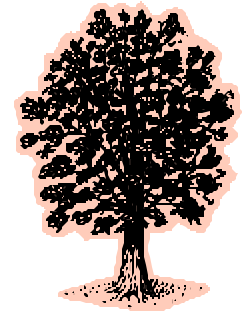




Delano Park 12 Hour Run



SATTERFIELD AND YOUNGREN TRIUMPH IN DELANO PARK 12 HOUR

By Eric Schotz and Jon Elmore , R.D.'s

The inaugural Delano Park 12 Hour run was held in Decatur, Alabama on March 3rd, 2007. The course is a one mile tree-lined loop which includes a 0.05 mile arc on the grass around the aid station. We received a special surprise the day before when the city parks department graded and smoothed the entire path especially for the race making the already forgiving surface even more so.

The pre-race favorite, DeWayne Satterfield, jumped out to an early lead and built a 2 minute lead by 6 miles. He stretched his lead to 2+ miles after 7 hours over Rob Youngren and Tim Lee. DeWayne held that margin for the remainder of the race for a total of 66 miles and the overall win. At 5:15pm (11:15 into the race), the leaders reached a gentlemen's agreement to call it a day. Rob was content with a hard-earned 2nd place and Tim pleased to reach the 100K mark. James Howton ran hard and got back within sight of Rob and Tim by 2pm. James was the 4th runner to reach 50 miles (8:09) and but called it a day soon after. Patrick Binienda and Joe Wallace were neck and neck for 4th and 5th place well into the 12th hour. Patrick lapped Joe with 19 minutes left and finished out strong to take 4th.

The women's race stayed tighter for much longer. Three women, Kathy Youngren, Michelle Young, and Janet Duncan, were within 90 seconds of one another at 50K (6 hrs elapsed) with Michelle holding the lead. Janet and Kathy got a lap ahead of Michelle by 1 pm. Janet stayed on the lead lap until 3pm when Kathy pulled away and eventually won the woman's race with a comfortable 5 mile lead and 58 total miles. Janet remained less than 2 miles behind but stopped after 51 miles content with her strong 50 mile time. Rosemary Evans and Caroline Williams finished strong moving into 2nd and 3^d respectively with Rosie also capturing the master's crown. Rosie showed that the rubber meets the road in the final hours as she moved from 5th to 2nd in the final 30 minutes. Caroline held on to second place until the final lap.

Two other inspiring performances were Richard Sitter's steady 56 miles on the eve of his 68th birthday and Steve Hogans' 55 miles which raised over \$4,500 for Parkinson's research.