

Saturday - Jan. 7th, 2017, 8:30 AM **Bangs Canyon Trail Run** - 30K, 60K Bangs Staging Area

With a large snow storm two days before the race the course was exceptionally snowy this year. The entire course was covered in 6-10 inches of snow with ATV track only found on the last Rough Canyon section. Most runners were an hour or more slower this year than previous years. The temperature never really warmed up with the cloud cover and stayed in the teens most of the day.

In the men's 30k, defending world champion James Roche led early closely followed by Giff Walters, eventually pulling away from the field. They exchanged leads several times before coming together up Old Windmill. Down in to Rough Canyon they were together until James hit a rough patch at Hell's Hole. Giff powered up the final climb to win and James would limp home in second receiving the Jeff Recker Bonk award in the process. In the battle for third Marty Wacker was off on his own safely in third until a steady running Scott Vig caught him on the descent in to Rough Canyon. The two would bring it home together (Bangs does not allow ties and Scott would cross the line first).

The women's 30k also saw a new sheriff in town. Stephanie Braun would set a blistering pace to pull away from race favorite and defending world champion Erin McMahan to take the win. In third Keith Frates set a steady pace and found a familiar partner in Kirk Apt to get through the challenging course.

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. He gets the super boy scout award.

Also, thank you to my lovely wife Shannon Koch for all of her hard work this year and being simply amazing in general.

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

60K

No finishers

30k

1. 3:38 Giff Walters 31M	2. 4:06 James Roche 29M	3. 4:12 Scott Vig 42M
4. 4:12 Marty Wacker 45M (1F)	5. 4:28 Donnie Tietsema 31M	6. 4:30 Stephanie Braun 31F
7. 4:36 Chris Marcinek 29M	8. 4:37 Chris Wright 45M	9. 4:40 John Paul Ogden 49M
10. 4:51 Matt Braun 37M	11. 4:54 Erin McMahan 35F (2F)	12. 5:10 Brad Rugel 41M
13. 5:19 Jeff Friedman 33M	14. 5:19 Matt Ozanic 42M	15. 5:21 Heath Martin 36M
16. 5:23 Keith Frates 56F (3F)	17. 5:23 Kirk Apt 54M	18. 5:53 Greg Hewitt 60M
19. 5:53 Laura Venner 34F (4F) (5F)	20. 5:54 Edmond Paspali 46M	21. 5:56 Shannon Hatch 40F
22. 5:59 Luke Miley 36M	23. 6:05 Liz Smith 30F (6F)	24. 6:27 Chris Pack 42M
25. 6:34 Colleen Wright 39F (7F) (8F)	26. 6:35 Dale Morrison 61M	27. 6:47 Penny Vercelline 45F
28. 6:47 Athan Miller 42F (9F) (11F)	29. 6:50 Karla Nephew 37F (10F)	30. 6:50 Corey Hinman 41F
31. 8:40 Jess Condon 25F (12F)		

??k → Shannon Koch	Kristi Siman	Scott Jones	Heath Scott	Esa Crumb
Erica Michald	Tom Ela	Randall Reitz	Ana Reitz	Lara Schneider