

BACK ON MY FEET ULTRAMARATHON REPORT

The "Lone Ranger" combatants (Wil Dirkin, Amy Dirkin, Des Gaun, Dee Perkowitz and the author) met at Lloyd Hall on Friday night, 16 July 2010 to pick up race numbers, have vital signs checked, etc. We also set up Camp Deliverance (the organizers preferred that we set it up Saturday morning, because they could not guarantee that the tent would still be there Saturday morning.....we figured, surely no one would steal a tent.....surely). I had a high BP reading for some reason, so I was directed to come back to the medical tent Saturday morning to re check before they could release me to run. Perhaps they should have had a line for a mental evaluation.....Let the anxiety begin.....

Overnight Friday, Adam Sheridan (chairman of the "Support Bitches") dropped his car in the Lloyd Hall parking lot to reserve a spot for Wil's truck, which would be loaded down with supplies, chairs, tents, etc. I arrived at Lloyd Hall Saturday morning at 6:30 a.m., pleasantly surprised that the tent was still there; I commenced preliminary setup of Base Camp Deliverance:



I relaxed for a few minutes, waiting for the gang to arrive. Jeremy was the first of the support crew to arrive, dropping off a cooler with ice. Frank and Dee Perkowitz were next, followed by Wil and Amy, then Des. Team Deliverance is in place.

I wandered over to the medical tent to get my BP checked, it was still high (148/90), but below the 150 cut off. The doctor released me to run one loop; said I need to check back in

after that to get rechecked, due to the heat condition. We packed our coolers for delivery to the King Drive drop location, then headed over to Lloyd Hall for the pre race meeting. Already the conditions were foreboding.....

The main event kicked off promptly at 10 a.m. The relay teams occupied the front portion of the field. The Lone Rangers took their place in the back. It was less than a mile into the race that the joking and ribbing began (and continued right up until 10 a.m. on Sunday). Then before Mile 2, after the ladies noticed a well built young man run by, I of course had to show them my guns:



After Loop #1, I decided to take a break and not chance aggravating my injuries. After a break I rejoined the group for the 2 p.m. to 4 p.m. loop - their third and my second. I can testify that this was indeed the hottest part of the event, esp. the portion with no shade from the Art Museum down King Drive. One might actually say it was FRICKIN HOT. At about 4 pm, I headed home to feed and water the kitties and rest my back. I returned to Camp Deliverance in time to join the troops for the 8 pm to 10 pm round trip.

I got to the camp to notice some half eaten Chinese food, and lo and behold Adam showed up to polish off the remainder of his vegan Chinese food (I didn't even know they made vegan Chinese food!!!):



Even at 8:00 at night, it was bloody hot. We noticed that Dee was beginning to struggle a bit as she finished her sixth loop (put her over the 50 mile mark). Even though my back felt better on my third loop of the day (go figure), I decided not to tempt fate, so I switched over and joined the rest of the “support bitches.” Dee went to the medical tent for some attention, as she said her quads were unusually tight. At about that time, her husband Frank arrived, with daughter and friends in tow. The doctor began treating Dee for low electrolyte levels. Wil and Amy headed out for more punishment. I waited at the medical tent with Dee and Frank; and eagerly anticipated the arrival of the Midnight Run crew. Jeremy Helm arrived in the meantime with ice and coffee.

Heather Haigh also arrived, clad in a bright orange shirt, and pink polka dot shoelaces and horn, as she was slated for official bike support in the overnight hours:



Jeanmarie Andrews called my cell, alerting us that the Strider car pool for the Midnight Run was arriving. Soon Chuck, Jerry, Karen, Joanna, Jeanmarie and Eleanor made their way to base camp. Chuck and Jerry retreated to a local watering hole for wings and beer, while the ladies prepared for their 8.4 mile race.

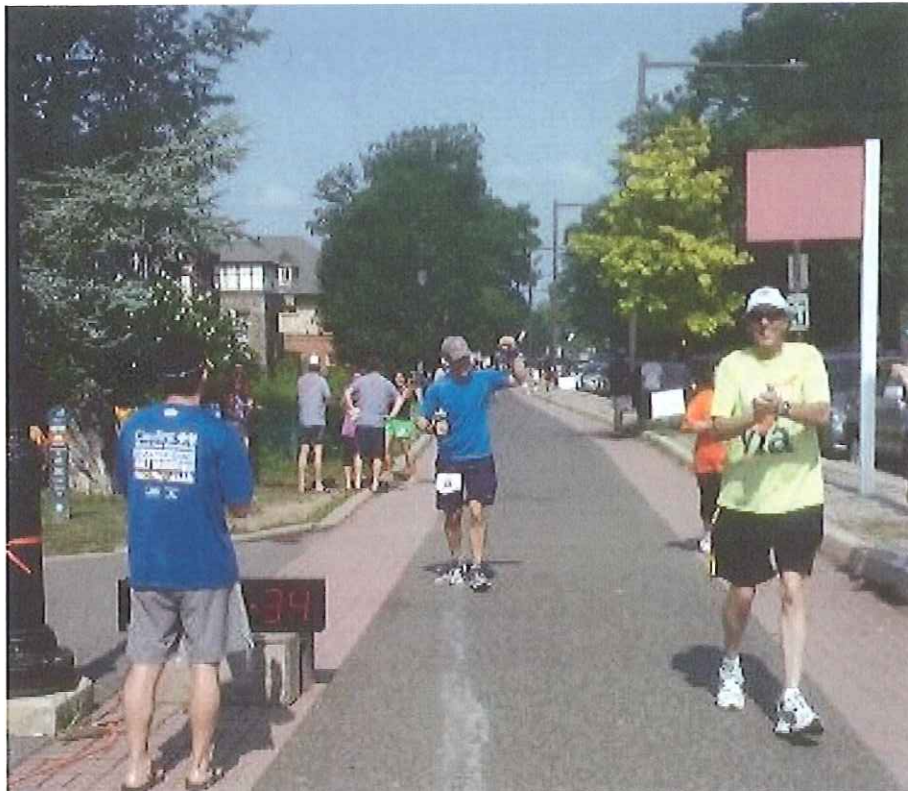
As midnight approached, Dee was still in the medical tent (the doctor determined that a saline IV was in order) - the Philly Fire Department EMT's sprung in to action. Right on schedule Wil & Amy arrived (Des was out there somewhere) and prepared for circuit #8. Jeremy accompanied Wil; I grabbed a bike and rode support. As I made the turn off Falls Bridge onto Kelly Drive, the Midnight racers were approaching from Kelly Drive. I saw Karen, Joanna, Jeanmarie and Eleanor, all sweating up a storm.

I decided that since the overnight support bitch crew was in good hands, I decided to head home for a few hours sleep. Jim Pate, Rob Medina and Steve Pinchac (with pizza!!) arrived at various points during the overnight hours. I stumbled out of bed at 5 a.m. and returned to camp. Adam and Heather were there, holding down the fort. Soon after, Jim and Rob came down Kelly Drive, helping Wil complete yet another lap. The 5:30 a.m. Pajama Run was already underway, but I got to see Rita once she finished, clad in her fancy PJ's over top her running outfit, with "Nike/Under Armour Wild Bill" VanFossen riding bike support. The three of us wandered out Kelly Drive and met Steve & Amy as they approached the rowing grandstands. We all walked swiftly back to the start finish line. Amy, the dedicated lunatic,

pushed on to get more miles (you got partial credit this year if you made it to a particular aid station). I believe Adam may have gone with them (pardon me if the details get fuzzy, it was a long two days).

Wil headed out for his last lap, with Rob accompanying him on “the Big Kahuna” skateboard. Heather and I wandered out to the start/finish line at Lloyd Hall, watching and waiting. Around 9:30 a.m., the race leader, Serge Arbona, ran swiftly by without stopping, so he could gather enough miles to break his own course record (he finished with a record 146.75 miles).

Then we caught a glimpse of Wil at the end of Boathouse Row, as the clock moved close to the 10:00 a.m. cut off. With all the strength he could muster, Wil was able to bring it home at 9:55 a.m., 23 hours and 55 minutes after the adventure began. Amy (w/ Steve as support) made it to two aid stations, adding more miles to her total. Once everybody was safe and sound (Dee in Hahneman Hospital notwithstanding), we all gathered at Camp Deliverance/Camp Strider for a few minutes of relaxation.



Eventually we broke camp and headed to our respective homes, exhausted but happy. Wil & Amy told me of a stop they made at Rita's Water Ice on the way home, still in their race clothes. An interesting gait from the car to the counter no doubt.

UPDATE: I am happy to report that Dee is out of the hospital, and doing much better. Some maladies that were in place prior to the event contributed to her struggles. Ah, lessons learned.....

OFFICIAL RESULTS (254 Lone Ranger Finishers)

William Dirkin	93.016 miles	21 st Overall
Amy Dirkin	88.68 miles	23 rd overall, 6 th female
Desiree Gaun	59.192 miles	88 th
Deneen Perkowitz	50.736 miles	110 th overall
Keith Wright	25.368 miles	198 th overall, 1 st Palmyran

HERE WE ARE - TEAM DELIVERANCE 2010 IN HAPPIER TIMES (pre race!)



“NEVER DID SO MANY HAVE SO MUCH FUN WHILE ENDURING SO MUCH PAIN”

-Kenyan Keith Wright