

# Across the Years 2010 72 hr - 24 hr Don and Debbie Dec 30, 2010 – Jan 1, 2011

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Travel to/from the race was half the fun. Ray K had offered to pick me up in San Antonio on his drive across. He had rented a Ford Taurus Hybrid getting about 20 miles per gallon. Ray K is as much an ultra driver as ultra runner. He averaged 65 miles/hr including brief stops for me to pee and dump multiple empty diet Pepsi aluminum cans.

Ray had great stories ranging from ultra running to law. As Ray was an ultra runner way before my days of entering the fray, he had meet so many of the old time runners - ones who I only wished I had meet. Usually I knew of their performances as before Trans Am in 1995 I had read all copies of Ultrarunning from the first issue on. It was great to learn how many ultra races Ray had entered and his number of wins.

My ultra experience started in 1992. I had run a few 50 mile road races earlier. I had a really brief go at conventional ultra races and almost immediately transitioned to multiday racing and stage racing. So while Ray and I had logged a lot of race miles we had actually not meet often. I ran only one Lake Waramaug 100k coming in last as I remember. I have a picture of Ray from that race.

We made such good time driving that we stopped for a hotel room half way across. We arrived Phoenix the day before the race and Ray had a great room reserved for us.



My ACY race was truly different as I was determined to attempt 200 miles. My normal race is just to walk and share stories with Ron Vertrees and Andy Lovy. Unfortunately Ron did not attend this year. My goal required me to go at my best pace so I only occasionally linked up with someone. I enjoy the story telling as much as the running. Only wish my memory would allow me to remember each runner I got a chance to talk to.

And then the rain came down. I hate cold - combine it with rain and wind. Well this camper was into the heated tent

for cot time. It was my first break. In the first 17 hrs I had covered 57 miles. Many breaks followed. I ended up taking 17 breaks ranging from 11 min to 2 hrs 30 min. Total break/sleep time was out 15:30. I waited to change shoes until the track had dried. When I went to get my foot out of the shoe, well the mud had become some sort of cement which cemented my foot and socks to the insole. So foot, sock and insole were

inseparably bonded. I was not sure how the mud cement would dissolve. After lots of hot water the insole separated and then cautiously I got my socks separated from my foot. Prognosis for my foot did not seem good. However once I washed my foot in alcohol; I found there was a foot with skin



mostly intact. My tape job was decimated and uncharacteristically I had several blisters. But interrupting Andy Lovy - my blisters were popped and I re-taped my foot. New shoes and back on the road.

**Debby Hammond** from my home town Corpus Christi was in the 24 hr race on the last day. She was really impressive in her first 24 hr and only 3rd ultra race. I got a chance to join her as she approached 75 miles and she finishing with 77 miles - good for 13th place and a single age record for females 58 yrs old.

The girls in general were really the standout performers. Their energy was infectious as they would pass singing and seemingly covering the miles without any effort. The energy flow they exuded - simply wonderful. May I add - beautiful faces and bodies.

My 170 miles was much more work than I expected. I was never really cold or wet. I had multiple hand warmers which I carried in my gloves. As they began to burn out I would place them into my hat and get new ones for my hands. For rain my yellow rain slick issued to New York City marathon volunteers was a real hit. It was great against the rain and wind but the plastic was old and began to rip by the time the race ended. Well I did get to use it once.

Our drive home was unbelievable. I drove only a couple of times for about one hr each time while Ray got some sleep. Well he got us to San Antonio - driving straight thru the 1000 miles in about 15 hrs. Ray wanting to get home for work. I was really sorry he was delayed in San Antonio as I had a flat tire. Ray found a Walmart open 24/7. I purchased a pump and tire gage and Ray pumped my tire for some upper body work. Then Ray still had over 1000 miles to drive. Thankfully Ray arrived home in one piece - I assume to work a normal shift. Well perpetual motion machines do not exist but what can I say reference Ray K. Thanks Ray for the transportation/conversation.

As for the race organization crew, lap counting, set up, kitchen, track maintenance, it was basically perfection. For all who befriended me, thanks much, wish I had the memory to put names, stories with the many faces. But Thanks.