

## Bangs Canyon 30k & 60k Results 2016

FACEBOOK presence @ Bangs Canyon Trail Run 30k / 60k, Jan. 9, 2016

Saturday - Jan. 9th, 2016, 9:00 AM Bangs Canyon Trail Run - 30K, 60K Bangs Staging Area

With some last-minute snow the course was more snowy than average with packed ATV track on some of the course and much of the course with 1-2+ inches of powder over packed ATV track. The temperature was relatively warm starting in the 20s and reaching low 30s later in the day. Cloud cover gave way to warmer sun later in the day but remained partly cloudy.

In the men's 30k race Marty Wacker started out strong with an early lead down to the river. On the flats a fast chasing James Roche pulled even and up the Old Windmill climb gradually pulled away. Later Jeff Friedman would pass a fading Marty and he was soon all alone chasing James. This left Donnie Tietsema and Scott Vig battling it out not far behind for most of the day. James would hold his lead to the finish, Jeff would come home second, and Scott put on the after burners the last couple of miles to capture third. Marty would go on to receive the Jeff Recker Bonk Award for the second time in his career and finish sometime later with the help of some friends.

Giff Walters was pacing himself for a solid 60k run and soon came in behind Donnie looking very strong and ready for another lap. After a quick change at his car and new supplies he headed out for the second lap in the reverse direction.

The women's 30k saw Erin McMahon take an early lead and she would spend the rest of the day running solo. Keri Nelson couldn't decide if she should continue running on an injury and passed Shannon Koch going the wrong way to head back, then decided it was about the same to just finish and passed Shannon again going back the other direction. Keri would soldier on for second and Shannon would come home in third.

Giff held it together on the second lap to become the third person in race history to finish the 60k course which includes over 8000ft of climbing.

A good time was had by all at the post race camp fire. Special thanks to Ray Jensen for going above and beyond again this year providing music, fire, food, and drink. Even with crutches. He gets the super boy scout award.

If you had fun, bring a friend next year! -Kevin

60k 1. 7:31 Giff Walters 30M

30k 1. 2:48 James Roche 28M 2. 3:03 Jeff Friedman 32M 3. 3:12 Scott Vig 41M 4. 3:16 Donnie Tietsema 30M 5. 3:22 Giff Walters 30M 6. 3:28 Chris Marcinek 28M 7. 3:44 Erin McMahon 34F (1F) 8. 3:58 Marty Wacker 44M 9. 4:03 Brad Rugel 40M 10. 4:14 Keri Nelson 34F (2F) 11. 4:18 Shannon Koch 41F (3F) 12. 4:19 Mike Barton 47M 13. 4:34 Kirk Apt 53M 14. 4:35 Jen Stagner 40F (4F) 15. 4:38 Liz Smith 29F (5F) 16. 5:02 Kristi Siman 36F (6F) 17. 5:06 Colleen

Wright 38F (7F) 18. 5:19 Rochelle Kriegshauser 49F (8F) 19. 5:19 Karla Nephew 36F (9F) 20.  
5:19 Penny Vercelline 44F (10F) 21. 5:20 Jen Landini 34F (11F) 22. 5:33 Emma-Leigh Larsen  
51F (12F) 23. 5:53 Heath Scott 41M 24. 5:53 Esa Crumb 34F (13F) 25. 6:11 Jeanie Grooms 59F  
(14F)

26. 6:11 Julie Gillis 55F (15F) 27. 6:37 Randee Bergen 50F (16F) 28. 7:06 Conrad E Cole 65M

29. 7:07 Dan Thomas 53M

??k Kate Simonds Tom Ela Angela Johnson Kristin Coakley Dave Grossman (Fat Bike)