loop all day, night, the next day and up to six days and nights (Note: The Sri Chimoy is 3100 Miles with a 52 day cutoff). I and other fixed-time runners admit that it is not for everyone, but yet has an attraction that is unlike other types of running. To quote one well-known director of trail races:

“I see a lot of advantages to fixed time events, and especially ATY [Across the Years in Phoenix]. It's a great confidence run for people just getting into ultras to see how far they can go. It's good for older and slower runners who have a problem meeting cut-offs. It's something a young runner can enter. It's a highly social event. It's a good way to find out how fast you can run a certain distance. If folks can't see the benefits, if they dismiss fixed time events as “boring,” they're missing out.” ~Geri Kilgariff

I fall into the category of, “older, slower with a problem of meeting cut-off times,” especially for any number of reasons that I am having a bad day in a 100 miler. Although I have finished ten 100 milers, I have also DNF-ed numerous times. Only once have I DNF-ed due to injury, the rest have been failure to make cut-off against any reasonable probability of finishing. For an ultra-runner like myself, who incidentally enjoys running loops for a few days and nights, the multi-day events are a treat. I am eternally grateful to my multi-day mentor, inspiration and close friend, Justine “Dusty” Hardman, for encouraging me to give a multi-day a try.

The social aspects are important and enjoyable as well. Most participants set up tent and camp for the duration so a “tent city” is formed. The many hours and hours and days of running a generally short loop puts everyone in close proximity. Even though we are greatly relieved to finally finish the run (sleep deprived zombie running) it is always sad to break camp and say our goodbyes. A pronounced and often painful reentry follows as one returns home to their own “real world.”

A number of firsts occurred at Icarus. I apologize for any missing firsts, however the following are the ones that I remember through my own 48 Hour fog with little sleep. Laura Hanson is a developing ultra runner in Indialantic who in the past several months has completed a marathon, 50K and 50 miler, however not in that order. Since her goal for 2016 is to complete a 100 miler, a logical next step in training would be a 100K. When she was given an opportunity to enter the Icarus 48 Hour she signed up

with the goal of finishing a 100K without injury. Well, Laura finished the 100K in 18 hours and change so with many hours on the clock she took a nap then started running again. At 81 miles it was starting to dawn on her that a 100 miles was possible. Well, when just over 39 hours she passed the 100.2 mile mark, then went to bed for a nap. Laura was not done yet of course. In the morning, in sandals, running with Kent "Bull" Dozier she tacked on another 1.175 miles!

Bronwyn Miller from Miami blasted through a 100K (62.759 miles) to place 1<sup>st</sup> overall in her 12 hour event, a terrific 100K time. Melissa Smith Knight entered her first 12 hour run and under the crew support and coaching of her husband, Christopher Knight, coasted through her first 50 Miler (52.031) for 2<sup>nd</sup> overall.

Bob "Badwater" Becker ran his first 24 Hour race turning in a great effort at 86.051 miles completed! Brendan Barry showed a strong 63.406 mile performance in the 24 Hour.

In my first 48 Hour run I finished 1<sup>st</sup> out of 3 entrants with 118.536 miles or 190.682 kilometers with Scott Maxwell hot on my heels at 115.166 miles as we see-sawed backed and forth for two days. Laura Hanson, as mentioned, came in close behind Scott and me with 101.175 miles.

Kent "Bull" Dozier from San Jose blazed through the 72 Hour event, never showing fatigue that I noticed, racking up 204.695 miles. Tim Loudermilk made the drive from Kentucky to run 162.397 miles for 2<sup>nd</sup> overall. K-G, who has possibly run more ultras than anyone on this planet (>1200 it has been estimated) suffered an injury early on and pulled out at 32.350 for a nice 50K. K-G, being K-G, stayed at Icarus to volunteer and cheer us all on!

The preliminary results for all events can be viewed at <http://mcmtiming.com/wp-content/uploads/2015/01/Icarus-Spring-2015-Races-Summary-Results.htm>.

Thank you Andrei, Claire, all the volunteers and ultra-runners, for another fantastic multi-day ultra-running experience. I will see many of you, my family, in November at the Icarus 6-day!



**The Surviving 72 & 48 Hour Runners (From left Tim Loudermilk, Scott Maxwell, Kent Dozier, Laura Hanson and Jim Schroeder) Magically Came Together in Time & Space for a Loop! Photo by RD Andrei Nana.**



**Icarus 48 Hour Finisher Award with Race Directors Andrei and Claire Nana. Photo by Bull Dozier.**



**From Left: Laura Hanson, George “Scott” Maxwell from Indialantic and Kent “Bull” Dozier from San Jose. Bull will rest up a bit then run the Razorback 200 Miler starting 28 February 2015 on trails between San Jose and Gilroy. Photo by Laura Hanson.**