

## **Bandera Ultra Trail by Tom Wolter      Bishop, Texas**

1/19/2012 Bandera in January is becoming a tradition for my wife and me. The Bandera 100K,50K,25K was run on January 7th in the Hill Country State Natural Area located ten miles west of Bandera. Joe Prusaitus and company have been putting on this race for over ten years and have succeeded in making it a favorite of many professional trail runners from around the U.S. This is due in part by the recent designation as a Montrail Cup Trail Series and U.S. 100 K Trail Championship. My first was in 2006 with about 280 in all 3 distances. The 2012 edition started with 800 at 7:30am under partly cloudy skies and 48 degrees. The terrain is very rocky and no hill is left unclimbed on this single track course of limestone and sotol cactus with vistas of sun and shadow like a Remington painting. I ran the 50K again and the climbs start early, at least four steep ones before the first aid station at mile 5. I hit the 25 K bag drop and aid station in 2:36 and was greeted by my wife Carrie with a bottle refill, some pickle juice ( yes it works) and Stinger waffle. I intentionally ate and drank more in an attempt to ward off the late race weakness of years past. After one good downhill tumble and a few stumbles, I finished the course in 5:41 (43rd overall). This was a 15 minute improvement over my best in 2009. I consumed 8 gels, 2 Stinger waffles, ½ an orange, 48+ ounces of water/electrolyte, 3 salt tablets and 2 Tylenol. Runners from our area have discovered this ultra run as well. The 100 K : Gregory Brant 12:47, Jesse Hastey 13:07, Jeffrey Miller 13:16, Robert Kemper 13:37, Edward Brown 14:12. The 50 K: Josh Cohoon 6:20, Aaron Cadena 7:06. The 25K: Virginia DeLeon 2:56.