



Date: September 24, 2007

Trail Loppet II A Success

Over 160 runners gathered for the second annual City of Lakes Trail Day. It was a beautiful fall day in Theodore Wirth Park and, despite a storm that had taken numerous large trees down on the Thursday before the event, the run went off without any big hitches.

“It was great,” said Mike Moulsoff, the fourth place male finisher in the Half-Marathon. “Parts of the course felt like the Superior Hiking Trail . . . I really enjoyed it.”

Hilary Patzer and Zach Handler won the overall crowns in the 5K event. “With the hills, this was a great way to get in running shape,” said Patzer, who is planning to run the Twin Cities Marathon 10 Miler in two weeks.

For Handler, the run was a welcome change of pace from his busy residency schedule. Handler lives just a few hundred meters from the course, in the Willard Hay neighborhood of Minneapolis. Handler took an early lead but missed a turn at one point, allowing his college ski teammate Owen Hanley to catch up. In the end, though, Handler was able to pull away again, and ended up winning in a time of 21:51, 13 seconds in front of Hanley.

In the half-marathon, Tony Koconda won in 1:24:02, while on the women’s side Kim Rudd edged Eva Taylor by 41 seconds – 1:37:16 to 1:37:57. Rudd commented that it was a great course and “one of the most fun events that [she] had ever done.”

“About half-way through people started to tell me that there was a woman close behind – so I had to keep moving and in the end I was able to hold her off.”

For her part, Taylor thought she might be the first woman until about half way through the race. “People started telling me I was in second place, and then I saw Kim a ways ahead. But she was running strong and I could not quite catch her.”

The Trail Loppet also served as the introduction for the new City of Lakes Challenge – the Loppet, the Tri-Loppet and the Trail Loppet. Participate in all three in one year and receive a commemorative pin and a chance to win a one-week trip to Bearskin Lodge – the Gunflint Trail’s premier resort location. The Challenge officially kicks off in 2008 – but to raise awareness of the Challenge Bearskin gave a free one week

stay to a randomly selected person who had done all three events. This year's winner was Tom Peterson of Maplewood. Peterson is excited about the opportunity to travel to Bearskin – and proud of his accomplishment – completing all three Loppet events in one year.

Look for more details on the inaugural City of Lakes Challenge on the Trail Loppet website – www.trail-loppet.com.

The City of Lakes Trail Loppet is one of the most unique and interesting running events in the Twin Cities. The Trail Loppet:

- Runs through two cities;
- Along a meandering creek;
- Near the Quaking Bog;
- Through Basset Creek and Theodore Wirth Park;
- Past the Eloise Butler Wildflower Garden;
- On the Norm Oakvik Trails;
- Past two lakes;
- Over five bridges;
- Under four bridges, including a major highway;
- Near a major golf course;
- Past an Historic Chalet;
- Includes miles of beautiful trails . . .
- And it is all within a few miles of downtown Minneapolis

For more information visit www.trail-loppet.com or call 612 604-5330.