

## Berry Picker Gives Runners Two Choices: Short or Long Course

Vail, CO ----- On Sunday, August 12, runners could choose to run either a 5k (3.1 miles) or a slightly-longer-than-10k when the Teva TIGA Berry Picker trail races set off at 9 a.m. from the base of the Eagle Bahn Gondola in Lionshead. “We wanted runners to pick their distance before the start, but runners still had the option to change their minds when they got to Eagle’s Nest . They could either finish the 5k, or continue on for a longer loop and get some more vertical gain,” said Brian Doyon, Vail Recreation District’s Chief Timer.

More runners opted for the shorter distance , but the longer race still had the most participants in the three-year history of the event. The 10k was added in 2005 and never before reached 50 finishers, this year there were 55. The 5k had the most runners since 2003 with 65 finishers.



Both race courses started simultaneously on the Forest Road above the skier bridge located just south of the Gondola. In fact, runners at the start line could look overhead to see the gondola cars make their way up Vail Mountain in a rapid 15 minutes. Winning time for the 5k would be at least two times as long since the elevation gain was more than 2,000 vertical feet.

With the start up a very steep pitch, runners would thin out rather quickly as they headed up the Berry Picker which is a single track trail in its entirety. There were wide portions on course when the trail crossed service roads on the way to the summit of Vail Mountain. Passing slower runners is best handled on these type of courses by yelling “trail” or “on your left.”

Five kilometer runners finished at Eagle’s Nest while the longer course continued onto Ridge Route, to Wildwood Trail, down Parmagin Loop, to the intersection with the Grand Traverse, and to the finish back at Eagle’s Nest. The loop offered spectators a chance to see the longer course runners twice.

Aid stations were located at 1.2 mile, 3.2 miles, 6 miles, and at the finish. Some runners opted to also carry a hydration pack, or a water bottle during the run. “It’s a great idea to carry water, especially on warmer days. There will never be aid stations everywhere someone wants to have a drink so carrying water or Gatorade is a great idea,” said Nancy Hobbs, co-author of The Ultimate Guide to Trail Running.



5k runner Alison McDonnell carries a water bottle



VRD staff point to finish line



Greg Moffet, representing TIGA Advertising, wears a hydration pack en route to his 5k finish

The running industry has responded to the needs of runners in terms of offering equipment like hydration products, apparel conducive to the various climates



Krall

trail runners encounter throughout the year, and footwear to meet the needs of different terrain and surfaces afforded by the trails.

Gloves are a great idea on the trails in case one takes a tumble. Falls are inevitable in trail running especially when one looks up to admire the view. Steve Krall sports a pair of gloves en route to his finish in the 5k.

Ski poles are often used in trail races such as the Berry Picker when ascents are fairly steep. Cindy Ryerson used her ski poles during her 5k race.



Ryerson

Although matching each element of an outfit is not a requirement, it is certainly a possibility. Valerie Ball seemed to have everything in her attire color coordinated from her sunglasses, to headband, to I pod. Ball finished in fourth place in the 40-49 age division with a time of 56:56.

One of the items gaining popularity is the “skort,” or running skirt sported by 5k age division winner Julia Bishop, 14, who posted a 52:34 finish time.

Even with all of the new sporting apparel available for runners, some opt to run in casual, everyday clothing. Five kilometer participant Ken Legeai looks to be as comfortable on the trails as he would be on the golf course. Legeai finished in 52:21.



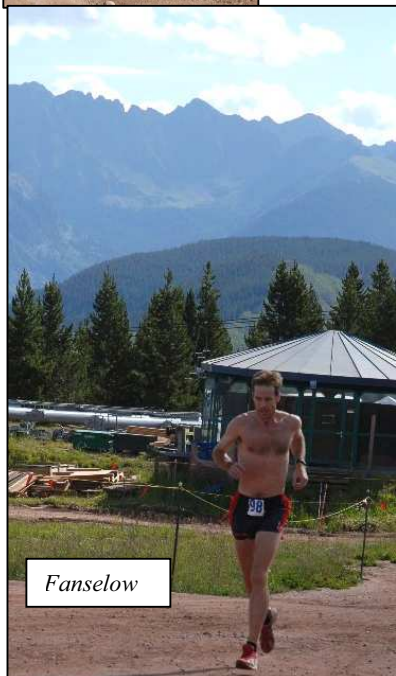
Bishop



Ball



Legeai



Fanselow

The first runner in the 5k was last year’s long course winner, Bill Fanselow. The 40-year-old from Golden raced to a 32:39 bettering second-place winner and defending champion Bernie Boettcher, 44, Silt, by nearly one minute. Boettcher’s time of 33:38 was slightly faster than his winning time of last year. Vail local Eric Hermann, 45, rounded out the top three in 35:45.



Hermann

Anita Ortiz spent the day before the race doing repeats up the Berry Picker Trail. The 43-year-old Eagle resident is getting set for the Pikes Peak Ascent (August 18) and wanted to do at least two fast efforts up the trail from base to summit in preparation for the Ascent. In spite of doing an intense workout on Saturday, Ortiz won the women's 5k division by more than five minutes over 24-year-old Kristen Hoogheem. Ortiz was timed in 39:01, good enough for fifth place overall. Hoogheem ran 44:17 with Michelle Rodgers, 33, finishing in 46:45.



Victoria

In the long course, local Vail resident Daniel Weiland, 32, had a commanding lead over second-place runner John Victoria, 53, Cheyenne, WY, at the 5k split. In fact, Weiland was the third runner up the trail at the split following only Fanselow and Boettcher. Weiland went on to win with a time of 1:06:56 to Victoria's 1:13:18. Thirty-year-old Brian Taylor was third in 1:15:37.



Weiland

Eagle Mountain Running Club member

Katie Mazzia, 38, won the women's division in 1:21:53 followed by Megan Morrissey, 38, in 1:26:30, and Amie Bervy, 42, in 1:27:23. On July 28, Mazzia finished sixth at the White River 50 Miler in Crystal Mountain, WA. Mazzia's training partner for the 50 was another Eagle Mountain Runner, today's 5k winner



Mazzia

Anita Ortiz, who finished White River in second place to earn the USATF Masters 50 Mile Championship title.



Rob Crawford

Quite a few Eagle Mountain Runners finished the long course including Mark Muehlethaler who won the 40-49 division in 1:24:27. Rob and Cindy Crawford finished in 1:30:37 and 1:36:51 respectively earning a third place in the 40-49 age division for Rob and a second place in the 40-49 women's division for Cindy. When Rob crossed the finish line he consulted his Garmin watch to verify the distance. The mileage read 7.1, the same as fellow Eagle Mountain Runner John Arnot, 39, who crossed the line in 1:20:50.



Cindy Crawford

*Carius and the Gregorays*



As with most of the runs in the Teva Vail Mountain Trail Running Series, flatlanders participate. These are runners who come from the lowlands to defy the steeper Rocky Mountain elevations. Runners like Brent Carius, 20, who hails from Illinois. Carius joined his sister and brother-in-law Colleen and Richard Gregory who live in the Vail Valley, to run the 5k. Carius won his age group in 42:34 while Richard ran 45:15 for third in the 30-39 division and Colleen finished in sixth in the 20-29 division.

More daring, or perhaps wanting some additional elevation, was 36-year-old Frederick Schmitz who lives in the oxygen-rich San Francisco Bay Area. Schmitz raced in the long course and finished sixth in his division with a time of 1:33:46.

Equally impressive in the long course was 67-year-old Jim Romero running to victory in his age division with a time of 1:36:29. Schmitz is pictured just behind Romero at the top of the Berry Picker Trail. Romero finished the race, picked up

*Schmitz*



his goody bag and T-shirt and left before the awards ceremony to race in another event, the Leadville Trail 100 10k that started at noon in Leadville, CO.

At the awards ceremony, runners in the 5k enjoyed great prizes from Smartwool. The top male and female finisher in each age group received a Smartwool shirt, the second place received a Smartwool beanie, and third place received a pair of Smartwool socks.



*Romero leads Schmitz up Berry Picker*



*5k prize winners: Ortiz, Miller, Blatter*



In the 10k, the top three male and female finishers in each age group received Teva gift certificates and prizes. All participants were eligible for random prize drawings which included gloves, sunglasses, and jackets from 180s, and a \$50 gift certificate from Jointworx.

In addition to top finisher awards, each participant received a commemorative T-shirt and goody bag at the finish line. The T-shirts were designed by Bernie Boettcher, who in addition to racing to top finishes in every event in the series, is an accomplished artist.



Named best race series of 2005 by regional magazine *Colorado Runner*, the Teva Vail Mountain Trail Running series celebrates its tenth anniversary this year. In order to be scored as a series finisher, participants must complete at least four events. The Berry Picker will be followed on September 9 by the final event in the series, the Jointworx EverGold 10k. Last year's series boasted more than 1100 participants with 25 runners completing all races in the series.

Individual race entry is \$25 or \$35 on race day. Register Online at [active.com](http://active.com), print out an entry form from [www.vailrec.com](http://www.vailrec.com) and mail or fax completed entry, or stop by Vail Recreation District at 700 South Frontage Road East (the building with the large clock next to the tennis courts). Register and pick up runner number for the Evergold at VRD on Saturday, September 8 between 10 a.m. and 5 p.m. Series title sponsor Teva footwear recently introduced the Teva Trail Running Tribe and invites everyone to visit the website at [www.teva.com/gorun/](http://www.teva.com/gorun/). Series sponsors include First Bank of Vail, Jointworx Physical Therapy, Vail's Mountain Haus, Tiga Advertising, Howard Head Sports Medicine Centers, Steadman Hawkins, Smartwool, and Gatorade.



Volunteers at the finish line



Above: Tom Edwards



Tony Ryerson, winner 16-19 age division in the long course, makes the final turn in his Teva X-1 trail shoes



Petra Hartmann leads runners up the trail