

Happy trails for fathers — and sons, too

After two decades, Smith's Challenge has become a family affair for many

BY BARRY DECKER
Correspondent

The mud, the hills and the stinging nettles made a perfect formula for this Father's Day race at the Lancaster County Central Park on Sunday.

More than 180 runners competed in the 21st Annual Smith Challenge 6-kilometer trail race, which took the runners up the largest hills and through the deepest wet soil the park had to offer.

This year's new race director, Andy Charles, took the reins from the race's founder, Bill Smith.

"After running this race, I instantly fell in love with trail running," Charles said. "The course was incredible with its stream crossings, which were unlike anything I'd done before."

He noted that the Mill Stream crossings were eliminated this year by county officials, who he believed "had concerns about the stream erosion."

"We're not sure if this is a permanent change. We had an engineer from York, who attended the race, that told us that he might have some ideas that may help us in our efforts (to bring back the crossings)," Charles said.

Last year's champion, Daryl Weaver, 36, of Lititz, successfully defended his title, pushing wire to wire, to establish the new course record of 38:38.

"I love trail races and this is a great one. With these trails, I try to go out and get a lead and hold on to it," said the race champion.

Third-place finisher Mark Amway (41:58) said that Weaver pulled away with a fast pace early in the race.

"We (Tim Schuler, 2nd, 41:34, and Amway) race as team members, but are still competitive with each other," said Amway.

Amway added that his Inside Track racing team members like to support the local races, so along with he and Schuler, team members Paul Barber (5th, 43:38) and Greg Cauler (6th, 43:38) also competed.

"Trails balance our age. We love them and are very persistent on them. They are fun," noted Amway.

Ninth-place finisher Jason Sperry (45:46) of Willow Street, 26, ran the race for the first time.

"I finally got myself into

shape, so I was excited to try the race," said the Solanco High School teacher, who competed in the steeplechase event at Indiana University of Pa.

Frank McCardell, 65, of Strasburg, overcame the struggles of injuries to run his 21st Smith Challenge.

Father's Day played a central theme for many in the race.

For Larry Gray Sr., 70, of Willow Street and his son, Larry Gray Jr., 38, the race is a 10-year Father's Day tradition of improved health.

According to Gray Sr., who was diagnosed with diabetes in 1998, running has improved his quality of life.

"After struggling in my first Red Rose Run, I gave up smoking and changed my life," said the father.

His son said, "This race is such a great way to start our Father's Day," Gray Jr. said.

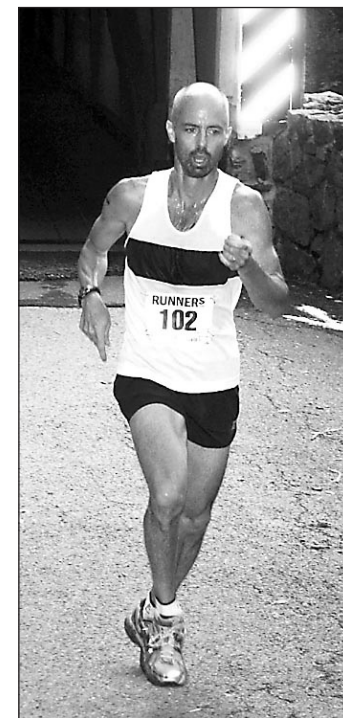
Rick Lown, 42, of Elizabethtown, celebrated his Father's Day with his wife, Andrea, and two children, Emma and Ethan, cheering him to the finish.

"My family are a great support through the race. They give me water and band-aids when I need them," said the father.

Bob Winters, 48, and his son, Bobby, 20, began a tradition of running the race.

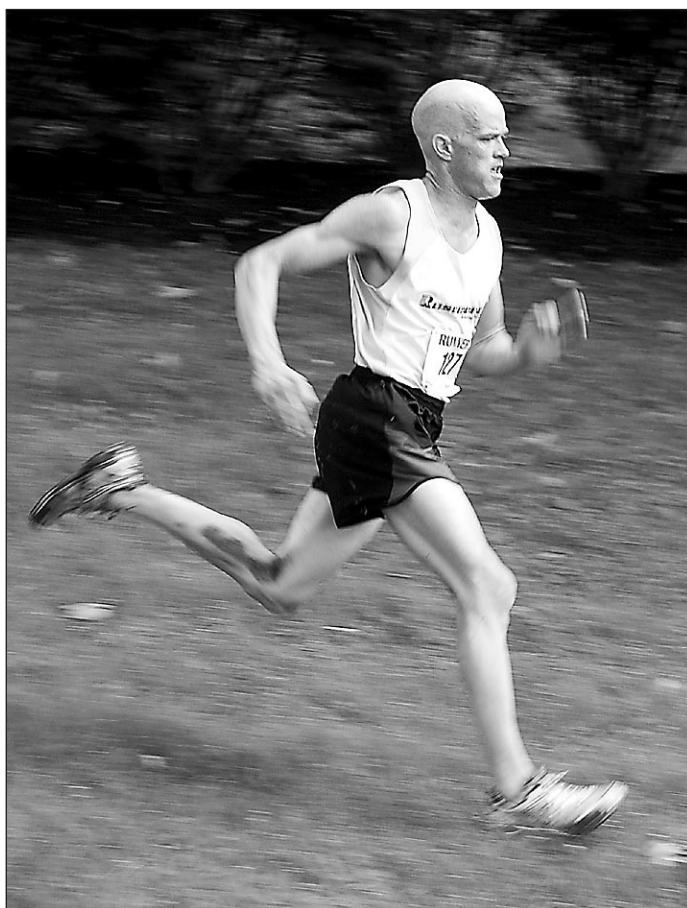
"I thought we would celebrate Father's Day with me grilling for the family, but my son called me and wanted to run the race with me, so we exchanged grilling for trail racing. It was a great day," said Bob Winters.

Fourth-place finisher Evan Sandt, 39, of Conestoga, said that he and his family make a day of it by having a picnic



Barry Decker photos

Clockwise from top left, runners take off at the start of the 21st Smith's Challenge Trail Race in Lancaster County Central Park; Frank McCardell, 65, of Strasburg, overcame injuries to run his 21st Smith Challenge; Evan Sandt, 39, of Conestoga heads for a fourth-place finish; Bobby Winters and his dad, Bob Winters, get ready for a new Father's Day activity; and defending overall champion Daryl Weaver of Lititz reclaims his title in 38:38.



after the race.

"This race is all about guys having fun on Father's Day," Charles said. "When Bill Smith created these gen-

der-specific races in Smith's Challenge for men and Mrs. Smith's Challenge for women, I think he really hit a home run."



SMITH'S CHALLENGE TRAIL RACE RESULTS

Male Open Division Winner - Daryl Weaver 38:38
Male Masters Division Winner - Tim Schuler 41:34

Age Group winners
(18 - 29) -1. James Stoltzfus, 45:33; 2. Jason Sperry, 45:46; 3. Andrew MacNeill, 46:07; (30 - 39) - 1. Evan Sandt, 42:14; 2. Leo Lutz, 45:11; 3. Marc Buckwalter, 46:04; (40 - 49) -1. Mark Amway, 41:58; 2. Paul Barber, 43:38; 3. Greg Cauler, 43:38; (50 - 59) -1. Steve Hershney, 46:52; 2. Nick Simoneffi, 51:10; 3. John Patterson, 54:46; (60 - 69) -1. Frank McCardell, 1:10:13; 2. Dale Diehrich, 1:11:10; 3. Gary Lord, 1:18:50; (70 - up) -1. Larry Gray Sr., 1:33:30.

10k Results
1. Daryl Weaver, 38:38; 2. Tim Schuler, 41:34; 3. Mark Amway, 41:58; 4. Evan Sandt, 42:14; 5. Paul Barber, 43:38; 6. Greg Cauler, 43:38; 7. Leo Lutz, 45:11; 8. James Stoltzfus, 45:33; 9. Jason Sperry, 45:46; 10. Marc Buckwalter, 46:04; 11. Andrew MacNeill, 46:07; 12. Hoyt Kohl, 46:37; 13. Steve Hershney, 46:52; 14. Evan Kleinhaus, 47:04; 15. Dennis

Hogan, 47:49; 16. Angel Alvarez, 48:05; 17. Deam Dimming, 48:14; 18. Mike Hershberger, 48:28; 19. Mark Oles, 49:44; 20. Brendan McAnally, 50:44; 21. Jarrod Baranowski, 51:04; 22. Scott Newcomer, 51:05; 23. Nick Simoneffi, 51:10; 24. Blaine Mably, 51:15; 25. Mike Burgess, 51:22; 26. Jason Deery, 51:30; 27. Edward Gue, 51:55; 28. John Stover, 52:07; 29. Christopher Belgrowicz, 52:26; 30. John Miller, 52:40; 31. Don Gelfer, 52:40; 32. Andras Revesz, 52:41; 33. Jaime Jackson, 52:42; 34. Takeo Ichihara, 52:42; 35. Shane Crawford, 52:42; 36. Dean Wenger, 52:49; 37. John Kriner, 53:08; 38. Greg Lovelle, 53:13; 39. Michael Rush, 53:22; 40. Brent Wingo, 53:24;

41. Brian Vulgaris, 53:25; 42. John Fisher, 53:40; 43. Alan Kaylor, 53:41; 44. Charles Butz, 53:44; 45. John Luciani III, 53:49; 46. Joe Fenstermacher, 54:04; 47. Evan Thomas, 54:11; 48. Tom Howe, 54:30; 49. David Strangariv, 54:31; 50. Ed Stauffer, 54:41; 51. Dan Simmons, 54:43; 52. John Patterson, 54:46; 53. Rick Albright, 54:49; 54. David Snyder, 54:55; 55. Brit Kilbourne, 55:00; 56. Ryan Vandenberg, 55:05;

57. Jerry Paparo, 55:07; 58. Greg Weaver, 55:15; 59. Ryan Kelly, 55:19; 60. Isvan Nagy, 55:33; 61. Ed Burns, 55:39; 62. Joshua Helsey, 55:59; 63. Jeff Metzler, 56:02; 64. Bobby Winters, 56:05; 65. Dale Koppenhaver, 56:11; 66. Daniel Nauyen, 56:14; 67. John Mark Stoltzfus, 56:14; 68. Casey Deller, 56:17; 69. Jamie Stock, 56:34; 70. Jason McCracken, 56:48; 71. Justin Evans, 56:56; 72. Ken Babel, 57:01; 73. Ig Wentling, 57:08; 74. Gary Bell, 57:29; 75. Mitchell Sturm, 57:34; 76. Florin Tencariu, 57:36; 77. Lon Flaud, Jr., 57:39; 78. Steve Pfautz, 57:42; 79. William Corbin, 57:43; 80. Michael Castor, 57:48;

81. Brett Anderson, 57:50; 82. Bob McEvoy, 57:56; 83. Randy Hoffman, 57:59; 84. Dan Smith, 58:08; 85. Brian Keith, 58:15; 86. Shawn McAnally, 58:16; 87. Alan Martin, 58:45; 88. Armando Torres, 58:46; 89. Harry Reitzel, 59:01; 90. Mark Pawling, 59:22; 91. Pete Giangliulo, 59:28; 92. Robert Heinz, 59:30; 93. Mark Mulvihill, 59:34; 94. Michael Deck, 1:00:01; 95. Justin Riddle, 1:00:04; 96. Steve Hanzelman, 1:00:10; 97. Tyler Harve, 1:00:17; 98. Shawn Beard, 1:00:18; 99. Todd Reed, 1:00:20; 100. William

Knobloch, 1:00:45; 101. Matthew Knobloch, 1:00:45; 102. Joe Christaldi, 1:00:53; 103. Jim Stutzman, 1:01:07; 104. Jim Devine, 1:01:17; 105. Jeff Foase, 1:01:25; 106. Greg Grove, 1:01:37; 107. Bob Cisneros, 1:01:43; 108. Paul Swann, 1:01:58; 109. Dan Hince, 1:02:05; 110. Nicholas Coleman, 1:02:06; 111. Jerry Egan, 1:02:36; 112. Ul Gordon, 1:02:37; 113. Larry Gray Jr., 1:02:43; 114. Mike Julian, 1:02:46; 115. Jim Malkowski, 1:02:46; 116. William Arney, 1:02:46; 117. Scott Tucker, 1:02:47; 118. Brenton Wanner, 1:02:55; 119. Justin Harvey, 1:03:08; 120. Andrew Smith, 1:03:08; 121. Peter West, 1:03:13; 122. Woody Peters, 1:03:24; 123. David Weitzel, 1:03:31; 124. David Diehrich, 1:04:26; 125. Joseph Maloney, 1:04:28;

126. Curt McCracken, 1:04:38; 127. John Luciani, 1:04:54; 128. Randy Moyer, 1:05:30; 129. Rick Lown, 1:05:43; 130. Colin MacNeill, 1:05:57; 131. Karl Williams, 1:06:31; 132. Chris McDougall, 1:06:50; 133. Joey Malone, 1:06:51; 134. Doug Thomas, 1:06:52; 135. John Heycock, 1:06:56; 136. Bob Garvey, 1:08:24; 137. Fred Burgess, 1:09:02; 138. Timothy

Jones, 1:09:11; 139. Scott Dolla, 1:09:24; 140. Edward D'Hans, 1:09:25; 141. Gary Bowman, 1:09:30; 142. Robert Spotts, 1:09:50; 143. Jason Miller, 1:09:51; 144. Bob Meminger, 1:10:12; 145. Frank McCardell, 1:10:13; 146. Edward G. Hans, 1:10:18; 147. Mike McCann, 1:10:20; 148. Robert Wentz, 1:10:25; 149. Dale Dietrich, 1:11:10; 150. Joshua Tuscan, 1:11:16; 151. Michael Forte, 1:11:23; 152. Barry Davis, 1:11:27; 153. Jeff Engroff, 1:12:39; 154. Bob Winters, 1:13:13; 155. Matt Marvin, 1:13:47; 156. Tom Pyfer, 1:13:50; 157. Robert Sanders, 1:13:53; 158. John Coleman, 1:14:45; 159. Don Watson, 1:15:28; 160. Andrew Gingrich, 1:16:00;

161. Philip Hall, 1:16:03; 162. Mike Ice, 1:17:15; 163. John Foster, 1:17:24; 164. William Meiers, 1:18:25; 165. Gary Lord, 1:18:50; 166. Bob Guigley, 1:19:07; 167. Todd Clites, 1:19:45; 168. David Demmy, 1:22:01; 169. Jose Santiago, 1:24:42; 170. Bob Long, 1:27:36; 171. Barry Elder, 1:33:14; 172. Larry Gray Sr., 1:33:30; 173. Ron Pollock, 1:35:52; 174. Rich Haley, 1:58:00; 175. Christian Yaroaz, 1:58:08.

How to 'fly with your feet on the ground'

McDougall's book examines physiology, athletics

BY BARRY DECKER
Correspondent

Smith Challenge 6-K trail race competitors were treated to an opportunity to meet local author Christopher McDougall, purchase his book, and have it autographed.

The Peach Bottom author wrote a book entitled, "Born to Run: A Hidden Tribe, Super-Athletes, and The Greatest Race the World Has Never Seen." It was part of the New York Times Bestseller List since its debut on May 5.

According to the author, the seeds for the book began with a trip to Mexico.

"I was in Mexico on an assignment for the New York Times Magazine," McDougall said, "when I came across a photo of a 55-year-old Tarahumara Indian who had just won a 100-mile race through the Rocky Mountains wear-

ing thin little sandals."

He couldn't understand how this runner ran four consecutive marathons in homemade flip-flops.

"The more I learned about the Tarahumara, the more amazing they seemed. Not only are they fantastic endurance athletes, but they also have one of the most peaceful, healthy, enlightened societies on earth," said the author.

This prompted his search of the Tarahumara Indians, of Copper Canyon, in Mexico, and their secrets; was there any connection between their extreme athleticism and their profound physical and mental well-being?

According to McDougall, his book begins as an adventure story about a quest to locate one of the most reclusive tribes on earth — the Tarahumara.

"But it soon developed into

an exploration of physiology and athletics as I find myself in the midst of a race between the Tarahumara and an odd band of Americans, including a barefoot wonder, a beautiful young surfer, and one of the greatest ultrarunners of our time," said the author.

The book reveals what he discovered and what ultimately revolutionized his own life.

"Five years ago, I was a broken-down jogger who'd been told by doctor after doctor that running was bad for me because the impact would destroy my legs," he said.

He noted that he wasn't unique: "Up to 80 percent of all runners are injured every year, and that ratio hasn't changed since the 1970s."

"I listened to the doctors and gave up running, which meant that before beginning research on the book, I hadn't

run a step in more than two years," he said.

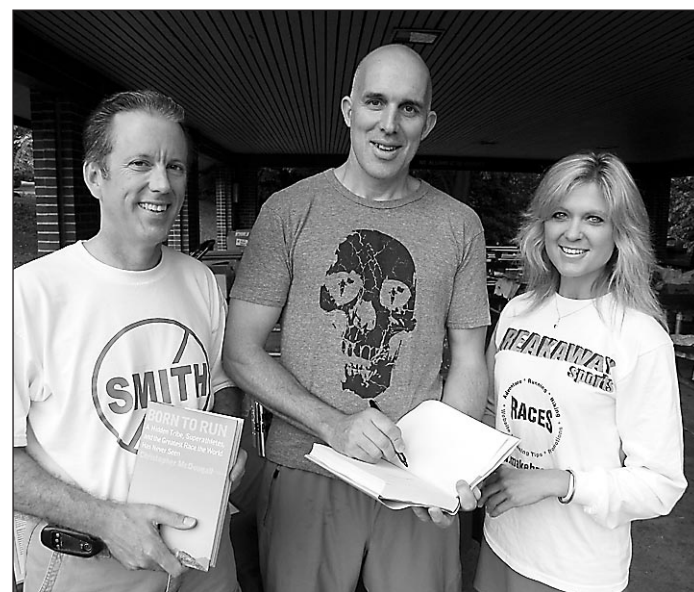
McDougall added, "But nine months after discovering the secret of the Tarahumara Indians, I ran a 50-mile race. And I've been running injury-free ever since."

The author characterized running as a "chance to fly with your feet on the ground."

"We tend to lose that spirit of joyful running as we get older, but if we copy the Tarahumara, we can regain it. You don't need special shoes, and you don't need to worry about injuries," he said.

McDougall graduated from St. Joseph's Prep in Philadelphia, and Harvard University, where he rowed on a crew team.

"Running was just something I dabbled with later in life to sweat off a few pounds. It was only after discovering the Tarahumara secrets that I found that running long dis-



Barry Decker

Author Christopher McDougall of Peach Bottom, shown with Smith's Challenge race director Andy Charles and Christine Deerin, has produced a highly popular book, "Born to Run." The book was born of McDougall's exploration of physiology and athletics through the Tarahumara Indian tribe of Mexico.

tances can feel fantastic," he said.

Amazon.com, characterized the book as "Full of incredible characters, amazing athletic achievements, cut-

ting-edge science, and, most of all, pure inspiration."

The author noted that the book is available at Amazon, Barnes & Noble, Borders and other local book stores.