



Lake McMurry
Trail Run
Stillwater, Oklahoma
April 10, 2004

Dear Runners

April 27, 2004

The medical students have written my exam and I've marked all the tests so I finally have time to get the results out. Sorry for the long delay.

The Sixth Lake McMurry Trail Run was held April 10, 2004, the coldest wettest day we've had so far. Good, cool running weather but tough on the volunteers and onlookers. Although the course was "wet" it wasn't quite as bad as 2002. We had a surprisingly high number of finishers, 69 starters in the combined races and 67 finishers. We also had a record high 22 race day entries.

The 50 km had 16 starters and 15 finishers, a big improvement over the last wet year, 2002. Phil Sheridan, who has come down from Kansas and won the race twice before, did it again. He ran 4:23:18, about 15 minutes off his master course record time, taking both the open and masters' prizes. Kathryn White returned for her second Lake McMurry trail run and again won the womens' open race, in 5:38:04. The wet weather only added 5 minutes to her time. Desiree Nowlin from Oklahoma City, OK won the womens' masters division with a 6:14:34 in her first LMTR finish.

The 25 km race had 52 starters and 51 finishers and proved to be a fast event despite the tough conditions. Adam Cohen, of Norman, OK won the race with a 1:45:56, taking the open prize and setting the second best time ever for the 25 km. Thomas Wright, 14 years of age from Stillwater, OK was our youngest finisher ever and ran a very fast race of 2:04:19. Dan Richards of Enid, OK won the male Masters' prize in 2:10:16. Pam Sneed, from Cleveland, OK, won both the womens' open and masters awards with a time of 2:23:39.

Jim Flesher was a five-time finisher in the 25 km race while Jim Perry was the first five-time finisher in the 50 km race. Each received a commemorative award. Dave Pappas and Matt Bickhard, both of Kansas, continued their streaks, both having finished all six Lake McMurry Trail Runs.

It was a rough weekend for the volunteers and those camping at the lake. The temperature on Sunday morning was 34 °F and I don't think it was much warmer on race day Saturday. The heavy rains on Friday and Saturday made it difficult to get the aid stations in, and to keep them replenished. The help of Dave Wood and volunteers that came up with him from Oklahoma City on Friday, as well as Jason Joines and members of the OSU Running Club were greatly appreciated.

The food was good and we remembered to bring hot chocolate this time. Chuck Streit cooked up a storm turning out two kinds of soups, > 80 hamburgers and his jambalaya was great as always.

We had a major sponsor this year, Dave Wood of Wood 'N' Barnes Publishing and Distribution and Blue of Blue Designs, both of Oklahoma City, designed and produced the t-shirts. To top it off Dave came up with a load of volunteers to help Friday and ran the race on Saturday.

We made money this year and raised over \$700 to support trail maintenance and trail running. This money has been donated to the Oklahoma State University Running Club and the Stillwater Running Club to aid in their efforts to increase running in the region. The bulk of the profit is donated to the Stillwater Red Dirt Pedalers to aid in trail maintenance at Lake McMurtry.

The seventh LMTR is planned for the same time next year so set your calendars accordingly.

Happy Trails,

Earl Blewett Race Director Phone Day (918) 561-8405 Night (918) 744-1562
email TriSloth@earlblewett.net

Lake McMurtry Trail Run 2004 25 km Results

Place	Time	Name	City	State	Age	Sex
1	1:45:56*	Adam Cohen	Norman	OK	36	m First Open Male
2	1:50:56	Dan LeBoeuf	Enid	OK	26	m
3	1:58:23	Mike Adams	Manhattan	KS	33	m
4	2:00:21	Matthew Tower	Stillwater	OK	18	m
5	2:00:22	James Taylor	Owasso,	OK	18	m
6	2:04:19	Thomas Wright	Stillwater	OK	14	m Youngest finisher
7	2:10:08	Dan Richard	Enid	OK	46	m First Master Male
8	2:16:24	Matt Bickhard	Derby	KS	41	m
9	2:19:56	Craig Jackson	Broken Arrow	OK	48	m
10	2:22:28	Robert Howland	Tulsa	OK	46	m
11	2:23:39	Pam Sneed	Cleveland	OK	48	f First Open & Masters Female
12	2:24:13	Bret Sholar	Oklahoma City	OK	37	m
13	2:24:15	Jim Flesher	Stillwater	OK	54	m
14	2:24:32	Cory Peranich	Stillwater	OK	25	m
15	2:30:25	Nick Sandwick	Enid	OK	43	m
16	2:34:41	Joshua James	Stillwater	OK	22	m
17	2:34:59	Nic Thams	Guthrie	OK	54	m
18	2:38:45	Keven Stone	Meeker	OK	34	m
19	2:39:03	Doug Gosney	Enid	OK	35	m
20	2:39:04	Tyler Nelsen	Enid	OK	32	m
21	2:40:21	Michael Crake	Oklahoma City	OK	42	m
22	2:40:22	Douglas Cunningham	Oklahoma City	OK	50	m
23	2:43:20	Herve Lucier	Whitesboro	OK	48	m
24	2:44:42	Michelle Underwood	Enid	OK	36	f
25	2:46:26	David Morris	Tulsa	OK	31	m
26	2:47:15	Mark Alft	Wichita	KS	49	m
27	2:51:14	Clark Williams	Stillwater	OK	38	m
28	2:53:28	Mike Mashburn	Tahlequah	OK	43	m
29	2:57:52	Eric Knight	Enid	OK	32	m
30	2:58:24	Garry Braun	Dexter	KS	52	m
31	3:00:42	Amanda Nelson	Enid	OK	25	f
31	3:00:42	Karen Higbee	Enid	OK	28	f
33	3:00:59	Sandra Tatarynw	Stillwater	OK	25	f
34	3:01:06	Dan Scherdt	Enid	OK	25	m
35	3:02:36	John Hargrove	Arcadia	OK	59	m
36	3:05:25	Michael Kidder	Piedmont	OK	35	m
37	3:05:40	John Copeland	Oklahoma City	OK	33	m
38	3:14:35	Katrina Knight	Enid	OK	31	f
39	3:17:24	Rick Braddy	Collinsville	OK	48	m
40	3:17:52	Jennifer Henry	Oklahoma City	OK	42	f
41	3:20:49	Andrew Lazar	Enid	OK	24	m
42	3:20:50	Griff Griffin	Denison	TX	60	m

* Second best Open Male Course Time!

Place	Time	Name	City	State	Age	Sex
43	3:21:09	David Pappas	Wichita	KS	51	m
44	3:22:50	Chris Waldorf	Arkansas City	KS	43	m
45	3:28:54	David Wood	Oklahoma City	OK	42	m
46	3:28:59	Angela McCall	Allen	TX	41	f
47	3:37:38	Kathy Moffit	Oklahoma City	OK	66	f
48	3:37:47	Adrian Wolford	Mustang	OK	66	m
49	3:57:04	Mike Carpenter	Oklahoma City	OK	50	m
50	4:08:15	Keith McCombs	Oklahoma City	OK	43	m
51	4:37:11	Warren Bushey	Wichita	KS	40	m
51	4:37:11	Mick Champion	Tulsa	OK	60	m
DNF		Martin Dean	Ringwood	OK	47	m

Lake McMurtry Trail Run 2004 50 km Results

Place	Time	Name	City	State	Age	Sex	
1	4:23:18	Phil Sheridan	Ellsworth	KS	47	m	First Open&Masters Male
2	4:31:16	Jason Braun	Burden	KS	31	m	
3	5:17:57	Eric Steele	Wichita	KS	38	m	
4	5:38:04	Kathryn White	Tulsa	OK	36	f	First Open F
5	5:46:11	Keith Harrison	Oklahoma City	OK	47	m	
6	6:05:30	Greg Kittinger	Tulsa	OK	45	m	
7	6:14:34	Jeff Nowlin	Oklahoma City	OK	49	m	
7	6:14:34	Desiree Nowlin	Oklahoma City	OK	41	f	First Masters F
9	6:18:37	David Jensen	El Reno	OK	42	m	
10	6:55:32	Evan Jensen	Norman	OK	29	m	
11	7:08:07	Ken Childness	Tulsa	OK	44	m	
12	7:09:01	Jim Perry	Enid	OK	54	m	
13	7:09:46	Terry Smith	Moore	OK	57	m	
14	7:13:23	Nancy Shidler	Oklahoma City	OK	45	f	
15	7:48:27	Patrick Carson	Elk City	OK	48	m	
DNF		Brent Henry	Dillon	CO	32	m	

Lake McMurtry Trail Run Course Records (2004)

50 km Race

Male Overall	Charl Mattheus	Conifer, CO	3:48:14	2000
Female Overall	Teresa Taylor	Monument, CO	5:04:46	2000
Male Masters	Phil Sheridan	Ellsworth, KS	4:09:33	1999
Female Masters	Teresa Taylor	Monument, CO	5:04:46	2000

25 km Race

Male Overall	Matthew Hart	Stillwater, OK	1:42:20	2003
Female Overall	Katie Kelly	Stillwater, OK	2:09:02	2003
Male Masters	Mike Kelly	Stillwater, OK	1:46:33	2003
Female Masters	Sandie Brandenberger	Ponca City, OK	2:09:53	1999