

The 5th annual Mount Lorne Misadventure Cross-Country Run, Sunday, July 20, 2008

Athletics Yukon's sanctioned event

Long distance trail runners love the Mount Lorne Misadventure Cross Country Run. This perennial favourite is the brain child of Sue MacKinnon and Bill Dunn. It's full of challenges that include the 20 km distance, a wicked uphill in the first 5 km, the possibility of going off course and the likelihood that bears are the main spectators. But the friendly atmosphere, the easy going charm of the race volunteers from the Mount Lorne Volunteer Fire Department, the stunning scenery and the great food bring runners back year after year. The 5th edition of this event featured 32 eager participants. It was held last Sunday morning under sunny skies and temperatures that are comfortable for running, but decidedly cool for most other summer activities.

Dave Brook was the fastest Canadian runner in the 2007 Klondike Road Relay and is one of the heads of state in Yukon's running community. Not surprisingly, he bested all other runners with a time of 1:23:01. He was followed by Yanik Freeman (1:27:43) who is making a career of 2nd place honours having also finished 2nd in the half-marathon at last month's Mayo Midnight Marathon. Freeman ran with Brook for the first few kilometres until Brook engaged his well known Ferrari-like engine. Dan Shier controlled 3rd spot from start to finish crossing the finish line at 1:28:55. He has won this event at least twice and is having a come-back season that began with his 2nd place finish in the Heaklel Hill Mountain run in May. Fourth place finisher Don White (1:30:02) successfully fought off charges in the middle of the race by the fifth place finisher Fabian Brook (1:34). At just 14 years old, Fabian has spectacular potential and is already a member of the Yukon Cross Country Ski Team. With about 6 kms left, White dropped Tom Ullyett who later had his own misadventure taking a wrong turn and going off course. Bill Matiation, a gazelle-like runner who is always a top contender in this event, finished in sixth place (1:37:17).

Nathalie Dugas was the first woman to complete the 20 km distance (1:51:24). Dugas had no serious challengers, but behind her in second place was Pam James (1:58:09), an athlete with notable pedigree. James is a former member of Canada's national orienteering team and always has the potential to be the fastest woman in this event. Following James were a group of 5 runners who all finished within 1 minute of each: Valerie Newfeld (1:59:05), Carolyn Steele Lane (1:59:41), Margaret Mundell (1:59:43), Helen Stappers (2:00:03) and Mandy McClung (2:00:03).

There was also a mountain bike category at this year's event featuring four riders. Sean Mather recorded the fastest time covering the 20 km distance in 1:04:08. Mather was closely pursued by Yukon Quest musher Thomas Tetz (1:04:34). On the women's side, Tamara Goeppel, who has long been a formidable female force in running and cycling, was the fastest female with a time of 1:06:45. Tony Painter brought up the rear with a time of 1:17:20,