

## BANGS CANYON 2014 RESULTS

Saturday - Jan. 11th, 2014, 8:30 AM  
Bangs Canyon Trail Run - 30K, 60K  
Bangs Staging Area

Conditions: The course was better than average this year with packed snow on most of the course, some exposed dirt and a little bit of mud and ice. The temperature was relatively warm starting in the high 20s and reaching mid 30s later in the day. Bright, sunny blue sky.

No one was willing to head out for a second loop to take on the 60k. In the women's race Keri Nelson made the trip up from Moab and blazed a new course (world) record in 3:19. Keith Frates shook off a bad cold and ran a strong second. Kathaleen and Shannon rounded out the podium to get the party started.

In the men's race Jeff Friedman quickly took charge and dropped the hammer on the old windmill climb. Kevin Donoher slept in and missed the start by 3 minutes and was in hot pursuit. In the end Jeff won in convincing fashion in 2:54. Kevin ran out of steam and finished second and Scott Vig rounded out the podium.

Angela Johnson took home the first annual Jeff Recker Bonk award. James Sanders won the best dressed award in his Sunday best. A good time was had by all at the post race camp fire. Special thanks to Ray Jensen for going above and beyond providing music, fire, food, and drink. He gets the super boy scout award.

60k  
NONE

30k

1. 2:54 Jeff Friedman 30M
2. 3:02 Kevin Donoher 34M
3. 3:13 Scott Vig 39M
4. 3:19! Keri Nelson 32F (1F)
5. 3:26 Chris Wright 42M
6. 3:33 Keith Frates 53F (2F)
7. 3:37 Rob Tran 47M
8. 3:46 Mike Barton 45M
9. 4:09 Kathaleen Recker 44F (3F)
10. 4:09 Shannon Koch 38F (4F)
11. 4:16 Audra Duke 41F (5F)
12. 4:20 Elizabeth Davis 34F (5F)
13. 4:43 Karah Lively-Rinaldi 40F (6F)
14. 4:43 Julie Constan 41F (7F)
15. 4:44 John Constan 46M
16. 4:58 Emma-Leigh Larsen 49F (8F)
17. 5:03 Corey Henman 38F (9F)
18. 5:15 Kristin Coakley 41F (10F)
19. 5:15 Angela Johnson 39F (11F)
20. 5:25 David Maas 39M
21. 5:26 Marty Wacker 42M
22. 5:32 James Sanders 35M
23. 6:30 Jeannie Grooms 57F (12F)
24. 6:30 Conrad Cole 63M

Wimpy Awards  
Tom Ela  
Kristi Siman

Amy Cunningham  
Julie Barton  
Richie Hann