

Dan Calef runs 125 miles in 24 hour race

By Tim Schafer
Staff Writer

Ever thought about cutting down on travel costs when heading to somewhere like Regina?

Local distance runner Dan Calef could have easily made it to the Saskatchewan capital in a matter of a day. Calef recently participated in a 24-hour marathon in Sacramento, CA. at the Gibson Ranch Multi Day Classic on Saturday, Nov. 12 and ran 125 miles — about the distance it takes to go to Regina.

Calef competed in the shortest race in the collection of marathons — there were also 48-, 72- and 432-hour (six day) races — and tied for second overall, and first in the Masters.

"It sounds like only something that a superman could do but it's really not the case," Calef commented Monday morning at the Yorkton Public Library, his place of employ.

"I do have some talent at this, not everyone can go out and run 125 miles, but for me it's just basically keeping going.

"I'm not running very fast," he added. "It's just a question of 'Do I want to run for 24 hours?' and that's what makes it hard."

Last year, Calef participated in a similar event in Victoria and he was unable to finish the race after 85 miles because he had become sick.

"The main thing was that I wanted to finish this year," Calef said.

"I had run really well in Victoria last time but my stomach really did me in."

In a lengthy race of this type, a runner has to be able to take in food and fluids regularly to keep up strength and endurance levels. Calef was unable to take in anything in Victoria and so he was very careful this time.

"This time I was hoping to be out there still circulating at the end of the 24 hours.

"I figured if I could do that I would do quite well. That was my main objective — to see if I could remain out there."

Consuming only fluids and soup, Calef was able to maintain a pace that amounted to a little over five miles an hour. Full meals were available to the runners. Calef did not

indulge and he figures he probably should have eaten more during the race but he wanted to finish.

During a normal week, Calef averages eight to 10 miles a day pursuit of the runner's 'high.' In preparing for the event he would run for about three hours, or around 20 miles, once every week.

He also had a preliminary barometer for how his body would hold up when the mileage hit triple figures. Three weeks before, Calef had run in a 100 kilometre race in Duluth, Minnesota and placed fifth overall and third in the Masters.

"That was a nice tune-up," Calef said with a laugh. "It was 62 miles and took only 10 hours to run."

A common misconception is that the participants keep running for the entire 24 hours.

"I think one of the things people think

"I just wanted to finish."
— Dan Calef



Photo courtesy Dan Calef

Calef on a run during the fall in Yorkton.

about when they hear you've run for 24 hours is that you ran the (entire) time when in fact you don't."

The course was set up in a

changes what you are doing and you use different muscles. It makes a big difference."

The walks were never more than a couple minutes and so Calef did run for nearly 23 hours. To help himself keep running and not think about how he was doing in the race, Calef ignored everything and just kept moving, concentrating on his goal.

"There was a great big clock that kept track of the time and I just totally ignored that. I didn't even try to keep track of how many laps I had done 'cause my main interest was to finish."

After 16 or 18 hours

Calef noticed a girl who had been running strong and had been lapping him. He thought she was far ahead of him because he had no idea where he was placing.

Calef overheard the girl mention to someone that she was closing in on 100 miles at that point.

Hearing this caused the Yorkton runner to estimate he could have been at around 80 miles and would probably finish at approximately 100 miles if he worked really hard for the remainder of the time.

"As it turned out later, I found that she had left the course for about two hours and so when I finished, and they told me my total, I couldn't believe I had done 125 miles."

Gibson Ranch Multi Day Classic

Name	Home Town	Miles
1. Ron Howard	Ukiah, CA	140
2. Dan Calef	Yorkton, SK	125
2. Eric Ianacone	Sacramento, CA	125
2. Kathy Weich	Auburn, CA	125
5. Joe Marchand	Westbank, BC	120
6. Jeff Hagen	Carmichael, CA	118

• Saturday, Nov. 12 through
Sunday, Nov. 13 in Sacramento, CA.

mile long loop. Calef would run about two loops and walk for another in order to pace himself and ensure he would finish the race. Mixing the running and walk-

ing makes a tremendous difference, Calef felt, and anyone who attempts a long distance would be wise to follow that strategy.

"To rest like that for a minute or two