

Monday, August 11

Time: 6:30 p.m.

Jupiter's

Pizzeria II

(Windsor and Duncan)

Questions?

Call Kelly 217-840-8082

Second Wind Running Club
SPEAKER SERIES
Ultramarathon Panel



Bill Dey: Bill Dey ran his first ultra in 2000. He has continued to run ultras on a regular basis ever since. While he has completed a couple 100 mile races, he currently focuses on races 50 miles in length or less. Running long distances somewhat compensates for his lack of speed.

Don Frichtl: Don jumped from 5Ks to ultras in 2001, skipping the marathon distance for awhile. Since then he's done over 80 ultras and 16 marathons. Despite the heat, he loves Howl at the Moon 8 Hour Ultra. Don prefers events less than 12 hours. At the end of the day he's ready for a few cold ones!

Brian Kuhn: Brian has been running ultra's since the end of 2003 when he ran his first 50k. Since then he has run 50 ultras, most recently completing the Big-horn 100 mile run in Wyoming. He particularly enjoys races that take a day or longer to complete and hopes to run the Hardrock 100 next year.

Marla Luckey: Marla ran her first ultra a couple years after college. Since then, she's been hooked on long-distance trail running not only for the mental and physical challenges but also for this community in which an individual's effort is appreciated as much as his or her talent. She hopes to improve at 50s/100Ks for a couple more years before stepping up to a 100.

Kevin Stroud: Once an upstanding member of the community, who ran on the roads and only in white socks, Kevin fell into a bad crowd a few years ago and now regularly disappears into the wilderness for hours—returning in socks that are definitely not white! He began running ultramarathons less than two years ago as a component of marathon training, and has since finished 10.

Tracy Thomas: When it comes to ultramarathons, Tracy breaks records and wins awards. She set a record at McNaughton Park 100 miler and later that year set a record at a 72-hour run with 250.72 miles. Most notably, she was the first *overall* winner of the Arkansas Traveller, a 100-mile race. Tracy claims that beer makes her run faster.

Mark your calendars for Monday, September 15, 2008. Mark Knutson is next on the Speaker Series with "Current Status and Future Plans for the Illinois Marathon."