

2007 Tussey Teaser #1 - 4th annual Laurel Run Switchbacker 10K
March 10, 2007
by Mike Casper

The weather was cool and sunny as a record 28 runners took off from Tussey Ski Area to climb the long grade of Laurel Run Road to its crest at the Mid-State Trail crossing, then wind their way back down. Once the group reached the tree-shaded serpentine meanderings of Bear Meadows Road, snow and ice appeared, providing a gorgeous winter landscape and adding the task of choosing one's path along the way. This was more snow than before for this run, but didn't deter any of today's runners. No one was out for a PR. Andrew Webb, Tim Spigelmyer and Judd Michael blazed the trail for the men. Road conditions notwithstanding, Webb's time was just 34 seconds short of the run's record, and Spigelmyer shaved 46 seconds from his 2006 time. John Lacombe trimmed 28 seconds off his 2006 effort, and Bob Boozer, the only runner to have completed all four Switchbackers, was within 30 seconds of his 2006 time. Pam Scott and Sue Mazza led the women's field. Lady runners Catherine Meyers and Katherine Stamps, who were just expanding their spring training, opted for a shortened version and got just the workout they wanted. Kiet Bang, who took off and descended from the summit with the group, branched off to pursue an extended run. Everyone reveled in the day's mild conditions and the camaraderie of the out-and-back climb and descent.

<u>Pl.</u>	<u>Name</u>	<u>Time</u>
1.	Andrew Webb	42:30
2.	Tim Spigelmyer	43:29
3.	Judd Michael	43:44
4.	Costas Maranas	44:14
5.	Greg Mitchell	46:44
6.	Jim Myers	47:36
7.	Mark Fedkin	47:53
8.	Robert Boozer	48:24
9.	John Lacombe	48:38
10.	Stephen Geyer	49:08
11.	Michael Connelly	49:33
12.	Joe Dauer	49:54
13.	Marvin Hall	50:43
14.	Dan Guss	51:33
15.	Joe Shuta	54:08
16.	Pam Scott*	54:13
17.	Sue Mazza*	55:55
18.	Marc Maxson	58:14
19.	Jim Taylor	59:15
20.	Jessica Charles*	59:46
21.	Jen Finkle*	1:00:08
22.	Kim Daniels*	1:04:35

23. Michael Philippe 1:04:35
24. Heather Katche* 1:08:11
25. Tim Jackson 1:08:12