

Mind The Ducks 2010 report by Tom Perry

I promised to add some to the discussion of the Mind the Ducks 12 Hour. Here goes...

The race was brilliant. Undoubtedly one of the best first year events ever. The strong performances, especially two open men over 80 miles and two 50+ men over 70 miles will put the race on the map for anyone looking for a venue to do a fast 12.

Ed Housel did us a huge favor by sending out the table of laps completed for each hour. The data do a great job of showing how each runner's race developed. Take a look at Ed's data in the columns for the final hour or two of the race. For me, the best part of the race was seeing so many runners digging deep and picking up their pace as the clock was running out. It wonderful being able to share in seeing friends set personal records for distance or completing distance goals.

I would like to cite two runners for running beautifully paced races for the whole 12 hours.

1) Mark Seigers, the race winner - his range of laps completed per hour was 14 to 16 laps. In 8 of 12 hours he clocked 15 laps. Even more impressive, if you look at the number of laps completed for each two hour segment of the race, here are the numbers:

30, 30, 30, 29, 30, 29

His first half / second half splits are about as good as you can reasonably expect in a 12 hour: 90 laps in first 6 hours, 88 laps in the second six hours.

2) Rebecca Schaefer, the second woman finisher - her range of laps per hour was 9 to 11 laps. She clocked 10 laps for 8 of the 12 hours. And, if you look at her results in two hour segments, her even pacing is even more striking:

20, 20, 21, 20, 21, 20

As you can see, her first half / second half splits are even: 61 laps in first 6 hours, 61 laps in second six hours.

I especially like Rebecca Schaefer's example because it shows that a runner of relatively modest talents can nonetheless run a race that is a thing of beauty.

About the two men who blew away my prediction of 75 miles being enough to win...

Mark Seigers, from the small town of Norwich in Central New York State, is relatively young at 27. He has previously run a few races in Western & Central New York. He first came to our attention in 2006 when he won the BPAC 6 Hour with 43.65 miles. Note, he ran farther than that distance in each half of Mind the Ducks. He had a DNF in the 2008 GLER 100k although his 4:01 split for the first 50k indicated some real potential. Perhaps a better predictor was his 8:16 and 1st overall in the 2006 Jack Bristol Lake Waramaugh 100k. More recently, he had a 2:50:32 marathon in the 2009 HMRRRC Winter Marathon. Anyone

living in the snow belt who can do a 2:50 marathon in February gets a round of applause from me.

Frank Leiter is from Harrisburg, PA. At age 37, he is in the prime 35-45 age bracket for ultrarunners. He has a lot of ultras in his resume. Probably his best marks have been at the 50k Hat Run. He placed 2nd overall in that popular trail race for the last three years. Leiter has also shown considerable speed on the roads with a 2:49:24 in the 2007 Harrisburg Marathon and more recently a 2:51:31 in the Washington's Birthday Marathon in Greenbelt, MD.

Finally, how good were the top age group marks at Mind the Ducks? If this were the 10th year of the race, we would have plenty of data to compare this year's results with. If Ultrarunning published national rankings for the 12 hour (like they do for the 100 mile & 24 hour, etc.), we could compare the Ducks distances with the national rankings. Fortunately, the USATF at least maintains national records for the road 12 hour. One way to make comparisons is to calculate a percent score for the MtD distances versus the US record distance. So, how did this year's age group winners do:

Open Men

Mark Seigers ran 87.256 miles, scoring 89.0% of the US record (98.000 miles set by Rae Clark in 1989).

Frank Leiter ran 81.373 miles, scoring 83.0% of the same US record.

50-54 Men

Ed Housel ran 75.001 miles, scoring 89.1% of the US record (84.19 miles set by Roy Pirrung in 1998).

Bill McGovern ran 71.569 miles, scoring 85.0% of the same US record.

65-69 Men

Joe Bello ran 50.000 miles, scoring 72.5% of the US record (69.00 miles set by Ray Piva in 1993).

Open Women

Erin Osetek ran 66.667 miles, scoring 74.1% of the US record (90.00 miles set by Ann Trason in 1991).

45-49 Women

Theresa Palmieri ran 55.393 miles, scoring 69.8% of the US record (79.40 miles set by Sandra Kiddy in 1985).

60-64 Women

Mary DaSilva ran 43.138 miles, scoring 74.6% of the US record (57.82 miles set by Lorraine Bunk in 2002).

Comment: One purpose of the above exercise is to call attention to fine performances by older and consequently slower runners who finish well down in the overall results. Who would have thought that Mary DaSilva's 43 miles in her first ultra, even first race beyond 15k, would actually compare relatively

favorably to the US record set by a well-known age group runner?

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