

RD's race perspective:

The heat at Strawberry Fields Forever 2021, was sent from the 7th ring of hell! Before this weekend 110 was just a number, now it's an experience! Why? There's no prize money, or glory and only friendly competition. Maybe because this extreme test gave us a better understanding of who we are, what we can do, plus we gained some skills! You runners and volunteers amazed me with your brave performances. I hope all your blisters, heat rashes, Charlie horses and sunburns are healing well.

The big news of the day was CGRC's very own Riva Muehlbauer who broke the hundred-mile record in record breaking heat! Plus, she did it with grace and strength on a day that tested everyone's character! Congratulations to Riva!

Check Ultrasignup if you haven't seen the results.

https://ultrasignup.com/results_event.aspx?did=79105

I'm amazed at how many people could finish any of the distances. 7 100's, 20 100k, 40 50k, and 50 10k finished. That's about a 66% finish rate. Better than Leadville!

The flip side was the puking, screaming cramps and the face down in the dirt agony. The ambulance only came once and now we will retire bib number 666. Thank you, Logan, for returning to tell us you were alright!

It wasn't all bad. You runners managed yourselves very well by going slow, dropping down a distance, knowing it was time to quit or not going out at all! The carnage could have been a lot worse and there were many acts of kindness and generosity. Be proud of yourselves!

It took a lot to put on this race and I have a lot of thanking to do.

I want to first thank Russ Zornick, President of the Clark County Running Club. He has been chip timing races for years and has timed hundreds of CCRC races. This man has dedicated his free time to enabling others to enjoy friendly competition and keep themselves in shape. He has made our community a better place and deserves our utmost gratitude and respect. Bet this is a race he won't forget!

I also want to thank Chad Miller, who is the captain of the aid station. He engineers, organizes then works that aid station like a man on fire. (yep, I went there!) I would not put this race on without Chad. He brought his refrigerator and his BBQ plus all the club's equipment and the club trailer. He ninja'd the mist tent and even drug his wife Sophie into the action this year! You two are the best!

My husband Dugan Bates helped all the way through from set up to garbage and recycling dump and worked his tail off in between. I can't count the number of times he went to the store for ice and water while making rescue runs to pick up down runners. He replenished the third aid station the best he could as it was a last-minute addition. Trail runs don't usually have aid every 2 miles, and we thought it would be an emergency aid.

I can't thank Madeline Sellers and Bob Hagan enough for running the second aid station and saving lives. After they had spent two days doing that they came back and helped with the cleanup. Madeline also posts the clubs track workout every week. You two are amazing!

There were the volunteers who came out of the blue: medical help from Amy Lynes and Rusty Bachman who rescued and ministered to many people. Last minute saviors like; Kallie and Lilia Conrad, Cecilia

Anderson, Norm Tenowitz, Fenix Garcia Tigreros and Dave Mitchell. Volunteers who got sucked in like Chester Bates and Ken Wieman who thought they were just doing one shift and then stayed all day. Volunteers I abused like; Michele Adams who helped mark the course for 6 hours in blistering heat and then returned the next morning at 6am to make breakfast burritos, Angela and Torrey Lindbo who ran the 10k, then returned to man the second aid station with their visiting in-laws. Rachael Bates who covered for me while I took a 4-hour nap in the wee hours, Ann Yela who shopped for me then ran the 30-mile, Three corner rock course to then help at the aid station, Heather Pola who ran the 50k and after her core temperature finally normalized handed out cold gummy worms, and Bob Lynes (aka the beast) who showed up at age 83 to take pictures and walk the course several times while claiming to not be hot!

Thanks so much to all the people it took to make this happen including:

Andy Grossman
Rob Troyer
John Lillegard
Jim Mathias
Meg Aldrich
Gary Daubenspeck
Mark Peterson

Pictures taken by Bob Lynes (aka the beast) will be available soon and I'll send out a link to them.

Thanks again to all of you for your perseverance, your wisdom, your generosity.

In gratitude,
Anna Bates