



//////// BRAZOS BEND 100



GETTING

IT

RIGHT

BY RONNIE DELZER

100-mile winner Ronnie Delzer
setting a new course record.

[📷 Anthony Stasulli]

THERE ARE MANY TREASURES OF RUNNING

Brazos Bend 100 and the one that sticks out the most to me is the scenery and beauty of nature throughout the park. Huge oak trees with endless amounts of Spanish moss hanging from branches make you feel like you are going back in time.

You'll catch views of an amazing sunrise and sunset overlooking marsh-like waters, and experience the sound of thousands of birds waking in the morning and roosting at dusk. It's common to see alligators up close to the trails, and if you're lucky you'll usually run up on deer, wild hogs, raccoons and armadillos throughout the park.

The trails are flat and when you combine that with cold weather you have a recipe for some ridiculously fast times. That's just what we had for the 4th edition of Brazos Bend 100, directed by Rob

and Rachel Goyen of Trail Racing Over Texas (TROT). It snowed two nights before the race which is a first for this race and likely will not happen again for a long time. Race morning it was in the low 30s with highs for the day predicted to be mid 60. After 2016's amazingly fast times, mainly by the women's field, the word spread quickly about this race. Couple that with Rob's

end-of-the-year party, this is the place to be for your final race of the year. The race sold out early this year at 900 runners, making this the largest trail race in Texas. There are 13.1, 26.2, 50 and 100-mile race distances. I chose the 100-miler, which is composed of six 16.67 mile laps.

The race began at 6 a.m. and I started out at a comfortable pace. I wanted to keep the effort from the beginning very relaxed and sustainable. By the turnaround point at Sawmill aid station (mile 12) I had a couple minute's lead on second place and a four-minute lead on the next

group. While running I'm constantly staying in-tune with my body and trying to move as efficiently as possible with very little wasted energy.

Wade Barrett caught me at mile 25 and took over the lead for eight miles. We came into the start/finish area almost at the same time. As he made his way to the aid station, I took the opportunity to make a move and try to open a gap between us. I managed to pull away from him, but I also began experiencing some tightness and my stride length didn't feel the same as it had for the first 37 miles. I don't usually go through issues this early into a race, but I began having some doubts about things if this was going to continue. I fell off pace between miles 38 and 46 and this was the first time I was running above 8-minute miles.

It was beginning to warm up and I could taste the salt on my face. I drank some pickle juice and stretched really well before heading back out. I felt great again and I was able to open up my stride and pick up the pace. I found a good rhythm and started knocking out 7:30 miles again. My lead on Wade increased



MT. TAYLOR 50K

Sept. 29, 2018



For runners,
by runners.

Grants, New Mexico



ABOVE: Jeff Ball speeding down the Texas trails to take the 50-mile win. [© Anthony Stasulli]

RIGHT: Catra Corbet with the Grinch at the start of Brazos Bend. [© Anthony Stasulli]

to eight minutes and my confidence was up. I didn't feel like I was exerting anymore effort so I was going to ride this wave as long as I could. I came through 50 miles at 6 hours and 40 minutes.

I had a solid fourth and fifth lap and my lead on Wade increased to 40 minutes. My spirits were high and I knew I had to keep moving at a steady effort for things to shape up to be an awesome day. I picked up my first pacer at mile 72 and we kept it between a 7:40 and 8:20 pace with me stopping and stretching every couple miles.

At the beginning of the sixth and final lap we were moving along nicely for a couple miles, but then I got into a bit of a slower pace of around nine minutes per mile as the sun went down. I was thinking about having some warm food at the next aid station. After 12 hours and 24 gels you begin to get sick of them and want some real food. I wasn't too concerned with time at this point as I knew I could make it up on the back half. We made it to mile 90 and I picked up my final pacer. At this point everything started to hurt, but I knew I had to keep it together



as long as I could if I wanted to go for a PR. We dropped the hammer and ran the last seven miles at low- to mid-7 minute miles. It hurt but at that point I just dug deep and ground it out, thinking: "the faster you go the sooner the suffering will be over."

Before approaching the finish-line I met up with my two kids, Miles and Kaitlin, and we ran the last stretch together to the finish line. It was very special to be able to share that moment and experience with them. My overall time was 13:40:57 for a new course record and personal best. This day was extra special as it is my first overall win for a 100-miler, and it was at the first place I attempted the 100-mile distance in 2014. I felt like I finally got it right and executed a solid race. It was truly a special moment celebrating with my crew, friends and family at the finish. 🌟

ELEVATION AND SURFACE INFO

4, 4 < So, what does that little symbol mean? The first number is the elevation profile, the second is the quality of the surface. Both are on a 1-5 scale, with 5 being the most difficult.

ELEVATION PROFILE

- 1 Flat or nearly flat
- 2 Rolling; total climb up to 50' per mile (2,500' in 50 miles)
- 3 Hilly; total climb between 50'-150' per mile (2,500'-7,500' in 50 miles)
- 4 Very hilly; total climb between 150'-250' per mile (7,500'-12,500' in 50 miles)
- 5 Mountainous; total climb more than 250' per mile

SURFACE

- 1 Paved or very smooth
- 2 Mostly groomed trail or dirt roads
- 3 Trail or dirt road with some rocks, roots and/or ruts
- 4 Trail or dirt road with substantial rocks, roots and/or ruts
- 5 Very rough trail

Brazos Bend 100

Needville, TX // December 9

2,2* // 100 & 50 Miles

Elevation Gain: Flat | This is a flat course with a smooth surface and only small packed rocks. The 100-mile consists of six 13.1-mile loops and the 50-mile is three 16.7-mile loops.

100 MILES

1	Ronnie Delzer, 36, TX	13:40:57
2	Wade Barrett, 41, TX	15:06:49
3	Walker Higgins, 35, LA	15:47:53
4	Nicholas Beers, 38, TX	17:30:28
5	Matt Celone, 42, TX	17:33:00
6	Daniel Buccini, 35, WA	17:42:16
7	Matt Collins, 27, PA	18:52:43
8	Chris Oles, 44, TX	18:52:53
9	Ryan Loehding, 45, TX	18:56:07
10	Michael McKnight, 27, UT	18:58:03
11	Todd Falker, 36, UT	19:12:26
12	Brian Hill, 43, TX	19:23:41
13	Matt Zmolek, 37, TX	19:35:01
14	Lonnie Coone, 45, TX	19:46:17
15	Stephen Foster, 48, MO	20:01:25
16	Trevor Meding, 37, TX	20:07:28
17	Toby Vicknair, 42, TX	20:27:28
18	Joseph Meyer, 42, MI	20:51:17
19	Royce Brenner, 37, PA	21:19:23
20	Jessica Pekari, 32, TX	21:26:20
21	Marcus Tubbs, 47, OK	21:26:39
22	James Catron, 42, TX	21:28:11
23	Christina Pierce, 39, TX	21:33:51
24	Lisa Hyne, 43, TX	21:35:42
25	Ed Shelton, 39, TX	21:36:39
26	Shaun Decasas, 33, AK	21:43:16
27	Ibar Dinampo, 37, NJ	22:21:15
28	Chris Brady, 51, TX	22:42:29
29	Yoshiko Jo, 52, PA	22:44:46
30	Nhat Nguyen, 51, TX	22:45:38
31	Gergo Perlaky, 33, TX	23:02:17
32	John Magnotti, 32, TX	23:18:16
33	Shane Midkiff, 34, VA	23:18:31
34	Sadie Briggs, 42, TX	23:27:03
35	Charlotte Vasarhelyi, 41, ON	23:28:08
36	Tom Atwell, 51, CA	23:43:45
37	Quoc Duong, 44, TX	23:46:02
38	Rene Villalobos, 58, TX	24:03:48
39	Reuben Parks, 46, TX	24:28:54
40	Gary Horn, 60, TX	24:43:38
41	Jennifer Kirkpatrick, 45, TX	24:51:48
42	Tony Margherio, 33, LA	24:53:12
43	Laurel Devore, 28, UT	25:12:03
44	Victor Valenzuela, 38, TX	25:17:54
45	Jerry Palmer, 49, TX	25:19:09
46	Steven Smith, 45, KY	25:43:32
47	Lesley Jones, 42, TX	25:45:57
48	Roger Burruss, 56, FL	25:49:50
49	Leah Brasher, 40, TX	26:10:07
50	Elaine Acosta, 42, NJ	26:31:13
51	Britt Miller, 32, PA	26:31:22
52	Mark Keating, 50, TX	26:35:48
53	Michael Couto, 30, TX	26:49:41
54	Sharon Prentice, 54, TX	26:52:02
55	Catra Corbett, 52, CA	26:54:42
56	Allison Bruchhaus, 35, LA	26:56:31
57	Mike Wood, 58, CA	27:03:29
58	Roni Garrett, 34, TX	27:06:43
59	Denise Sudell, 37, TX	27:13:23
60	John Gomez-Simmons, 23, TX	27:17:27
61	Celso Perez, 47, TX	27:25:07
62	Donald Flynn, 62, TX	27:36:47
63	Allison Armitage, 30, CO	27:44:51
64	Jose Villegas, 38, TX	27:51:10
65	Smith Scarborough, 29, TX	27:51:22
66	Cliff De La Cerdá, 49, TX	28:03:04
67	Alfredo Rodriguez, 41, TX	28:03:31
68	Carlos Pena, 36, TX	28:03:34
69	Kathryn Ivey, 43, OK	28:05:12
70	Todd Robertson, 52, TX	28:12:04
71	James Kirkley, 49, LA	28:18:29
72	Lydia Rios, 35, TX	28:28:29
73	Tim Radkey, 43, TX	28:29:32
74	Edward Mickelson, 47, TX	28:30:52
75	Christiana Garton, 52, TX	28:46:10
76	Seresa Romero, 48, TX	28:48:53
77	Nick Goree, 30, OK	28:51:03
78	Jesse Qiao, 33, TX	29:04:16
79	Aaron Havens, 39, TX	29:05:58
80	Wayne Schlosser, 63, TX	29:06:18
81	Dallas Daley, 30, TX	29:06:41
82	Gabriela Poapst, 47, CA	29:09:11

50 MILES

1	Jeff Ball, 28, TX	6:20:30
2	Daniel Ramirez, 32, TX	7:19:10
3	Ryan Cormier, 27, MD	7:29:12
4	Jon Bourgeois, 47, LA	7:33:39
5	Matthew Vance, 34, TX	7:46:43
6	Shannon Davis, 47, OH	7:47:47
7	Mark Lawton, 41, TX	7:55:37
8	Daniel Erwin, 40, TX	7:55:38
9	Aaron McCreery, 35, TX	7:59:59
10	Ian Smith, 29, TX	8:00:41
11	Charli McKee, 25, UT	8:04:02
12	Shandra Moore, 32, TX	8:12:21
13	Laurence Tien, 48, TX	8:15:54
14	Dalton Pulsipher, 40, TX	8:33:41
15	Rebecca Gartrell, 45, TX	8:41:42
16	Horacio Flores, 45, TX	8:42:31
17	Yves Puisieux, 57, TX	8:42:53
18	Will Porter, 21, TX	8:51:54
19	Michael Holbrook, 51, MD	8:54:37
20	Samantha Friedel, 34, TX	8:55:26
21	Robin Phelps, 56, TX	8:56:38
22	Crystal Mille, 31, TX	9:01:01
23	Brian Mason, 42, TX	9:05:01
24	Jon Yarbrough, 33, TX	9:12:01
25	Gigi Fox, 52, TX	9:16:42
26	Jessie Winnett, 33, TX	9:16:44
27	Jean Hofschulte, 50, TX	9:26:11
28	Phi Nguyen, 37, TX	9:28:34
29	Benjamin Mewis, 37, TX	9:36:19
30	Scott Baldridge, 30, TX	9:36:20
31	Matthew Romanchuk, 21, TX	9:40:40
32	Chad Haley, 42, TX	9:43:15
33	Angela Wilhelm, 41, CA	9:45:50
34	Mike Meyers, 56, TX	9:47:48
35	Steven Escaler, 40, TX	9:48:03
36	Jessie Hewett, 36, TX	9:51:43
37	Sarah Mueller, 36, ID	9:53:26
38	Leandro Morales, 46, TX	9:58:56
39	Jacqueline O'Brien-Nolen, 52, TX	9:59:12
40	Kimberly Pilcher, 54, TX	10:11:05
41	Stephanie Barnes, 35, TX	10:14:21
42	Kenneth McInerney, 35, TX	10:15:09
43	Robert McArthur, 31, TX	10:16:29
44	Julio Morales, 44, TX	10:19:32
45	Linda Doyle, 53, TX	10:19:55
46	Mike Ryan, 55, TX	10:26:59
47	Kirk Turner, 25, TX	10:27:25
48	Edmund Bandas, 50, TX	10:27:48
49	Amber Ellsworth, 19, TX	10:28:53
50	Gaby Medina, 35, TX	10:34:18
51	Sue Sebo, 53, TX	10:38:13
52	Charles Dawe, 53, NM	10:38:55
53	Julie Hempstead, 36, TX	10:41:58
54	Regina Massingill, 34, TX	10:44:14
55	James Coburn, 37, TX	10:46:33
56	Lana Hernandez, 34, TX	10:47:42
57	David Allen, 58, TX	10:49:40
58	Jason Zoller, 43, TX	10:49:46
59	Alison Fowler, 37, TX	10:52:44
60	Troy Pfeifferling, 55, TX	10:53:38
61	Sarah Honaker, 41, TX	10:54:55
62	Paul Pierce, 55, MI	10:56:02
63	Stephen Ellsworth, 17, TX	11:00:01
64	Todd Ellsworth, 48, TX	11:02:34
65	Paula Chaves, 34, TX	11:11:27
66	Jorge Fernandez, 35, TX	11:13:19
67	Daniel Hewett, 39, TX	11:18:25
68	Rebecca Jack, 30, NM	11:18:41
69	Shelly Browne, 46, TX	11:23:23
70	James Tomkins, 36, TX	11:25:23
71	Paul Thorburn, 26, TX	11:26:23
72	Pamela Delahoussaye, 42, TX	11:29:57
73	James Martinez, 25, TX	11:30:47
74	Claudio Bravo, 46, TX	11:31:06
75	Alberto Medellin, 42, TX	11:32:05
76	Nash Lowrance, 39, TX	11:35:41
77	Kim Lindemann, 47, TX	11:36:50
78	Isaac Aviles, 41, TX	11:36:59
79	Kamini Muzumdar, 52, TX	11:37:50
80	Karen Klucznik, 47, TX	11:39:10
81	Kerrie Nauseda Frey, 46, LA	11:41:49

82	Ronald Luther, 59, TX	11:41:50
83	Timothy Rybak, 37, TX	11:45:09
84	Kathy Montalvo, 49, TX	11:45:19
85	Chris Ray, 30, TX	11:45:29
86	Levi McNeely, 27, FL	11:47:22
87	Faith Akioyamen, 28, TX	11:48:24
88	Caleb Simpson, 38, TX	11:49:19
89	Jarrold Oelze, 37, TX	11:50:17
90	Tiffany Grimal, 37, TX	11:52:27
91	Holly Salacis, 39, TX	11:53:09
92	Bronson Kersey, 31, TX	11:53:21
93	Adrian Conejo, 49, TX	11:57:23
94	Matt Watson, 49, KS	11:59:10
95	Jeffrey Watson, 50, NM	11:59:12
96	Steven Pierce, 27, UT	12:03:25
97	Johnny Amaro, 33, TX	12:05:06
98	Michelle Lemke, 43, TX	12:07:24
99	Joe Granito, 36, TX	12:10:24
100	Katy Price, 38, TX	12:11:06
101	Stephen Cox, 38, TX	12:11:09
102	Emily Rials, 33, TX	12:13:02
103	Charles Fisher, 44, TX	12:13:06
104	Mike Hoefler, 54, TX	12:13:08
105	Randy Friedman, 55, TX	12:14:59
106	Carly Manuco, 41, LA	12:24:19
107	Juan Murillo, 41, TX	12:24:23
108	Jose Murillo, 66, TX	12:24:25
109	Annabell Hadley, 43, TX	12:28:53
110	Melody Genuend, 38, TX	12:28:59
111	Isaac Fox, 42, TX	12:29:09
112	Dian Stampey, 51, TX	12:39:45
113	Austin Dahar, 27, TX	12:43:28
114	Brian Rutledge, 47, TX	12:44:31
115	Sandra Wells, 49, OK	12:45:21
116	Carlos Reyes, 62, TX	12:52:55
117	Marlene Maciborski, 55, TX	12:54:34
118	Dominga Anderson, 53, TX	12:55:29
119	Monica McArthur, 39, MD	13:02:18
120	Kristina Peterson, 51, TX	13:02:22
121	Thomas Martinez, 49, TX	13:08:46
122	Michael Haviland, 76, GA	13:10:28
123	Christopher Hartfield, 53, TX	13:12:16
124	Julie Dading, 47, TX	13:13:23
125	John Brittain, 28, TX	13:13:37
126	Kathryn Vinson, 32, TX	13:19:59
127	Meia Hudson, 33, TX	13:21:26
128	Mixila Arauz, 49, TX	13:21:42
129	Gustavo Viceconti, 48	13:24:46
130	Manny Olivo, 45, TX	13:25:41
131	Daniela De La Cerdá, 37, TX	13:26:34
132	Nathan Franzmeier, 58, TX	13:27:50
133	Howard Ludlow, 61, TX	13:28:02
134	Alisha Bloodworth, 31, TX	13:28:33
135	Orlando Galvan, 40, TX	13:28:35
136	Cody Hensley, 35, TX	13:36:36
137	Agustin Gonzales, 27, TX	13:51:34
138	Basilio Mendoza, 52, TX	14:06:04
139	Timothy Jung, 48, CO	14:11:27
140	Dana Robertson, 47, MS	14:12:02
141	Aimee Klechler, 39, TX	14:12:05
142	Nicholas Onaca, 55, TX	14:17:39
143	Bill Knight, 64, TX	14:24:27
144	Michael Davis, 47, TX	14:54:01
145	Jason Leblanc, 40, TX	14:56:12
146	James Nelson, 36, TX	14:56:14
147	Joe Turner, 66, TX	15:02:53
148	Ashley Byers, 37, TX	15:02:56
149	Larry Conner, 63, FL	15:07:03
150	Robert Garcia, 55, TX	15:14:48
151	James Ayers, 45, LA	15:39:08
152	Kim McCauley, 37, TX	16:00:38
153	Rob Perez, 43, TX	16:02:17
154	Arturo Chairez, 40, TX	16:02:19
155	Eric Wellman, 30, TX	16:02:40
156	Ignacio Sslinas, 47, TX	16:02:44
157	Trisha Jagodzinski, 45, TX	16:31:21
158	Chung Upchurch, 46, TX	16:31:23
159	David Pechacek, 65, TX	16:44:49
160	Tish Jones, 43, TX	16:56:53
161	Stephen Nuby, 36, TX	17:13:51
162	Gemma Taylor, 50, TX	17:46:53
163	Lisa Stine, 49, TX	18:50:09
164	Dana Cashman, 40, TX	18:51:43
165	Torrey Kramer, 43, TX	18:51:54
166	Peggy Smith, 42, TX	18:57:54
167	Carl Rinker, 56, TX	18:57:56
168	Jessica Kelsey, 30, TX	19:08:18
169	Pam Lockhart, 50, TX	20:06:05
170	Tan Nguyen, 24, TX	20:32:15
171	Glen Melanson, 45, TX	21:28:05
172	Vicky Jones, 42, TX	26:30:25