



A Day For The Ducks At D3

by Josh Irvan

It's May 13th around 1AM Saturday morning a lone figure walks the track at Academy Park High School in Sharon Hill Pennsylvania. It has already started to rain. This person pulls a small, green wagon full of orange cones as he walks. These cones are being placed every few feet along the inside edge of track. This is being done to prepare the track for this year's Dawn 2 Dusk 2 Dawn Track Ultra events.

The runners started to roll in around 5:30AM, setting up their camps sites for the long day ahead of them. Everything is tougher in the rain, and the expected forecast predicted a lot of it. Cool conditions are usually preferred by runners on most occasions, but cool and wet isn't for everyone. D3 as we call it, is comprised of 3 events: the 50K and 24 hour races which start at 7AM and the 12 hour race which starts at 7PM. At 7AM, Earl Edwards, D3's USATF official, set the runners in the 50k and 24 races off and running.



*Co-Race Director: Josh Irvan
& 50K Men's Champion:
Joshua Finaer*

In the 50k race Joshua Finger (44), from Spring City, Pennsylvania, set a blistering pace from the start. That was untouchable by the rest of the field. Josh likes the rain and always seems to run well in it. Suzanne Irvan (42), from Downingtown, Pennsylvania, also set a steady pace fighting her way through the cold rain. Cold, rainy and windy conditions aren't Sue's ideal running conditions, but just like her performance at the 2015 Boston Marathon, which had similar conditions, She was prepared for the worst wearing proper rain gear to stay warm and dry.

These two athletes stayed on course all the way to victory. Josh finished 1st overall with a time of 3:31:17 and was followed by Sue, 2nd overall with a time of 4:43:32. This is Sue's Hat Trick performance also taking the win again as Delco RRC Champion. Both Josh and Sue have been running at D3 since the races reemerged back in 2014. Runner-ups for the 50K were Eric Mundy (36), from Glendolden, PA who placed 3rd overall and 2nd Male (5:10:24) and Danielle Covarrubias (26), from Goodyear, AZ (6:14:55). Yoshiko Jo (52), from Swarthmore, PA represented Japan at D3 this year. She was the Delco RRC Runner-up this year with a time of 5:41:42.



*Co-Race Director: Bill Schultz &
50K Woman's Champion:
Sue Irvan*



Byron Mundy & Sky Waterpeace

It was a family affair at the 50k this year with Eric Mundy winning the Delco RRC Championship followed up by his dad Byron Mundy (69), from Collingdale, PA. as Runner-Up (5:39:40). Also while Danielle was running the 50k her Dad Tony was running in the 24 Hour race. How cool is that?

It was a busy day track side, as the rain continued to fall while the 50K runners were finishing up. Flooding of many of grassy areas hampered crews and volunteers throughout the event. Even Mike Melton's timing area was

partially under water.

Valley Forge Military Academy Cadets volunteered during the entire event helping runners at the hydration stations, food tent and the kitchen. They showed how dedicated they were to the cause throughout the day as the rain fell. Even their campsites had to be moved to higher ground to help them stay the course. These kids showed true courage in a tough situation.

For a few the weather wasn't much of an obstacle. Tara Langdon took charge early in the 24Hr. She was being chased by Dave Johnston, Tiger Ellen, Connie Gardner, Deb Horn and the rest of the extremely talented field.

In past years D3 has had hot conditions which hampered performances and had sent some runners to the hospital with heat exhaustion and dehydration. Not this year. Hypothermia was a concern by crews since the rain had not stopped, and the winds damaged some canopies beyond repair.



Tara Langdon ready to role.

The 24 hour runners had the worst of the weather, but by the time the 12 hours runners started at 7PM the 24 hour runners were getting ready for night-time running. Due to the rain and cold many 24 hour runners dropped early in order to live and fight another day.

The 12 hour runners had it a bit better than the 24 hour or 50k runners. Although it was still raining it had slowed compared to the monsoon earlier in the day. Maria Shields, Tom Dekornfeld, Liz Bondar and the rest circled the track to chase their goals. This field of 12 hour runners was much closer in mileage than there 24 hour counterparts. With 5 hours to go, the rain stopped, and the winds picked up just enough to dry things out while the water on the field began to recede.

During the last 5 hours of the race many positions changed while others stayed the same. Tara Langdon (35), from Lumberport, West Virginia stayed steady the entire

event ending up being the overall winner with 132.72 miles. She set a personal best from her 2015 performance at North Coast 24 hour.

I asked Tara about her race and she had this to say: *"It was a totally imperfect day for attempting to run the perfect race. But this event is put on so well, so much attention is paid to detail, that even in the worst conditions, you can still do amazing things. I didn't really have a plan. How could I plan with the torrential rain predicted? So I went into this race with one strategy, to just run as hard and fast as long as I could hang on. And this resulted in a really wild ride!"*



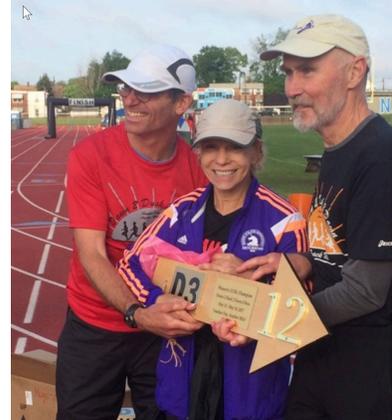
Bill Schultz with Dave Johnston.

D3 lives up to its motto of being a race by runners, for runners. They make sure you have everything you need to reach your goals, and they work hard to achieve that. It is a class-act race for those seeking new records or PRs."

David Johnston (47), from Willow Alaska, chased Langdon all day finishing 2nd overall and 1st male with a distance of 117.81 miles. Dave had this to say about Dawn 2 Dusk: *"The first year I ran D3 it was the hottest I have ever been in my life, this year it was the wettest, but*

what keeps me coming back are the people. Great runners and great organizers make this race a highlight of the year !!"

Tiger Ellen (43), who lives in Brooklyn, NY but was representing Vietnam here at D3, finished 3rd overall and Woman's Runner-up with a distance of 115.07 miles. Tiger charged hard the last few hours of the race moving up and snagging the 3rd position. Kyle Lemke (27), from Brea, Ohio, held off Ken Arble for 2nd place Male with a distance of 100.91 miles.



Maria Shields with the Directors.

In the 12Hr, it was a good day for the runners from the state of Maryland. Maria Shields (66) from Davidsonville took the top spot with 60.6457 miles. This is a new American Record for the 65-69 age group. I asked Maria what she was thinking the last 2 Laps of her race and she had this to say: *" I asked my Mom to help me though to the finish. She's always with me. And all the screaming from you Josh not to give up. If it wasn't for you on that last 2 laps I wouldn't have gotten the record!"*

Tom DeKornfeld (64), of Annapolis, Maryland finished first male and 2nd overall just behind Maria with 59.403 miles. Terri Lemke (64), from Loudonville, Ohio took 3rd overall and 2nd woman with 54.92 miles. This adds to the D3 family affair since her son took the Runner-Up spot for the men in the 24 hour race. Gregg Ellis (46) from Cal-

houn, Georgia, was the Men's Runner-Up with 51.20 miles. We at D3 wish him well on his "Journey of Hope" run later this summer.

There were lots of family connections other than the ones mentioned above. Dave Johnston's dad Frank Johnston ran the 50k and Bryan Foster and his son Sam ran together in the 24 hour.

Six Pennsylvania State Records were also set this year by 3 people. Bonnie Muetterties (63) from Media set 3 new age records one for 50K in 8:07:22, one for 100K in 20:28:44, and one for 24Hrs with 70.09 miles. Yoshiko Jo (52) from Swarthmore set a new 100K record in 12:25:03. Amy Dedic (36) from Flourtown, set 2 records - one for 100 Mile in 21:21:47 and one in 24 Hours with 100.16 miles. Congratulations to all runners for fabulous performances.

Bill Schultz and I spend the year doing our best to put on a quality event. We add all the things we would want to see in an event that we would run ourselves. We truly believe this is a race "For Runners, By Runners". See you next year and Happy Running!



Valley Forge Military Academy: Volunteers: Crisler, Co-Race Director: Josh Irvan, Pham, Ahoua, Lockner, Arias, Hoang, Mooney, Jin, Rusin, Resto, BallKu, Errasquin, Barber, Romero, and Byun. Not Pictured: Rochelle

Dawn to Dusk to Dawn Track Ultras

Finisher List

Place	Bib	Name	Age	Gender	City	State	Laps	Miles	KM	Time	
24-Hour											
1.	206	Tara Langdon	35	F	Lumberpor	WV	534	132.7246	213.	23:57:35.9	-
2.	201	David Johnston	47	M	Willow	AK	474	117.8118	189.	23:57:35.8	-60 LAP
3.	216	Lan Nguyen	43	F	Brooklyn	NY	463	115.0777	185.	23:57:25.8	-71 LAP
4.	213	Amy Mower	48	F	Falls	VA	441	109.6097	176.	23:56:38.5	-93 LAP
5.	200	Yoshiko Jo	52	F	Swarthmor	PA	411	102.1532	164.	23:58:07.6	-123 LAP
6.	208	Kyle Lemke	27	M	Berea	OH	406	100.9105	162.	23:58:00.8	-128 LAP
7.	209	Sally Libonati	41	F	Rotonda	FL	405	100.6619	162	23:57:26.9	-129 LAP
8.	196	Connie Gardner	53	F	Akron	OH	404	100.4134	161.	19:01:46.4	-130 LAP
9.	199	Debra Horn	58	F	Shaker	OH	403	100.1648	161.	20:30:19.5	-131 LAP
10.	193	Amy Dedic	36	F	Flourtown	PA	403	100.1648	161.	21:26:21.4	-131 LAP
11.	188	Ken Arble	60	M	Linden	MI	385	95.691	154	23:56:30.3	-149 LAP
12.	211	Arun Loptes	45	M	Wilmington	DE	365	90.72	146	23:57:46.6	-169 LAP
13.	218	Kimberly Schwartz	38	F	Brick	NJ	344	85.5005	137.	23:59:33.2	-190 LAP
14.	222	Kristen Varley	52	F	Glen Mills	PA	318	79.0383	127.	23:58:03.0	-216 LAP
15.	217	Tim O'Brien	30	M	Drexel Hill	PA	315	78.2926	126	23:07:34.0	-219 LAP
16.	197	Lisa Georgis	48	F	New	PA	302	75.0615	120.	18:00:41.7	-232 LAP
17.	220	Steve Szakal	39	M	Mount	NJ	288	71.5818	115.	15:54:23.3	-246 LAP
18.	214	Bonnie Muetterties	63	F	Media	PA	282	70.0905	112.	23:19:21.3	-252 LAP
19.	207	Jane Laties	51	F	Philadelph	PA	282	70.0905	112.	23:59:23.5	-252 LAP
20.	230	Ray Krolewicz	62	M	Elgin	SC	270	67.108	108	23:59:46.7	-264 LAP
21.	187	Robert Andrulis	49	M	Chandler	AZ	263	65.3681	105.	23:56:56.1	-271 LAP
22.	186	David Scott Allen	52	M	Souderton	PA	253	62.8826	101.	16:04:23.1	-281 LAP
23.	198	David Griffith	38	M	Murfreesb	NC	250	62.137	100	18:12:04.6	-284 LAP
24.	210	Don Lookingbill	57	M	York	PA	248	61.6399	99.2	23:58:25.8	-286 LAP
25.	192	Tony Covarrubias	56	M	Palmer	AK	212	52.6922	84.8	9:46:49.7	-322 LAP
26.	223	Timothy Walsh	59	M	Horsham	PA	212	52.6922	84.8	23:59:33.4	-322 LAP
27.	203	Shane Kenney	40	M	Hershey	PA	210	52.1951	84	12:05:33.1	-324 LAP
28.	225	Dave Weiss	68	M	Ardmore	PA	202	50.2067	80.8	14:46:31.3	-332 LAP
29.	178	Steven Kuhn	47	M	Reston	VA	200	49.7096	80	10:40:13.4	-334 LAP
30.	212	Shannon McGinn	41	F	Avenel	NJ	177	43.993	70.8	10:54:45.6	-357 LAP
31.	190	Timothy Bracciante	26	M	Mullica Hill	NJ	171	42.5017	68.4	11:43:53.5	-363 LAP
32.	219	Carey Stoneking	66	M	Rock Hill	SC	162	40.2648	64.8	10:10:24.1	-372 LAP
33.	191	Sue Chang	44	F	McMinnvill	TN	160	39.7677	64	7:21:25.7	-374 LAP
34.	215	Andrei Nana	40	M	Hallandale	FL	159	39.5191	63.6	6:42:26.3	-375 LAP
35.	202	Michelle Karwejna	35	F	Pottstown	PA	150	37.2822	60	9:42:39.2	-384 LAP
36.	224	Sky Waterpeace	39	M	Pitman	NJ	142	35.2938	56.8	9:59:44.2	-392 LAP
37.	194	Bryan Foster	48	M	Hackettsto	NJ	125	31.0685	50	9:57:59.0	-409 LAP
38.	195	Samuel Foster	18	M	Hackettsto	NJ	104	25.849	41.6	7:41:55.7	-430 LAP
39.	189	Kevin Bartow	34	M	Delhi	NY	97	24.1092	38.8	5:58:51.6	-437 LAP
12-Hour											
1.	185	Maria Shields	66	F	Davidsonv	MD	244	60.6457	97.5	11:59:59.5	-
2.	174	Tom DeKornfeld	64	M	Annapolis	MD	239	59.403	95.6	11:58:30.4	-5 LAP
3.	179	Terri Lemke	56	F	Loudonvill	OH	221	54.9291	88.4	11:58:06.4	-23 LAP
4.	182	Kelly Maurer	51	F	Annapolis	MD	219	54.432	87.6	12:00:25.7	-25 LAP
5.	173	Liz Bondar	48	F	Madison	MI	217	53.9349	86.8	11:59:41.5	-27 LAP
6.	175	Gregg Ellis	46	M	Calhoun	GA	206	51.2009	82.4	11:59:30.3	-38 LAP

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Place	Bib	Name	Age	Gender	City	State	Laps	Miles	KM	Time	
7.	183	Anne McClain	44	F	Youngwoo	PA	203	50.4552	81.2	11:57:52.7	-41 LAP
8.	177	Bali Kapo	56	F	Woodlyn	PA	161	40.0162	64.4	11:25:28.0	-83 LAP
9.	176	Tim Gorichanaz	27	M	Philadelph	PA	130	32.3112	52	8:27:10.6	-114 LAP
10.	181	Matthew Livingstone	36	M	Philadelph	PA	124	30.82	49.6	6:04:22.5	-120 LAP
11.	184	Bob McCubbin	57	M	Hampstea	MD	109	27.0917	43.6	6:39:40.5	-135 LAP

50K

1.	239	Josh Finger	44	M	Spring	PA	125	31.0685	50	3:31:17.6	-
2.	233	Suzanne Irvan	42	F	Downingto	PA	125	31.0685	50	4:43:32.5	+00:00.00
3.	236	Eric Mundy	36	M	Glenolden	PA	125	31.0685	50	5:10:24.7	+00:00.00
4.	232	Michael Fessick	46	M	Stroudsbu	PA	125	31.0685	50	5:34:52.1	+00:00.00
5.	235	Byron Mundy	69	M	Collingdal	PA	125	31.0685	50	5:39:40.1	+00:00.00
6.	231	John Farley	32	M	Morton	PA	125	31.0685	50	5:44:34.9	+00:00.00
7.	229	Danielle Covarrubias	26	F	Goodyear	AZ	125	31.0685	50	6:14:55.9	+00:00.00
8.	228	Kristen Barone	34	F	Fleetwood	PA	125	31.0685	50	6:51:16.9	+00:00.00
9.	238	George Sanders	70	M	Malvern	PA	125	31.0685	50	7:46:24.0	+00:00.00
10.	237	John Price	62	M	Virginia	VA	125	31.0685	50	9:51:18.7	+00:00.00
11.	227	Karen Asenavage	58	F	Wilmington	DE	125	31.0685	50	12:44:08.1	+00:00.00
12.	234	Frank Johnston	71	M	Dayton	OH	125	31.0685	50	19:21:03.6	+00:00.00

Number of records: 62