

**“A-OK” 25/50K Race Results**  
**MARCH 7, 2010**  
**Roads & rocky trails near Atoka, OK.**

**50K**

Name	Age / State	Time	Name	Age / State	Time
Rick Taylor	36, TX	4:04:30	<i>Laurie Underwood</i>	49, TX	6:09:43
Bruce Layne	45, OK	4:27:20	Arnold Begay	47, OK	6:15:20
<i>Christine Tokarz</i>	33, TX	4:31:10	Gregory Wirtz	54, TX	6:27:58
Danny Ponder	51, OK	4:55:22	Pat Flaherty	54, IA	6:28:45
Robert Anderson	42, OK	5:25:25	<i>Patricia Johnson</i>	51, TX	6:48:41
<i>Malane Grace</i>	45, OK	5:38:13	<i>Susanne Wooley</i>	48, OK	7:01:31
Al Schneider	45, OK	5:42:55	<i>Julia Gale</i>	49, TX	7:06:58
Eunsup Kim	57, TX	5:44:22	Ken Ashby	57, TX	7:39:27
Daniel Murray	45, OK	5:49:51	John Hargrove	65, OK	7:49:33
Aaron Minks	28, OK	5:53:07	Nels Bentson	65, OK	8:09:25
<i>Carie Harris</i>	43, OK	6:06:18			

**25K**

Chris McClure	30, TX	1:38:52 !	<i>Pam Iyer</i>	54, CO	3:00:49
John Sutrick	24, OK	1:42:32	Roger Rybica	62, CO	3:00:49
Patton Gleason	31, TX	1:51:42	Darren Lee	45, OK	3:04:53
Ron Lambke	44, TX	1:55:30	<i>Karen McCoul</i>	50, TX	3:14:59
Aaron Ochoa	35, OK	2:10:23	James McCoul	56, TX	3:14:59
<i>Natalie Miller</i>	29, OK	2:12:42	Bob Lehew	68, TX	3:32:14
Jeff Gill	40, OK	2:22:39	<i>Debra Bentley</i>	54, TX	3:50:14
Marty Allen	52, TX	2:24:44	<i>Rebecca Campbell</i>	45, OK	3:52:07
Bill Myers	48, OK	2:28:35	<i>Patty Corsin</i>	51, OK	3:52:07
Steven Freebairn	41, TX	2:30:54	<i>Mary Hord</i>	55, OK	3:57:41
James Umpleby	52, TX	2:31:06	<i>Tess Coburn</i>	53, OK	4:05:22
Brian Botch	37, TX	2:34:24	Harold Coburn	53, OK	4:44:58
<i>Angella Lee</i>	45, OK	2:35:54	<i>Leanna Ybarra</i>	27, OK	5:08:23
<i>Howie Trinh</i>	32, TX	2:36:38	Robert Flagler	68, OK	5:28:43
Michael Talley	48, OK	2:37:49	<i>Rita Flagler</i>	51, OK	5:28:43
<i>Lisa Talley</i>	46, OK	2:37:49	<i>Stephanie Sherrard</i>	30, OK	5:35:45
<i>Pepsi Cameron</i>	30, TX	2:37:59	<i>Tammy Trentham</i>	44, OK	5:44:56
<i>Dianna Sulser</i>	53, TX	2:39:42	<i>Beth Brown</i>	28, OK	5:45:36
Terry Vinsant	60, OK	2:51:43	Ken Hardwick	59, OK	6:08:42
			<i>Becky Hardwick</i>	57, OK	6:08:42

**Websites/Instructions for retrieving pictures**

Photo album timing pictures only click on: <http://tinyurl.com/aok2010timing>  
 Photo album of all participants at finish line: <http://tinyurl.com/aok2010finishline>  
 Pictures taken out on course: <http://tinyurl.com/aok2010course>  
 Outtakes taken at race: <http://tinyurl.com/aok2010outtakes>

From any of the Google albums there is a place at the top of the page to click “PRINTS” and choose “Order Prints” (for the entire album pictures) which will let you decide any of 6 different companies to order prints from. On any individual picture page there is also the same option to order that picture. You can also download any picture for free and print it yourself if you desire. If you download it you can also copy it to a portable memory device and carry that to your nearest photo finisher. Anyone with questions about the process is welcome to email the photographer at: [dontwaitformike@gmail.com](mailto:dontwaitformike@gmail.com).  
 or call him at 972-733-4901

## Prayer For Good Weather Answered At "A-OK" 25/50K March 7, 2010

When the midweek forecast predicted rain on Thursday, Friday, Saturday, Sunday, and Monday for the upcoming "A-OK" 25/50K trail race on my Oklahoma property, I asked God to hold off rain on Sunday. Last year it was too dry for a bonfire; this year it might be too wet! Since pre-race entries exceeded my 50 runner limit, I fixed extra pre-race pasta and post-race chili. As usual, some of the 79 registered runners did not show; 64 started (7 opting for the 7:00 a.m. early start) and 60 finished the relatively easy course—a mix of rocky single track trail and sandy dirt road. Because it was an out-and-back course with 3 aid stations (2 unmanned), runners were never far from food and drink. Dora Bray worked aid station 2 the entire time, even bringing a generator by 4 wheel drive vehicle to provide homemade soup in addition to the usual fruit, crackers, cookies, pbj sandwiches, and drinks. One runner "complained" that she fed him so well he didn't want to leave! Mike Langille took pictures as runners passed under the start-finish banner, providing recorded official finish times.

As for awards, overall winners of both the 25K and 50K races received subscriptions to *TrailRunner* magazine. Male and female winners and age 50+ winners of both races were awarded special cedar plaques, bottles of local wine, and free entry into next year's race, if held. All finishers received Ben Bray's handmade cedar plaques and jars of Oklahoma honey. Special couple Pam Iyers and Roger Rybica came all the way from Ft. Collins, Colorado, in their quest to run a half marathon in every state. They even brought "health food" brownies to share and 3-ounce containers to transfer their honey for the plane trip home.

For most participants this was a fun run through the forest, but for several it was a real race. For several years college student John Sutrick has easily won the 25K; this year he and newcomer Chris McClure reached aid station 3 turnaround together and they exchanged leads several times on the way back. McClure finished first in a record 1:38:52, with Sutrick close behind in 1:42:32, which would have otherwise also been a record. Accepting the wine to celebrate her sixth wedding anniversary, Natalie Wood (2:12:42) was again the female short course winner. First in the 50+ age group were Marty Allen (2:24:44) and Dianna Sulser (2:39:42). As for the 50K race, newcomers Rick Taylor (4:04:46) and Christine Tokarz (4:31:10) finished first. With recent wins at DanMan and Cross Timbers, Christine is making quite a reputation as a speedy ultrarunner. First in the 50+ age group was Danny Ponder (4:55:22); there was no "older woman" to claim the last bottle of wine. Happiest person of the day had to be Bruce Layne's young son when he caught a bass in my nearby lake; dad later reported that the prize fish was duly cleaned, fried, and eaten.

As it turned out, there were enough aid station offerings and one bowl of chili left after the post race party. Weather was perfect for camping, the race itself, and cleaning up afterward. A storm hit as I left on Monday slowing the drive all the way back to Plano. Thank you notes from participants made all the effort worthwhile. Most touching were comments from Robert and Rita Flagler, who wrote "...we consider it an honor to have been allowed to participate in this awesome event." Success of this small, low-key race was made possible with the help of Ben and Dora Bray and my son Barry who marked the course, maintained supplies, and cleaned up afterwards. Loan of the time clock from Teresa McCoul was also appreciated. With neighboring landowners' permission the 17<sup>th</sup> "A-OK" 25/50K will be held on the first Sunday in March, 2011.

*Mary Ann Miller, R.D.*