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Marathoners log 22,000 miles in Park City

Annual event draws 1,200 runners
Alisha Self, Of the Record staff
Posted: 08/25/2009 04:55:09 PM MDT

At 6:30 a.m. on Saturday morning, 500 runners finished loading the last morsels of carbs into their bellies and lined up in the plaza at Newpark for the start of the Park City Marathon. At 6:45, 700 more hit the pavement for the half marathon, an equally scenic but slightly less grueling endeavor.

Throughout the morning, the 1,200 runners from 42 states and several Canadian provinces traversed Park City's bike paths and trails, completing a combined 22,100 miles.

The youngest runner, 11-year-old Pete Benda from Sandy, Utah, finished the half marathon in just under two hours and 20 minutes, placing second in the 14-and-under age division. The oldest runner, 74-year-old Lavone Pyle from Murray, Utah, ran the half marathon in three hours and 26 minutes.

The winning time was one hour and 16 minutes for the 13-mile half marathon (Nathan Hornok of Salt Lake City) and two hours 48 minutes for the 26-mile marathon (Dave Spence of Salt Lake City).

Local runner Mickey Wilson, 24, finished second overall in the half marathon with a time of one hour and 18 minutes. Fellow Parkites Randall Malin, Christopher Retzer and Kristan Fischer also made the top 10.

In the women's division of the half marathon, Park City's Kelly Milligan, Sharon Starika and Amy McGarr came in first, sixth and seventh. Milligan crossed the finish line in one hour and 32 minutes, becoming the first female finisher and the tenth finisher overall.

"It's a very pleasant course," Milligan said. "It goes by



very quickly." She said her favorite stretch of the course is from the McPolin Barn to Rotary Park.

The race also served as the second event in the Triple Trail Challenge (TTC), which started with the Jupiter Peak Steeplechase and culminates with the Mid-Mountain Marathon on Sept. 12.

Local participant Edward "Fast Eddie" Knapp has been struggling with knee problems, but refuses to let that prevent him from earning the 2009 logo on his green TTC jacket. He finished third in the men's 55-to-59 age division for the half marathon with a time of one hour and 57 minutes.

Race director Jolie McTavish said she was pleased with the outcome of the event.

"We had a record crowd the biggest we've ever had," she said, noting that the race will likely be capped at 1,200 in future years. "I think it's good that we stay small and capitalize on the beauty here."

This year, the race organizers went the extra mile to reduce the impact on the environment. Runners registered online to reduce paper usage and were encouraged to recycle everything from their bibs to their shoes. Bins were also provided for safety pins, plastic containers, paper cups, aluminum cans and even foil wrappers from race snacks.

The shoes were collected to donate to Soles 4 Souls, a charity that facilitates the donation of footwear to needy adults and children worldwide. "I got boxes and boxes of shoes," says McTavish.

Unused food was donated to the local domestic-violence shelter and food scraps were donated to a pig farm in Kamas. "We don't have the mountain of trash we did in years past, which is really great," McTavish said.

Transportation costs and emissions were reduced by offering accommodations at Newpark Hotel so runners didn't have to drive to the start/finish area. The loop course eliminated the need for a shuttle, and course escorts and medical personnel used bicycles instead of motorized vehicles. Racers from the Wasatch Front were encouraged to arrange carpools through PickupPal, a website that facilitates ride sharing.

Finally, runners received reusable race bags, recycled lanyards, reusable water containers and finisher awards made of recycled glass. Local artist Morag Totten designs the unique winners' trophies and finishers' medals each year. "Her signature pieces are part of the reason people keep returning," McTavish says. "Most people readily admit that when they finish a marathon, they throw the medal into a box on the floor of their closet, but Morag's medals stay in a window and are a really nice reminder to people."

McTavish also credited the race volunteers with making the event a success. "We appreciate the community coming out in such numbers," McTavish said. "We had more volunteers than ever before, and we truly can't do it without them."

For complete results from the marathon, please see the scoreboard on page B-5. Results from the half marathon will be printed the next edition of *The Park Record*. For more information about the races, visit www.runnerspace.com/ParkCityMarathon.

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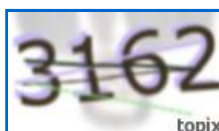
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