

Camera Work



Runners come from 15 states and multiple countries every April to the Zumbro Bottoms Management Unit to run the Zumbro 100 Mile Endurance Run, according to race director John Storkamp. The race includes a 17 and 50 miler and was established in 2009.

ENDURANCE RACE TESTS THE SOLE

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Endurance runners gathered at the Zumbro River Bottoms Management Unit and surrounding trails just outside of Theilman on April 8 and 9 for their mileage choice of 17, 50 or 100.

Eighty-one men and women registered for the 100 miler, which began at 8 a.m. — 16 hours before the 50 milers took the starting line at midnight — and 52 finished about 20 to 34 hours later.

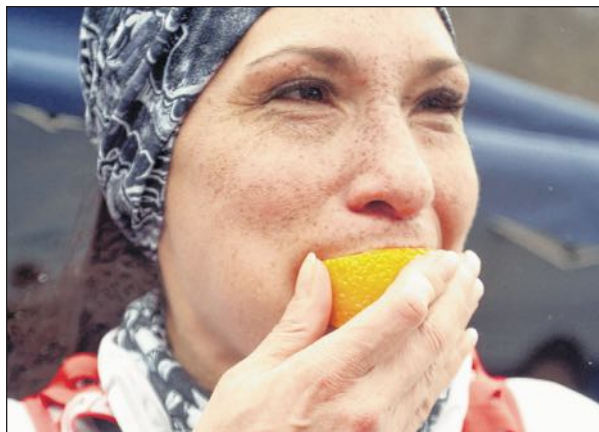
Zumbro Endurance Run Race Director John Storkamp summed up those 100 miles pretty succinctly. “Ten’s a drop in the hat; 20 is pretty hard; 30 is manageable; 40 is getting pretty tough; 60 is really hard; 80 is probably dead man’s shuffle; 90 is walking fetal position, and 100 is glory.”

Simple, right? Wrong.

“It was really cold out there last night. Like crazy cold. Insanely cold,” said an admittedly exhausted Craig Woodward, of Boulder, Colo., before his final lap and between bites of what appeared to be a grilled cheese sandwich. “But I’m moving. Got cold enough and I couldn’t keep running. I didn’t want to seek heat, either. Tanked for about 10 miles and I sort of warmed up again and kept going. So, I’m alright right now. Gotta go finish, though.”



David Hansen, of Rochester, grabs a sandwich on the run, literally, part way through his attempt to complete the 100 miler. Hansen, who said he was “excited” and hopeful to complete the run in less than 24 hours, did not finish.



Wendi Baldwin, of Minneapolis, refuels at one of multiple aid stations along the course. She did not finish the 100 miler.



“Like I ran about 80 miles. Feeling pretty good otherwise,” says Rob Greer, of Oakdale, when asked how he was feeling after completing his fifth of six laps. “Felt a lot better once the sun started coming up. I fell asleep walking down by the river. It was a quick doze.” Greer completed the 100 mile run with a time of 28:46:53.

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“I wanted sub 23 and missed it by 30 seconds. But that’s fine. My goal today was to be a sub 24,” says Nate Ziemski, of Blaine, who collapsed at the finish of his 100 mile run. “The course was fantastic. Dry. Weather was perfect. Got a little cool at night. Ended up caught with the wrong gloves on,” he said.



Race Director John Storkamp awards Rebecca Johannes, of Pillager, a wood-carved medal moments after she crossed the 100 mile finish line. Johannes placed first among women and sixth overall with a time of 23:46:36.



Bloody knees may be expected. “The terrain is generally really rugged,” says race director John Storkamp.



About Elizabeth Nida Obert / enida@postbulletin.com

The 100-mile run is a serious test of mental and physical fortitude, and I found myself shaking my head in awe more than once while doing coverage. Who does this and why? It was hard to wrap my mind around the fact that the runners I photographed

at the start of the race early Friday were, in many cases, still running when I arrived almost 24 hours later to catch the finish. I thought of all the things I had done during that time — including sleeping — and couldn’t fathom how anyone could pound

the dirt and steep terrain for that duration.

Photographer’s tip: The physicality of this type of assignment requires good footwear and being relatively fit. While you can park yourself at the finish line or an aid station, it’s far more interesting to traverse

the sometimes challenging terrain to capture the runners in a variety of environments. Because there are only so many ways to make running look interesting, it is important to include some of the other event aspects when creating a photo package.